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› [Aftershokz Xtrainerz Bone Conduction MP3 Swimming Headphones User Manual](#)

Aftershokz AS700

Aftershokz Xtrainerz Bone Conduction MP3 Swimming Headphones

Model: AS700

INTRODUCTION

The Aftershokz Xtrainerz are innovative bone conduction MP3 headphones specifically designed for aquatic activities. With internal music storage and a waterproof rating of IP68, these headphones allow you to enjoy audio content while swimming without the need for a connected device. Their open-ear design ensures comfort and awareness of your surroundings, making them an ideal companion for your water workouts.



Figure 1: Aftershokz Xtrainerz Headphones

The Aftershokz Xtrainerz feature a sleek, black diamond finish and a flexible, durable frame designed to securely fit around the head, even under a swim cap. The bone conduction transducers rest comfortably on the cheekbones, delivering clear audio directly to the inner ear, bypassing the eardrums.

SETUP

1. Charging the Device

Before initial use, fully charge your Aftershokz Xtrainerz. Connect the provided magnetic charging cable to the charging port on the headphones and plug the USB end into a compatible power source (e.g., computer USB port or USB wall adapter). The LED indicator will show charging status. A full charge provides up to 8 hours of continuous playback.

2. Loading Music

The Xtrainerz are designed for internal music storage only and do not support Bluetooth connectivity. To load music:

1. Connect the headphones to your computer using the magnetic charging cable. The device will appear as a removable drive (similar to a flash drive).
2. Open the Xtrainerz drive on your computer.
3. Drag and drop your desired MP3 audio files directly into the drive's folder. The playback order will typically follow the order in which files are added or their alphabetical/numerical order.
4. Safely eject the Xtrainerz drive from your computer before disconnecting the cable.

Ensure your audio files are in a compatible format (e.g., MP3) for optimal performance.

OPERATING INSTRUCTIONS

1. Power On/Off

- To power on: Press and hold the Power/Volume+ button until the LED indicator flashes.
- To power off: Press and hold the Power/Volume+ button until the LED indicator turns off.

2. Playback Controls

- Play/Pause: Press the Multi-function button once.
- Next Track: Press and hold the Volume+ button for 2 seconds.
- Previous Track: Press and hold the Volume- button for 2 seconds.
- Volume Up: Press the Volume+ button.
- Volume Down: Press the Volume- button.

3. Sound Modes

The Xtrainerz feature different sound modes optimized for various environments:

- **General Mode:** Optimized for listening outside of water.
- **Swimming Mode:** Optimized for listening underwater. Sound clarity is significantly enhanced when submerged.

To switch between modes, press and hold the Multi-function button and Volume+ button simultaneously for 2 seconds.

4. Using Earplugs for Enhanced Underwater Audio

For the best audio experience while swimming, it is highly recommended to use the included earplugs. The earplugs help to block out ambient water noise, allowing the bone conduction technology to deliver clearer and more immersive sound directly to your inner ear.

MAINTENANCE

- **Cleaning:** After each use, especially after swimming in chlorinated or saltwater, rinse the headphones thoroughly with fresh water. Gently wipe them dry with a soft cloth. Do not use abrasive cleaners or solvents.
- **Charging:** To maintain battery health, ensure the charging contacts are dry before connecting the magnetic charging cable. Charge the headphones regularly, ideally after each extended use, to ensure they are ready for your next activity.
- **Storage:** Store the headphones in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No sound or low volume.	Volume too low; incorrect mode; earplugs not used (underwater).	Increase volume; switch to Swimming Mode for underwater use; use earplugs for optimal underwater sound.
Headphones not charging.	Charging contacts are wet or dirty; cable not properly connected.	Ensure charging contacts are dry and clean; re-connect the magnetic cable securely.
Music not loading onto device.	Incorrect file format; device not recognized by computer.	Ensure files are MP3 format; try a different USB port or computer; ensure device is properly connected.

Problem	Possible Cause	Solution
Short battery life.	Battery degradation over time; prolonged use.	Charge fully before each use; consider charging between shorter swim sessions if needed.

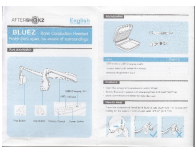
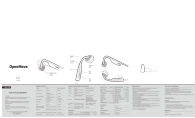
SPECIFICATIONS





- **Model Number:** AS700
- **Brand:** Aftershokz
- **Color:** Black Diamond
- **Waterproof Rating:** IP68 (Submersible up to 2 meters for 2 hours)
- **Music Storage:** Internal MP3 storage (capacity not specified, but typically 4GB)
- **Battery Life:** Up to 8 hours of continuous playback
- **Battery Type:** 1 Lithium Ion battery (included)
- **Ear Placement:** Open Ear (Bone Conduction)
- **Form Factor:** Open Ear
- **Noise Control:** None
- **Product Dimensions:** 5.3 x 3.7 x 6.7 inches
- **Item Weight:** 13.28 ounces
- **First Available:** August 1, 2019

WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the official Aftershokz (now Shokz) website or contact their customer service directly. Keep your proof of purchase for any warranty claims.
Official Website: shokz.com

Related Documents - AS700

	AfterShokz Bluez Bone Conduction Headset User Manual and Guide Comprehensive guide for the AfterShokz Bluez Bone Conduction Headset, covering features, setup, pairing, charging, troubleshooting, and specifications.
	AfterShokz OpenMove Headphones: User Guide and Setup Comprehensive user guide for AfterShokz OpenMove bone conduction headphones. Learn how to set up, pair, use features like multipoint pairing, and reset your device. Includes specifications and LED indicator guide.

	<p>AfterShokz Trekz Air Wireless Sport Headphones User Guide</p> <p>User guide for the AfterShokz Trekz Air Wireless Sport Headphones, covering setup, pairing, multipoint connection, reset procedures, and specifications. Includes safety and maintenance information.</p>
	<p>OpenMove User Guide - AfterShokz</p> <p>User guide for the AfterShokz OpenMove bone conduction headphones, covering setup, button functions, specifications, and multipoint pairing.</p>
	<p>AfterShokz Titanium AS600 User Manual and Specifications</p> <p>This document provides comprehensive instructions, specifications, and features for the AfterShokz Titanium AS600 bone conduction headphones, including setup, operation, troubleshooting, and accessories.</p>
	<p>AfterShokz OpenMove User Guide: Setup, Features, and Specifications</p> <p>Comprehensive user guide for AfterShokz OpenMove headphones, covering setup, pairing, multipoint connectivity, reset procedures, specifications, and important safety and maintenance information.</p>