

# Backbeat<sup>®</sup> FIT

User Guide

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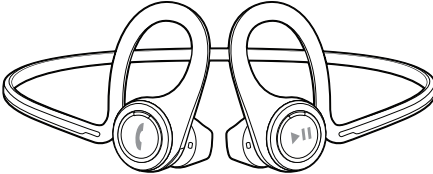
# Welcome

Congratulations on purchasing your new Plantronics product. This guide contains instructions for setting up and using your Plantronics Backbeat® FIT.

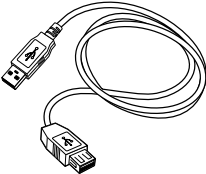
Please refer to the safety instructions for important product safety information prior to installation or use of the product.

# What's in the box\*

Headphones



USB charge cable




Armband

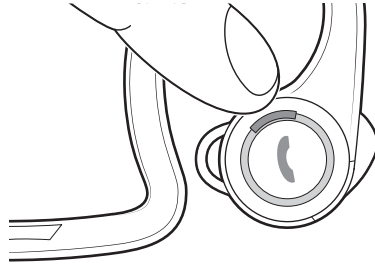


**NOTE** \*Contents may vary by product.

# Get Paired

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

- 1 Power on the headphones. The indicator  light located on the right headphone, flashes red and blue to indicate the pairing process



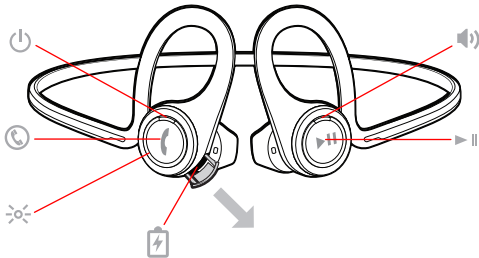
- 2 Activate Bluetooth<sup>®</sup> on your phone and set it to search for new devices.

- **iPhone Settings > General > Bluetooth > On\***
- **Android™ Settings > Bluetooth: On > Scan for devices\***







\*Menus may vary by device.

- 3 Select "PLT\_BBFIT." If your phone asks, enter four zeros (0000) for the passcode or accept the connection. Once successfully paired, indicator lights stop flashing red and blue and you hear "pairing successful."

# Headset overview

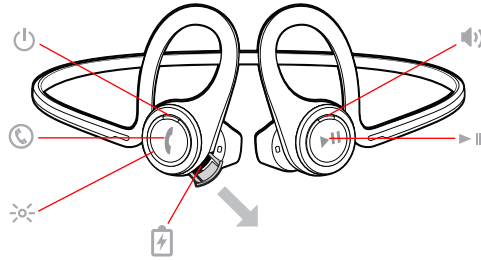













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	Power button
	Headset indicator light
	Call button
	Charge port
	Volume button: Increases or decreases volume
	Audio button: Play or pause music, track forward or track back

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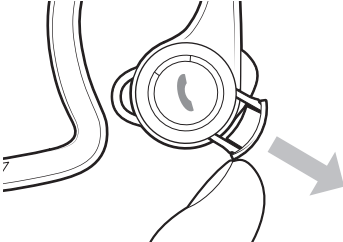
# Take control



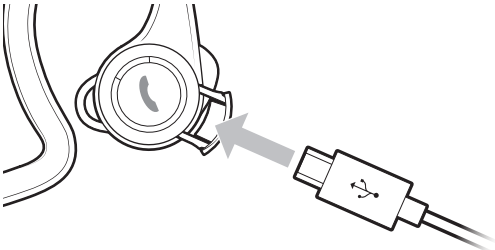
Power on or off	Press the Power  button until you hear "power on"/"power off."
Play or pause music	Tap the Audio  button.
Skip to next track	Press the Audio  button twice.
Play previous track	Press the Audio  button until you hear the confirmation tone to restart the current track. Press the button twice (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.
Use voice commands	To activate your smartphone's voice controls, press the Call  button until you hear the confirmation tone.
Answer or end a call	Tap the Call  button.
Decline a call	Press and hold the Call  button for 2 seconds.
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."

# Charge

Your new headphones have enough power to pair and listen to audio for a while. The door covering the charging port is located on the right headphone. Open it with your fingernail.



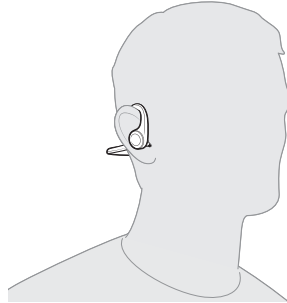
It takes up to 2 hours to fully charge the headphones. While charging, the indicator light is red and turns blue once charging is complete.



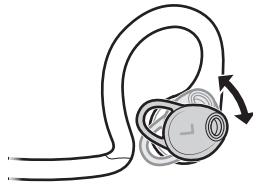


# Fit

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

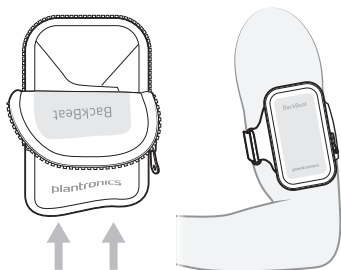


- 2 Rotate the eartip between a plus and minus 20° range to achieve an optimal fit and sound experience.




# Armband/storage

Pouch to store headphones. Turn inside out to reverse into an armband to hold your phone during a workout. An extra pocket resides inside to hold smaller phones or music devices.



# 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

"Battery level high" = medium to fully charged



"Battery level medium" = medium

"Battery level low" = less than 1 hour remaining

"Recharge headset" = under 15 minutes remaining

# 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<sup>®</sup> 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.

# Stay connected

Bluetooth has a working “range” of up to 33 feet between the phone and the headphones before audio degrades and the connection is lost.

Your headphones try to reconnect after a lost Bluetooth connection. If they can't, tap any button once or manually reconnect via the phone's Bluetooth device menu.

# Backbeat FIT Updater app

Update the firmware for your Backbeat FIT over your Bluetooth connection using the Backbeat FIT Updater mobile application. The Updater app is available for both iOS and Android and can be downloaded from the Apple App Store or GooglePlay respectfully.

- 1 Make sure that your headphones are paired and connected to your phone.
- 2 Tap the "Update Firmware" button on the homescreen of the app.
- 3 Keep your headphones and phone within close range of each other during the update.
- 4 You will be prompted to plug your headphones into a power source to initiate the update. The update will start automatically once this step has been performed. The indicator light flashes purple when Backbeat FIT is in update mode.

You will be automatically notified when new firmware is released and by keeping your Backbeat FIT up to date you can ensure your headset is performing at its best.

# Specifications

<b>Talk/Listening time</b>	Up to 8 hours listen/6 hours talk*
<b>Standby time</b>	Up to 14 days*
<b>DeepSleep mode</b>	Provides up to 180 days*
<b>Operating distance (range)</b>	Up to 33 feet from phone or tablet Up to 33 feet from phone or tablet
<b>Headphones weight</b>	24 grams
<b>Audio</b>	HQ custom SBC codec, 13mm neodymium speakers, Frequency response 50-20,000 Hz, Total Harmonic Distortion <3%, sensitivity 105 dBspl/mW @ 1 kHz
<b>Noise reduction</b>	Digital Signal Processing (DSP) : <ul style="list-style-type: none"><li>• Full duplex echo cancellation</li><li>• Real time noise reduction</li><li>• Voice clarity</li></ul>
<b>Moisture protection</b>	P2i nano-coating for sweat and moisture protection
<b>Charge connector</b>	Micro USB charging
<b>Battery type</b>	Rechargeable, non-replaceable lithium-ion polymer
<b>Charge time (maximum)</b>	2 hours (Power requirements 5V DC - 180 mA)
<b>Bluetooth 3.0</b>	Advanced Audio Distribution Profile (A2DP) v1.2, Audio/Video Remote Control Profile (AVRCP) v1.4, Handsfree Profile (HFP) v1.6 and Headset Profile (HSP) v1.1
<b>Operating and storage temperature</b>	32°F – 104°F (0 – 40°C)
<b>Service and support</b>	<a href="http://www.plantronics.com/support">www.plantronics.com/support</a>

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

## NEED MORE HELP?

[plantronics.com/support](http://plantronics.com/support)

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Patents US 5,712,453; Patents pending

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