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Sena 5RLITE-01

Sena 5R LITE Motorcycle Bluetooth Intercom Headset

INSTRUCTION MANUAL

Introduction

The Sena 5R LITE is a state-of-the-art motorcycle communication system designed to enhance your riding experience. It features 2-Way HD intercom for clear communication with another rider, seamless smartphone connectivity for music, GPS navigation, and phone calls, and an intuitive LCD screen for visual confirmation of device settings. This manual provides detailed instructions to help you set up, operate, and maintain your 5R LITE headset.

What's in the Box

Your Sena 5R LITE package includes the following components:

- 5R LITE main unit
- Speakers and Boom Microphone
- Speaker sponge
- Hook and Loop Fasteners for Speakers
- Microphone Sponge
- Clamp
- Glued Surface Mounting Adapter
- USB-C Power & Data Cable

Video: Sena 60S - What's in the box. This video demonstrates the unboxing and contents of a Sena product, similar to the 5R LITE.

Setup & Installation

Proper installation ensures optimal performance and comfort. Follow these steps to set up your Sena 5R LITE:

1. **Mounting the Main Unit:** Choose between the clamp kit or the glued surface mounting adapter based on your helmet type and preference. Ensure the mounting location allows for easy access to controls.
2. **Speaker Installation:** Place the speakers inside your helmet's ear pockets. Use the provided hook and loop fasteners to secure them. Ensure they are positioned directly over your ears for the best audio experience. If there's a significant gap, use the included speaker pads to bring them closer to your ears.
3. **Microphone Installation:** The 5R LITE comes with a boom microphone. Attach the microphone to the inside

of your helmet, ensuring it is positioned in front of your mouth. Secure the microphone cable neatly within the helmet padding to avoid discomfort.

4. **Cable Management:** Route all cables neatly under the helmet's padding. Ensure no cables are exposed or interfere with helmet comfort or safety features.



Image: Sena 5R LITE main unit mounted on a motorcycle helmet. The unit is attached to the side of a helmet, with the boom microphone positioned near the rider's mouth.

Video: Sena 10S Helmet Installation. This video provides a general guide for installing a Sena communication system on a helmet, which is applicable to the 5R LITE.

Operating Instructions

Familiarize yourself with the basic operations of your Sena 5R LITE:

- **Power On/Off:** To power on, press and hold both the (+) and (-) buttons for 1 second. To power off, press and hold both the (+) and (-) buttons for 1 second.
- **Phone Pairing:** With the unit powered on, enter phone pairing mode by pressing and holding the Center Button for 10 seconds. On your smartphone, go to Bluetooth settings and select 'Sena 5R LITE'. Once paired, you can listen to music, receive GPS directions, and make/receive phone calls.
- **Music Control:** Use the Jog Dial (Center Button) to control music playback. Single press to Play/Pause, double press to skip forward, triple press to skip backward. Rotate the Jog Dial clockwise to increase volume and counter-clockwise to decrease volume.
- **2-Way HD Intercom:** To start a 2-way intercom conversation, ensure both units are powered on and within range. Enter intercom pairing mode on both units by pressing and holding the Center Button for 5 seconds until you hear "Intercom Pairing". Then, on one of the units, tap the Center Button once to connect.
- **Voice Commands:** The Sena 5R LITE supports voice commands for hands-free operation. Refer to the Quick Start Guide for a list of available commands.



TWO-WAY INTERCOM

Image: Two riders communicating with Sena 5R LITE intercoms. The image illustrates the two-way intercom feature between two motorcycle riders.



LCD SCREEN

Image: Sena 5R LITE LCD screen displaying intercom status. The LCD screen shows the intercom connection status and battery level.

Video: Sena 5R / 5R LITE Tech Talk. This video provides an in-depth look at the features and operation of the Sena 5R and 5R LITE models.

Maintenance

To ensure the longevity and optimal performance of your Sena 5R LITE, follow these maintenance guidelines:

- **Charging:** Charge the unit using the provided USB-C cable. The unit can be charged while mounted on the helmet or separately. A full charge takes approximately 1.5 hours.
- **Firmware Updates:** Regularly check for and install the latest firmware updates. Connect your 5R LITE to your computer using the USB-C cable and use the Sena Device Manager software to update the firmware. This ensures compatibility with new devices and access to the latest features.
- **Cleaning:** Wipe the unit with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners.
- **Storage:** Store the unit in a dry, cool place when not in use.

Troubleshooting

If you encounter any issues with your Sena 5R LITE, try the following solutions:

- **No Power:** Ensure the unit is fully charged. Connect it to a power source and check the charging indicator.
- **Pairing Issues:** Make sure both devices are in pairing mode. Clear previous Bluetooth pairings on your smartphone and the 5R LITE, then attempt to pair again.
- **Audio Problems:** Check speaker connections and positioning. Ensure the volume is adjusted correctly. If using intercom, verify both units are properly paired.
- **Microphone Not Working:** Check the microphone connection to the main unit. Ensure the microphone is positioned correctly in front of your mouth.
- **Factory Reset:** If problems persist, perform a factory reset. Refer to the Quick Start Guide for instructions on how to perform a factory reset.

Specifications

Model Name	5R LITE
Connectivity Technology	Wireless (Bluetooth 5.0)
Battery Life	8 hours (Talk Time)
Charging Time	1.5 hours
Bluetooth Range	10 meters (for smartphone connectivity)
Intercom Working Distance	Up to 700 m (0.4 miles) in open terrain
Item Weight	11.1 ounces
Product Dimensions	6.3 x 4.96 x 2.13 inches
Water Resistance Level	Not Water Resistant

Warranty & Support

Sena products are covered by a limited warranty. For detailed warranty information, technical support, or to register your product, please visit the official Sena website or contact Sena customer service.

You can also visit the [Sena Store on Amazon](#) for additional products and support resources.