

BackBeat 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.

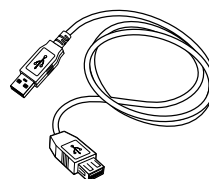
Please refer to the safety instructions for important product safety information prior to installation or use of the product.

What's in the box

Headphones




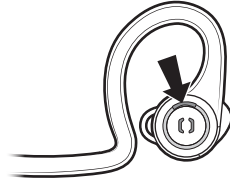
USB charge cable



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***

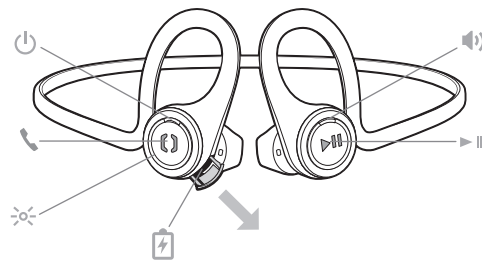
- **Android Settings > Bluetooth: On > Scan for devices***







NOTE *Menus may vary by device.

- 3 Select "PLT_BBFIT."
If necessary, enter four zeros (0000) for the passcode or accept the connection.

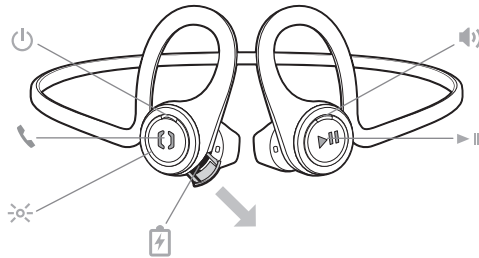
Once successfully paired, you hear "pairing successful" and the indicator  light stops flashing.

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

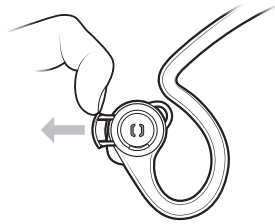


Power on or off	Press the Power button until you hear "power on"/"power off."
Play or pause music	Tap the Audio ► button.
Skip to next track	Press the Audio ► button twice.
Play previous track	Press the Audio ► button until you hear the confirmation tone to restart the current track. Press the button twice (each press until the confirmation tone sounds) to go to the previous track.
Volume	<p>To increase the volume, tap the Volume 🔊 button. To decrease the volume, press and hold the Volume 🔊 button.*</p> <p>*Android phone must be set to medium/high or audio will sound to low.</p>
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.

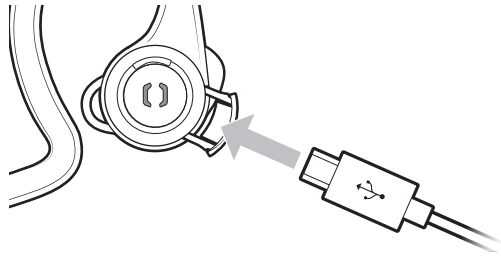
Charge

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.*

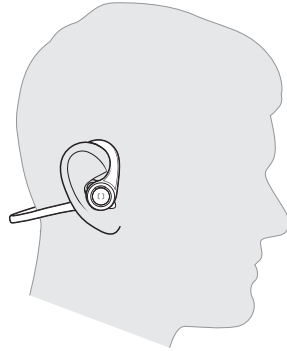


It takes up to 2 hours to fully charge the headphones from a completely drained battery state. While charging, the indicator light is red and turns blue once charging is complete.

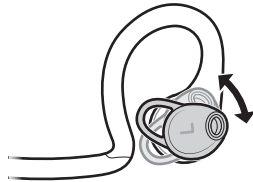


Fit

- 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	<ul style="list-style-type: none">• 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	<p>Digital Signal Processing (DSP): voice enhancements</p> <ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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)
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Service and support	www.plantronics.com/support
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NOTE * *Performance is dependent upon battery and usage and may vary by device.*

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**Support in English*

NEED MORE HELP?

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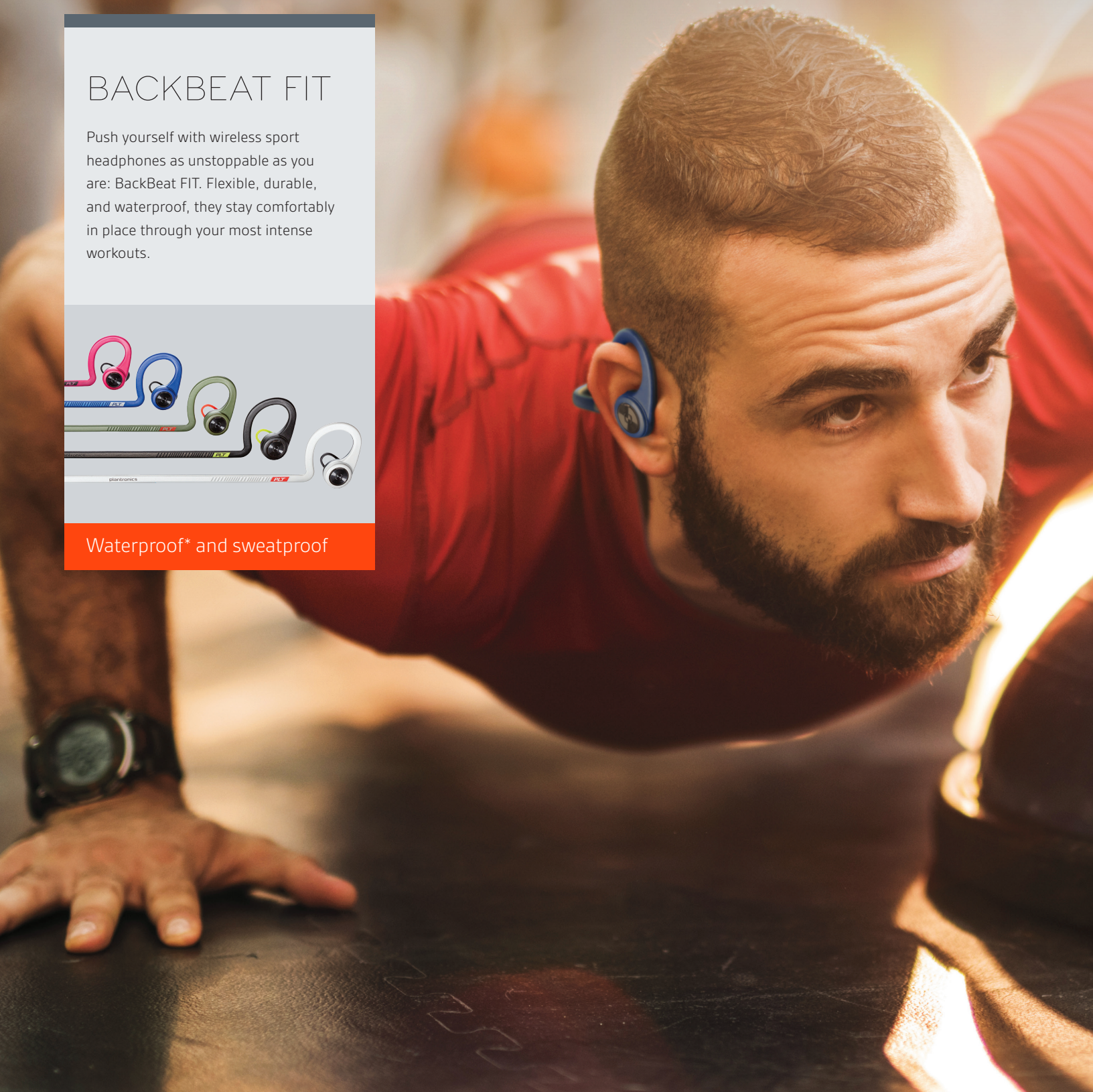
No wires. No limits.
No excuses.

BACKBEAT FIT

Push yourself with wireless sport headphones as unstoppable as you are: BackBeat FIT. Flexible, durable, and waterproof, they stay comfortably in place through your most intense workouts.



Waterproof* and sweatproof



BACKBEAT FIT



Flexible neckband design



Easy-access on-ear controls



Rich, immersive audio

FEATURES

- Stability and comfort with a behind-the-ear design and soft flexible neckband
- Hear your music and your surroundings with the open eartip design, while the reflective finish adds nighttime visibility
- Waterproof* design that meets the IP57 rating plus sweatproof nano-coating
- Get through the day's challenge with a 15-minute quick charge for a full hour of listening
- Always know how much play time you have left with battery life voice alerts
- Control your calls and music without changing your pace using the on-ear buttons
- Enjoy the full range of your music with rich bass response, natural mid-tones and crisp highs
- Eight-device memory for easier switching between Bluetooth® devices
- Wireless firmware and voice alert language updates, including Bluetooth device switching functionality using free Plantronics mobile app

For more information about Plantronics products, visit our website at plantronics.com

For help pairing, visit plantronics.com/pairing

For more help, call our industry-leading customer service team at 1-866-363-2583 or visit plantronics.com/support

SPECIFICATIONS

Listen/talk time	Up to 8 hours listening/6 hours talk time
Standby time	Up to 14 days standby/180 days in DeepSleep mode**
Noise cancelling	Digital signal processing (DSP) and full duplex echo cancellation
Audio	HQ custom SBC codec, 13 mm neodymium speakers, Frequency response 50-20,000 Hz, Total Harmonic Distortion <3%, sensitivity 105 dBspl/mW @ 1 kHz
Bluetooth v3.0 + EDR	A2DP for audio streaming, AVRCP for music controls, Hands-free v1.7 for wideband, and Headset v1.1
Moisture protection	Waterproof* design that meets the IP57 rating plus sweatproof nano-coating
Status alerts	Spoken alerts in eight language options (US English (default), UK English, French, German, Swedish, Spanish, Mandarin, Japanese)
Charge time (maximum)	Up to 2 hours
Battery type	Rechargeable, non-replaceable lithium-ion
Weight	24 g/0.85 oz
Operating + storage temp	32°F to 104°F/0°C to 40°C
Operating distance (range)	Up to 33 ft/10 m from phone or tablet
Service and support	1-year limited warranty

*Waterproof in fresh water up to 1 meter (3.28 feet) for 30 minutes (IP57). However, Bluetooth® technology does not transmit underwater. plantronics.com/waterproof.

**Performance is dependent upon battery and may vary by device

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Made for

iPod iPhone iPad

"Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.



Compatible with Android™

