

[manuals.plus](#) /

› [Monster](#) /

› [Monster DNA Fit Wireless Bluetooth Earbuds - User Manual](#)

Monster DNA FIT

Monster DNA Fit Wireless Bluetooth Earbuds User Manual

Model: DNA FIT (2MNTW0395W0L2)

INTRODUCTION

Thank you for choosing Monster DNA Fit Wireless Bluetooth Earbuds. This manual provides essential information for the proper setup, operation, and maintenance of your earbuds. Please read it thoroughly before use to ensure optimal performance and longevity of your device.



Image: The Monster DNA Fit Wireless Bluetooth Earbuds in their open charging case, showcasing the white earbuds with ear hooks.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Monster DNA Fit Wireless Bluetooth Earbuds (Left and Right)
- Wireless Charging Case
- USB-C Charging Cable
- Multiple Pairs of Silicone Ear Tips (various sizes)
- User Manual (this document)

SETUP

1. Charging the Earbuds and Case

Before first use, fully charge the earbuds and the charging case.

- **Using USB-C Cable:** Connect the provided USB-C cable to the charging port on the case and to a USB power source. The indicator light on the case will show charging status.
- **Wireless Charging:** Place the charging case on a Qi-compatible wireless charging pad. Ensure the case is properly aligned for charging.

A 15-minute rapid charge provides approximately 2 hours of playback time. A full charge of the case provides up to 34 hours of additional battery life for the earbuds.



Image: The Monster DNA Fit charging case placed on a wireless charging pad, illustrating its Qi charging capability and battery life features.

2. Pairing with a Bluetooth Device

1. Open the charging case. The earbuds will automatically enter pairing mode.
2. On your device (smartphone, tablet, etc.), enable Bluetooth.
3. Search for available Bluetooth devices and select "Monster DNA Fit".

4. Once connected, a voice prompt will confirm successful pairing.

3. Selecting Ear Tips and Fit

For optimal sound quality and comfort, choose the ear tips that best fit your ears. The DNA Fit earbuds feature flexible ergonomic ear hooks for a secure fit during active use.

- Experiment with different sizes of silicone ear tips to find the best seal.
- Gently place the earbud into your ear canal and adjust the ear hook over your ear until it feels secure and comfortable.



Image: A detailed view of the Monster DNA Fit earbud, highlighting its flexible ergonomic ear hooks and the inclusion of 12 pairs of silicone ear tips for a customized fit.

OPERATING INSTRUCTIONS

Touch Controls

The Monster DNA Fit earbuds feature touch controls for various functions:

- **Play/Pause:** Single tap on either earbud.
- **Next Track:** Double tap on the right earbud.
- **Previous Track:** Double tap on the left earbud.
- **Answer/End Call:** Single tap on either earbud.
- **Reject Call:** Press and hold either earbud for 2 seconds.
- **Activate Voice Assistant:** Triple tap on either earbud.
- **Toggle ANC/Transparency Mode:** Press and hold the left earbud for 2 seconds.

Active Noise Cancellation (ANC) and Transparency Mode

The earbuds offer Active Noise Cancellation to reduce ambient sound and Transparency Mode to allow you to hear your surroundings.

- **Active Noise Cancellation:** Reduces external noise for an immersive listening experience.
- **Transparency Mode:** Amplifies ambient sounds, allowing you to stay aware of your environment without removing the earbuds.



Image: A person wearing a Monster DNA Fit earbud, with visual indicators for Active Noise Cancellation, Transparency Mode, and

Clear Voice Capture

The built-in microphones utilize clear voice capture technology to ensure clear call clarity, even in noisy environments.

MAINTENANCE AND CARE

Cleaning

Regular cleaning helps maintain sound quality and hygiene.

- Wipe the earbuds and charging case with a soft, dry, lint-free cloth.
- Remove ear tips and clean them with mild soap and water, then dry thoroughly before reattaching.
- Ensure charging contacts on both earbuds and case are clean and dry.

Water Resistance

The Monster DNA Fit earbuds are IPX5 water resistant, making them suitable for workouts and light rain. They are not designed for submersion in water.

- Do not expose the charging case to water.
- After exposure to sweat or water, ensure the earbuds are completely dry before placing them back in the charging case to prevent damage.



IPX5 Water Resistant.

Never worry about rainy weather or intense workouts with these high-grade water resistant earbuds. Clean your earbuds under running water for ultimate convenience.



MONSTER®

Image: Two individuals engaged in outdoor exercise, emphasizing the IPX5 water-resistant design of the Monster DNA Fit earbuds, suitable for various weather conditions and intense workouts.

Storage

When not in use, store the earbuds in their charging case to protect them and keep them charged.



Ultra slim



Fabric Wrapped



Scratch Resistant



Image: A hand holding the Monster DNA Fit charging case, illustrating its compact, fabric-wrapped, and scratch-resistant exterior.

TROUBLESHOOTING

If you encounter issues with your Monster DNA Fit earbuds, refer to the following common solutions:

Problem	Possible Solution
Earbuds not pairing	<ul style="list-style-type: none">• Ensure earbuds are charged.• Turn off and on Bluetooth on your device.• Forget "Monster DNA Fit" from your device's Bluetooth list and re-pair.• Reset the earbuds (refer to manufacturer's website for specific reset instructions if needed).

Problem	Possible Solution
No sound from one earbud	<ul style="list-style-type: none"> • Ensure both earbuds are charged. • Place both earbuds back in the case, close it, then open again to re-establish connection. • Clean the charging contacts on both earbuds and in the case.
Charging issues	<ul style="list-style-type: none"> • Ensure the USB-C cable is securely connected. • Try a different USB power source or charging cable. • For wireless charging, ensure the case is correctly positioned on the charging pad. • Clean the charging port on the case.
Poor sound quality	<ul style="list-style-type: none"> • Ensure ear tips provide a good seal in your ear canal. • Clean the ear tips and earbud nozzles. • Ensure your device's volume is appropriately set. • Move closer to your connected device to avoid interference.

SPECIFICATIONS

Feature	Detail
Model Name	DNA FIT
Item Model Number	2MNTW0395W0L2
Connectivity Technology	Wireless (Bluetooth)
Bluetooth Version	4.0
Bluetooth Range	10 Meters
Noise Control	Active Noise Cancellation
Water Resistance Level	IPX5
Earbud Battery Life	Up to 7.5 hours
Charging Case Battery Life	Up to 34 hours (additional)
Rapid Charge	15 minutes for 2 hours playback
Charging Type	USB-C, Qi Wireless Charging
Frequency Range	20 Hz - 20,000 Hz
Impedance	32 Ohm
Control Method	Touch

Feature	Detail
Included Components	Wireless Charging Case
Item Weight	1.15 pounds (total package)
UPC	812350234703

WARRANTY INFORMATION

Specific warranty details for the Monster DNA Fit Wireless Bluetooth Earbuds are typically provided with your purchase documentation or can be found on the official Monster website. Please retain your proof of purchase for warranty claims.

SUPPORT

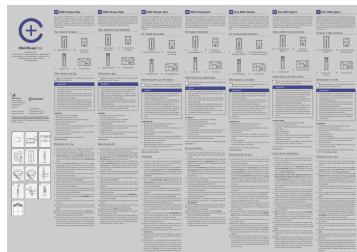
For further assistance, technical support, or frequently asked questions, please visit the official Monster support website or contact their customer service department. Contact information is usually available on the product packaging or the brand's official website.

Related Documents - DNA FIT

	<p>Monster DNA Fit Wireless Earbuds: User Manual and Guide</p> <p>Comprehensive guide to the Monster DNA Fit wireless earbuds, covering setup, operation, charging, specifications, and troubleshooting. Features Pure Monster Sound technology.</p>
	<p>Monster DNA Headphones Wire Repair Guide</p> <p>Step-by-step guide to replacing or repairing the speaker wire on Monster DNA headphones, addressing issues with sound on one side. Includes tools needed and detailed instructions.</p>
	<p>Monster Aura fit XT02 True Wireless Bluetooth Earphones - User Manual</p> <p>This manual provides instructions for the Monster Aura fit XT02 True Wireless Bluetooth Earphones, covering setup, operation, touch controls, and safety precautions. Learn how to pair, play music, manage calls, and use voice assistants with your earphones.</p>

	<p><u>Monster Airmars XKT26 True Wireless Bluetooth Headphones - User Manual</u></p> <p>Official user manual for Monster Airmars XKT26 true wireless Bluetooth headphones. This guide provides detailed information on product features, specifications, operation, charging, pairing, mode switching, precautions, warnings, hazardous substance information, FCC compliance, and warranty service.</p>
	<p><u>Monster FLEX ANC Active Noise Cancelling Bluetooth Headphones User Manual</u></p> <p>User manual for the Monster FLEX ANC Active Noise Cancelling Bluetooth Headphones, covering product controls, key behavior, charging, specifications, and warranty information.</p>
	<p><u>Monster Aria ANC Wireless Headphones Quick Start Guide</u></p> <p>Get started with your Monster Aria ANC Wireless Headphones. This guide covers powering on/off, pairing, active noise cancellation, music and call controls, volume adjustment, voice control, factory reset, LED indicators, and important hearing safety information.</p>

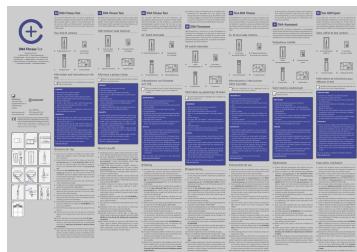
Documents - Monster – DNA FIT



[cerascreen® DNA Fitness Test: Instructions for Use](#)

Instructions for use for the cerascreen® DNA Fitness Test, a saliva-based genetic test kit for assessing nutrient needs related to muscle performance. Includes sample collection, test activation, and shipping details.

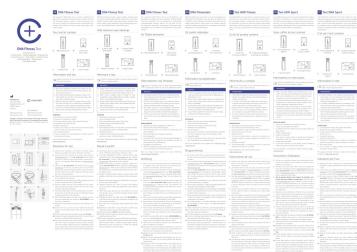
lang:es score:31 filesize: 684.71 K page_count: 2 document date: 2022-09-07



[cerascreen® DNA Fitness Test: Instructions for Use](#)

User guide for the cerascreen® DNA Fitness Test, a saliva-based home testing kit to assess potential individual nutrient needs impacting muscle performance by analyzing genetic predispositions. Includes instructions for sample collection, test activation, and mailing.

lang:en score:31 filesize: 751.21 K page_count: 2 document date: 2021-03-05



[\[pdf\] Instructions](#)

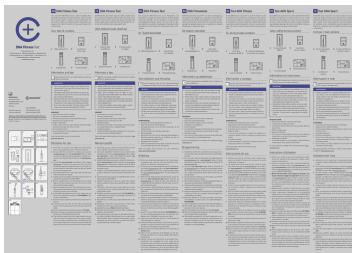
DNA Fitness Test Gebruiksaanwijzing v1 cdn shopify s files 1 1784 7525 EU Instructions 220811

PREVIEW v 1689948119 |||

EN DNA Fitness Test The cerascreen DNA Fitness Test is a send-in sampling kit for determining a potentially increased demand for specific nutrients that may guard against a decline in muscle performance. The test serves to detect your individual genetic characteristics genotypes , which reflect t...

lang:es score:29 filesize: 205.03 K page_count: 2 document date: 2022-09-07

[pdf] Instructions



DNA Fitness EU Instructions 220811 DOCSFLOW.indd TestGebrauchsanweisungenDNA PRINTcdn shopify s files 1 0137 9696 6454 PRINT v 1677572426 TestTest SportGebrauchsanweisungenIstruzioni per l uso cerascreenDNA PRINTDNA 1cdn 1677572426cdn 0064 7895 4547 1689937137 ||| EN DNA Fitness Test The cerascreen DNA Fitness Test is a send-in sampling kit for determining a potentially increased demand for specific nutrients that may guard against a decline in muscle performance. The test serves to detect your indiv

EN DNA Fitness Test The cerascreen DNA Fitness Test is a send-in sampling kit for determining a potentially increased demand for specific nutrients that may guard against a decline in muscle performance. The test serves to detect your individual genetic characteristics genotypes , which reflect the...

lang:es score:24 filesize: 684.71 K page_count: 2 document date: 2022-09-07

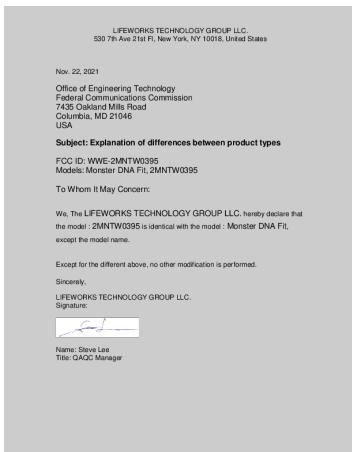


[pdf] Agent Authorization

PLEASE PRINT ON COMPANY LETTERHEAD MiCOM Labs Inc QMS Agent Authorization LIFEWORKS TECHNOLOGY GROUP LLC 2MNTW0395 WWE WWE2MNTW0395 2mntw0395

LIFEWORKS TECHNOLOGY GROUP LLC. 530 7th Ave 21st Fl, New York, NY 10018, United States Agent Authorization Company: LIFEWORKS TECHNOLOGY GROUP LLC. Address: 530 7th Ave 21st Fl, New York, NY 10018, United States Product Name: Monster DNA Fit Model Number s : Monster DNA Fit, 2MNTW0395 Product Descri...

lang:en score:12 filesize: 21.19 K page_count: 1 document date: 2022-01-20



[pdf]

Date gretchen Difference Description LIFEWORKS TECHNOLOGY GROUP LLC 2MNTW0395 WWE WWE2MNTW0395 2mntw0395

LIFEWORKS TECHNOLOGY GROUP LLC. 530 7th Ave 21st Fl, New York, NY 10018, United States Nov. 22, 2021 Office of Engineering Technology Federal Communications Commission 7435 Oakland Mills Road Columbia, MD 21046 USA Subject: Explanation of differences between product types FCC ID: WWE-2MNTW0395 Model...

lang:en score:11 filesize: 19.73 K page_count: 1 document date: 2022-01-20