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POLVCDG BDAMX-7FXH

POLVCDG Swimming Headphones BDAMX-7FXH User Manual

Model: BDAMX-7FXH | Brand: POLVCDG



INTRODUCTION

This manual provides detailed instructions for the POLVCDG IPX8 Waterproof Bone Conduction Headphones, Model BDAMX-7FXH. Please read this manual carefully before using the product to ensure proper operation and to maximize its lifespan. Keep this manual for future reference.



Image: POLVCDG Bone Conduction Headphones submerged in water, highlighting their IPX8 waterproof capability.

WHAT'S IN THE BOX



What's in the box?

Bone Conduction headphones x1
Instruction Manual x1
Silicone Adjustable Rope x1
Charging Cable x1

Image: A visual representation of all items included in the POLVCDG headphone package.

- POLVCDG Bone Conduction Headphones x1
- Instruction Manual x1
- Silicone Adjustable Rope x1
- Charging Cable x1
- Earplugs x2

1. Charging the Headphones

Before first use, fully charge your headphones. Connect the magnetic charging cable to the charging port on the headphones and the other end to a USB power adapter (not included) or a computer's USB port.

- A full charge takes approximately 1.5-2 hours.
- The LED indicator will show charging status (e.g., red for charging, blue for fully charged).

Superior Features for Outstanding Performance

**ENC Call
Noise Reduction**



**10 Hours
Battery Life**



Magnetic Fast Charging



Ultra Light weight

32g

A small, blue, over-ear headphone is shown next to the large text '32g'. The headphone has a thin, flexible band and a small ear cup. The brand name 'POLYCOM' is visible on the ear cup.

Comfortable to Wear



Image: Illustration of the magnetic fast charging mechanism for the headphones.

2. Bluetooth Pairing (Wireless Mode)

1. Ensure the headphones are powered off.
2. Press and hold the Power/Multi-function button until the LED indicator flashes red and blue alternately, indicating pairing mode.
3. On your device (smartphone, tablet, laptop), enable Bluetooth and search for "BDAMX-7FXH" or similar.
4. Select the headphones from the list to connect. Once connected, the LED will flash blue slowly.

3. MP3 Mode Setup (For Underwater Use)

The headphones feature 32GB of built-in storage for MP3 mode, essential for underwater listening as Bluetooth signals do not transmit through water.

1. Connect the headphones to your computer using the provided charging cable.
2. The headphones will appear as a removable disk drive.
3. Drag and drop your desired MP3 audio files into the headphone's storage folder.
4. Safely eject the headphones from your computer once files are transferred.

Important: Always switch to MP3 mode when swimming or engaging in other underwater activities.

Dual Playback Modes from Ground to Water



Wireless Mode
Fast and Stable
Connection



MP3 Mode
Built-in 32GB Storage
Upload up to 8,000 songs



Please switch to MP3 mode when swimming
Bluetooth signals cannot be transmitted underwater.

Image: Visual explanation of switching between Wireless and MP3 modes, emphasizing MP3 for underwater use.

OPERATING INSTRUCTIONS

Controls Overview

The headphones feature intuitive button controls for various functions.

Button/Action	Function
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Button/Action	Function
Power/Multi-function Button (Long Press)	Power On/Off, Enter Pairing Mode
Power/Multi-function Button (Short Press)	Play/Pause Music, Answer/End Call
Volume Up (+) (Short Press)	Increase Volume
Volume Up (+) (Long Press)	Next Track
Volume Down (-) (Short Press)	Decrease Volume
Volume Down (-) (Long Press)	Previous Track
Mode Switch Button (if present, or specific button combination)	Switch between Bluetooth and MP3 Mode

Note: Specific button locations and exact functions may vary slightly. Refer to the physical product for precise button identification.

Wearing the Headphones

Position the bone conduction transducers on your cheekbones, just in front of your ears. The band should rest comfortably behind your head. Adjust for a secure and comfortable fit.

Safety Open-Ear & Ergonomic Fit for Ultimate Ear Comfort



Image: A cyclist wearing the headphones, illustrating the ergonomic and open-ear design for safety and comfort during activities.

Making and Receiving Calls

- **Answer/End Call:** Short press the Power/Multi-function button.
- **Reject Call:** Long press the Power/Multi-function button.
- **Voice Assistant:** Double-press the Power/Multi-function button (functionality depends on connected device).

The Environmental Noise Cancellation (ENC) technology helps ensure clear calls even in noisy environments.

MAINTENANCE

Cleaning

- Wipe the headphones with a soft, damp cloth after each use, especially after swimming or intense workouts.
- Do not use abrasive cleaners or solvents.
- Ensure the charging port is dry before connecting the charging cable.

Storage

- Store the headphones in a cool, dry place away from direct sunlight and extreme temperatures.
- Avoid placing heavy objects on the headphones to prevent damage to the flexible frame.

Waterproofing Notes

- The headphones are rated IPX8, meaning they can be submerged in water up to two meters deep for one hour.
- For optimal performance and to prevent damage, always use MP3 mode when underwater. Bluetooth signals cannot transmit effectively in water.
- Rinse with fresh water after use in chlorinated or saltwater environments.

TROUBLESHOOTING

Problem	Solution
Headphones won't turn on.	Ensure the headphones are fully charged. Connect to the charger and check the LED indicator.
Cannot pair with Bluetooth device.	<ul style="list-style-type: none">◦ Ensure headphones are in pairing mode (flashing red and blue).◦ Make sure Bluetooth is enabled on your device.◦ Move headphones closer to your device.◦ Forget the device in your phone's Bluetooth settings and try pairing again.
No sound in MP3 mode.	<ul style="list-style-type: none">◦ Ensure you have uploaded MP3 files to the headphones.◦ Check the volume level.◦ Confirm the headphones are in MP3 mode.
Sound quality is poor or distorted.	<ul style="list-style-type: none">◦ Adjust the position of the transducers on your cheekbones.◦ Ensure the volume is not too high, causing distortion.◦ For Bluetooth, reduce distance to the paired device and minimize interference.
Headphones not recognized by computer.	Try a different USB port or cable. Ensure the cable is securely connected.

SPECIFICATIONS

Feature	Detail
Model Number	BDAMX-7FXH
Brand	POLVCDG
Connectivity Technology	Wireless (Bluetooth)
Wireless Communication Technology	Bluetooth 5.4
Water Resistance Level	IPX8 Waterproof
Internal Storage	32GB (for MP3 mode)
Battery Life	Up to 10 Hours
Audio Driver Type	Bone Conduction Driver
Noise Control	Environmental Noise Cancellation (ENC)
Earpiece Shape	Hook (Open Ear)
Material	Plastic, Rubber
Item Weight	7.2 ounces
Product Dimensions	5.27 x 2.32 x 6.1 inches
Frequency Range	20Hz - 20,000Hz
Impedance	10 Ohm
Control Method	Push Button
Compatible Devices	Smartphones, Laptops, Tablets, Smart Speakers

WARRANTY INFORMATION

POLVCDG products typically come with a standard manufacturer's warranty. For specific warranty terms and conditions, including duration and coverage, please refer to the warranty card included in your product packaging or visit the official POLVCDG website. Keep your proof of purchase for warranty claims. Protection plans may also be available for purchase separately. Please check with your retailer for details.

CUSTOMER SUPPORT



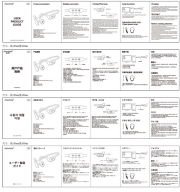
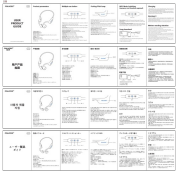


If you encounter any issues or have questions not covered in this manual, please contact POLVCDG customer support:

- **Online Support:** Visit the official POLVCDG website for FAQs, support articles, and contact forms.
- **Email Support:** Refer to your product packaging or the official website for the customer service email address.

When contacting support, please have your product model number (BDAMX-7FXH) and purchase information ready.



Related Documents - BDAMX-7FXH

	<p>POLVCDG X7 Bone Conduction Swimming Headphones User Guide</p> <p>Comprehensive user guide for the POLVCDG X7 bone conduction swimming headphones, covering product specifications, features, controls, operating instructions, pairing, charging, file transfer, and important precautions.</p>
	<p>POLVCDG S10 Bone Conduction Swimming Headphones User Guide & Warranty</p> <p>Official user guide and warranty information for the POLVCDG S10 bone conduction headphones. Learn about features, operation, charging, precautions, and warranty terms for these waterproof, wireless, MP3-enabled sports earbuds.</p>
	<p>POLVCDG X9 Bone Conduction Swimming Headphones User Guide</p> <p>Comprehensive user guide for the POLVCDG X9 bone conduction swimming headphones, covering product parameters, operation, charging, pairing, and important safety information.</p>
	<p>POLVCDG X13 Bone Conduction Swimming Headphones User Guide</p> <p>User guide for the POLVCDG X13 bone conduction swimming headphones, detailing product parameters, operation, charging, and important safety information. Supports Bluetooth V5.4 and MP3 playback.</p>
	<p>POLVCDG X7 Bone Conduction Bluetooth Earphone - User Manual and Warranty</p> <p>Comprehensive user manual for the POLVCDG X7 Bone Conduction Bluetooth Earphone, covering setup, operation, features, product parameters, care, and warranty information. Features Bluetooth 5.3, IPX8 waterproofing, and MP3 playback.</p>
	<p>POLVCDG X6 Bone Conduction Wireless Headset User Manual Bluetooth 5.3, IP68 Waterproof</p> <p>Comprehensive user manual for the POLVCDG X6 Bone Conduction Wireless Headset. Learn about setup, Bluetooth pairing, MP3 mode, charging, specifications, and troubleshooting. Features Bluetooth 5.3 and IP68 water resistance.</p>