

## SBH03

### WATERPROOF WIRELESS BLUETOOTH® IN-EAR ACTIVITY HEADPHONES

Item ref: 100.555UK

User Manual

#### Safety Disclaimer



Do not attempt to service this product yourself as opening or removing covers may result in fire, electric shock or equipment damage and will also invalidate the warranty. This product is only designed for indoor use and must be kept away from water and high humidity along with high temperatures and direct sunlight.

These lightweight, waterproof headphones are ideal for sports enthusiasts and athletes enabling you to listen to your music while running, at the beach or in the swimming pool. Their smart noise reduction technology helps deliver clear and rich sound without being hampered by the noise of your surroundings. Connect to your smart device via Bluetooth and enjoy up to 10 hours of listening from a single charge.

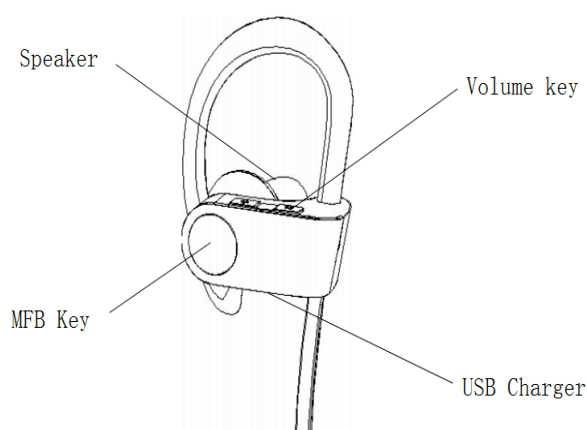
- Wireless Bluetooth connectivity
- Waterproof IPX7 rating, ideal for water sports
- Flexible ear hooks provide stability and comfort
- Intelligent noise reduction shuts out ambient noise and provides clear sound experience
- Dynamic bass technology
- Internal rechargeable battery with up to 10 hours playback
- Built-in microphone for hands free calls

#### IN THE BOX

1 set of Bluetooth in-ear headphones  
0.5m USB charging lead  
Small and large spare earbuds  
User guide

#### Technical Specifications

Power supply	Internal rechargeable Lithium Ion battery
Battery life : Bluetooth playback	Up to 10 hours
Speaker size	5.5mmØ
Frequency response	2.4GHz
Sensitivity	106dB
Impedance	32Ω, 2mW
Connections	Bluetooth, micro USB for charging
Bluetooth version	4.1
Bluetooth range	Up to 10m (clear line of sight)
Dimensions	50mm x 45mm x 30mm
Weight	20g



### Powering on/off

To power the headphones on, press and hold the MFB key for around 3 seconds. On first switch on they will automatically go into pairing mode and the LED will flash alternately blue and red. To switch the headphones off press and hold the MFB key for around 3 seconds and the LED will flash red. If you switch the headphones off whilst paired to your device and back on again they will automatically pair again as long as your device is in range and has Bluetooth mode switched on.

### Pairing the headphones

Press and hold the MFB key for around 6 seconds to put the headphones into pairing mode. Once in this mode the LED will flash alternately blue and red. Using the Bluetooth search function on your smart device select "AV:LINK SBH03" and when paired the LED will flash blue. If your device asks for a pairing code use "0000".

### Previous track/volume down

Short-press the (-) key to turn the headphone volume down and long-press to move back to the previous track.

### Next track/volume up

Short-press the (+) key to turn the headphone volume up and long-press to move forward to the next track.

### Play/Pause

To play and pause the current track short-press the MFB key.

### Hands free Operation

To answer or end a telephone call short-press the MFB key. When an incoming call is received the number is read through the headphones. To dial your last stored number double press the MFB key. To reject an unwanted incoming call long-press the MFB key. To mute the microphone during a call press the (+) and (-) together until a beep is heard. To reverse the function, repeat the same process.

### Charging the headphones

Insert the USB cable provided carefully to charge the headphones and on first use please ensure you fully charge before use. Whilst charging the LED will glow red and once it's fully charged it will go blue. On low power the LED will flash red, please recharge the unit at this point.

### Restore to factory settings

Should for any reason you need to restore the unit to factory settings press and hold the MFB key for around 3 seconds whilst the headphones are charging. The LED will blink 3 times to indicate the headphones are now reset.



This product is classed as Electrical or Electronic equipment and should not be disposed with other household or commercial waste at the end of its useful life. The goods must be disposed of according to your local council guidelines.

*Errors and omissions excepted.  
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