

**Hama 00184189**

# Hama Freedom Run II Bluetooth In-Ear Headphones Instruction Manual

## INTRODUCTION

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Thank you for choosing the Hama Freedom Run II Bluetooth In-Ear Headphones. This manual provides essential information for the safe and efficient operation of your device. Please read it carefully before use and keep it for future reference.



Image: Hama Freedom Run II Bluetooth In-Ear Headphones in black, showcasing the magnetic earbuds and flat, tangle-free cable design.

## SETUP

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### 1. Charging the Headphones

Before first use, ensure the headphones are fully charged. Connect the charging cable to the charging port on the headphones and to a suitable USB power source. The LED indicator will show the charging status.

### 2. Pairing with a Bluetooth Device

1. Ensure the headphones are turned off.
2. Press and hold the multi-function button until the LED indicator flashes alternately blue and red, indicating pairing mode.
3. Activate Bluetooth on your device (smartphone, tablet, etc.) and search for available devices.
4. Select "Hama Freedom Run II" from the list of found devices.
5. Once connected, the LED indicator will flash blue slowly.

These headphones support simultaneous connection to multiple Bluetooth devices.

### 3. Wearing the Headphones

- **Ear Tip Selection:** Choose the silicone ear tips (S, M, L) that provide the most comfortable and secure fit for optimal sound isolation.
- **Cable Adjustment:** The neck cable can be adjusted to your personal preference for comfort and stability.
- **Securing the Cable:** Use the included clip to attach the cable to your clothing (e.g., T-shirt) for additional support during movement.

## OPERATING

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### 1. Power On/Off

- **Power On:** Press and hold the multi-function button until the LED indicator flashes blue.
- **Power Off:** Press and hold the multi-function button until the LED indicator flashes red and then turns off.

### 2. Music Playback

- **Play/Pause:** Press the multi-function button once.

### 3. Call Management

The integrated microphone allows seamless switching between music and calls.

- **Answer Call:** Press the multi-function button once during an incoming call.
- **End Call:** Press the multi-function button once during a call.
- **Reject Call:** Press and hold the multi-function button during an incoming call.
- **Redial Last Number:** Double-press the multi-function button.

### 4. Volume Control

Volume can be controlled via the integrated remote on the neckband or through your device's voice assistant.

### 5. Checking Battery Status

The battery charge status can be checked on compatible iOS and Android devices.

## MAINTENANCE

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### 1. Cleaning

Clean the headphones with a soft, dry cloth. Do not use harsh cleaning agents or solvents. Remove ear tips for separate cleaning if necessary.

### 2. Storage

When not in use, the earbuds can be conveniently joined together magnetically to prevent tangling and for easy storage.

### 3. Sweat Resistance

The headphones feature sweat-resistant materials, making them suitable for sports and active use.

However, avoid submerging them in water.

## TROUBLESHOOTING

- **No Power:** Ensure the headphones are fully charged.
- **Cannot Pair:** Make sure the headphones are in pairing mode (flashing blue/red). Ensure Bluetooth is enabled on your device and it is within range. Try restarting both devices.
- **No Sound:** Check the volume level on both the headphones and your connected device. Ensure the headphones are correctly paired and connected.
- **Poor Sound Quality:** Ensure the headphones are within range of your device and there are no obstructions. Try adjusting the ear tips for a better seal.
- **Call Issues:** Ensure the microphone is not obstructed. Check that the headphones are selected as the audio output device during calls on your smartphone.

## SPECIFICATIONS

Model Name	Freedom Run II
Model Number	00184189
Brand	Hama
Connectivity Technology	Wireless (Bluetooth)
Ear Placement	In-Ear
Form Factor	In-Ear
Material	Silicone
Water Resistance Level	Waterproof (Sweat-resistant)
Special Features	Lightweight, Integrated Microphone, Magnetic Earbuds
Compatible Devices	Smartphones, tablets, laptops, desktop computers, smart speakers
Included Components	Ear tips

## WARRANTY AND SUPPORT

Information regarding specific warranty terms and customer support contacts is not available in the provided product data. Please refer to the product packaging or the manufacturer's official website for detailed warranty information and support options.