

POLVCDG BDAMX-7FXH

POLVCDG IPX8 Waterproof Bone Conduction Swimming Headphones User Manual

Model: BDAMX-7FXH

[Introduction](#) [Product Overview](#) [What's in the Box](#) [Setup](#) [Operation](#) [Waterproof Usage](#)
[Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

1. INTRODUCTION

Thank you for choosing POLVCDG IPX8 Waterproof Bone Conduction Swimming Headphones. This manual provides essential information for the safe and effective use of your new headphones. Please read it thoroughly before use and retain it for future reference.

2. PRODUCT OVERVIEW

The POLVCDG Bone Conduction Headphones offer a unique open-ear listening experience, ensuring environmental awareness while providing high-quality audio. Designed for active lifestyles, these headphones are IPX8 waterproof, making them suitable for swimming and other water sports. They feature dual modes (Wireless & MP3) and a comfortable, secure fit.

Key Features:

- **Open-Ear Design:** Ensures situational awareness.
- **IPX8 Waterproof Rating:** Submersible up to 2 meters for 1 hour, ideal for swimming.
- **32GB Built-in Memory:** Store up to 8,000 songs for phone-free listening in MP3 mode.
- **Wireless (Bluetooth) & MP3 Dual Modes:** Seamlessly switch between modes.
- **Environmental Noise Cancellation (ENC) Microphone:** For clear calls in noisy environments.
- **10-Hour Battery Life:** Extended listening and talk time.
- **Lightweight & Ergonomic:** Flexible titanium frame for a comfortable and secure fit (32 grams).

New Gen “MFR-TURBO” Digital Audio Enhancement Tech

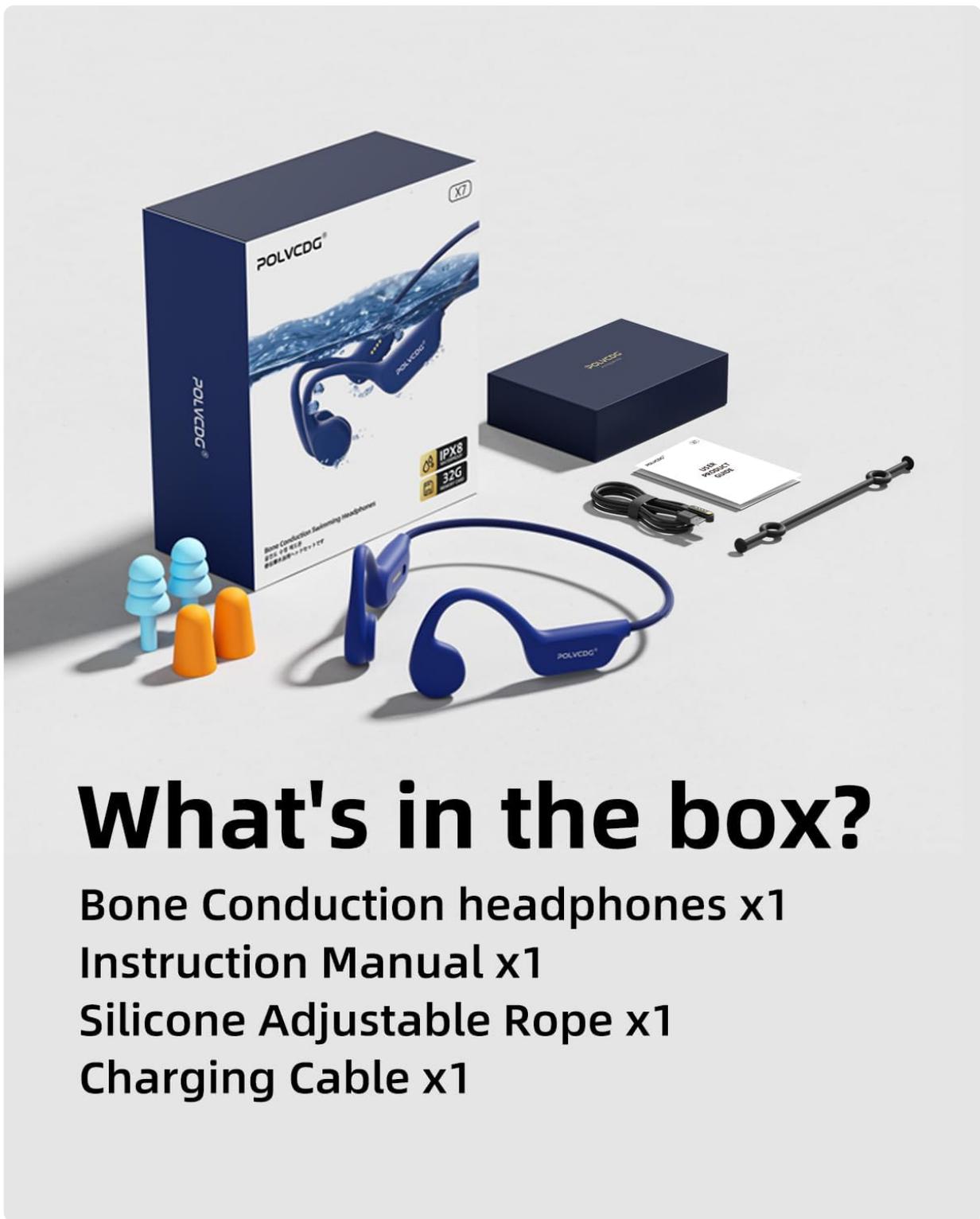


Image: Overview of POLVCDG Bone Conduction Headphones highlighting features like ENC, 10-hour battery, magnetic fast charging, ultra-lightweight, and comfortable design.

3. WHAT'S IN THE BOX

Upon unboxing, please ensure all items are present:

- Bone Conduction Headphones x1
- Instruction Manual x1
- Silicone Adjustable Rope x1
- Charging Cable x1
- Earplugs x2 (pairs)



What's in the box?

Bone Conduction headphones x1

Instruction Manual x1

Silicone Adjustable Rope x1

Charging Cable x1

Image: The complete package contents, including the headphones, charging cable, adjustable rope, and two pairs of earplugs.

4. SETUP

4.1 Charging the Headphones

1. Connect the magnetic charging cable to the charging port on the headphones.
2. Plug the USB end of the cable into a compatible USB power adapter (not included) or a computer's USB port.
3. The LED indicator will show charging status (refer to the pilot lamp section in the included user product guide for specific light indications).

4. A full charge typically takes about 2 hours and provides up to 10 hours of playback.

Your browser does not support the video tag.

Video: This official POLVCDG video demonstrates key features including magnetic charging, button controls for music and calls, and the IP68 waterproof capability for swimming.

4.2 Powering On/Off

- **Power On:** Press and hold the power button for 3 seconds until the blue light turns on.
- **Power Off:** Press and hold the power button for 5 seconds. The red light will turn off.

4.3 Bluetooth Pairing

1. Ensure the headphones are powered off.
2. Press and hold the power button for 5 seconds until the blue and red lights flash alternately, indicating pairing mode.
3. On your device (smartphone, tablet, etc.), enable Bluetooth and search for "X7".
4. Select "X7" to connect. A voice prompt will confirm successful pairing.

5. OPERATING INSTRUCTIONS

5.1 Music Playback (Wireless Mode)

- **Play/Pause:** Press the power button once.
- **Next Song:** Long press the "+" button for 2 seconds.
- **Previous Song:** Long press the "-" button for 2 seconds.
- **Volume Up:** Press the "+" button.
- **Volume Down:** Press the "-" button.

5.2 Call Management

- **Answer Incoming Call:** Press the power button once.
- **End Call:** Press the power button once.
- **Reject Incoming Call:** Long press the power button for 2 seconds.

5.3 Voice Assistant

- **Activate Voice Assistant:** Long press the power button for 2 seconds.

5.4 Switching Between Wireless (Bluetooth) and MP3 Mode

The headphones support both Wireless (Bluetooth) and MP3 modes. To switch between modes, refer to the specific instructions in the included user product guide. Note that Bluetooth signals cannot transmit effectively underwater, so MP3 mode is required for swimming.

Superior Features - Outstanding Performance



Image: Illustration of the dual playback modes, Wireless for general use and MP3 with 32GB storage for underwater activities.

6. WATERPROOF USAGE (IPX8)

These headphones are rated IPX8 waterproof, meaning they can be submerged in water up to 2 meters deep for 1 hour. This makes them ideal for swimming, showering, and other water-based activities.

Important Considerations for Swimming:

- **Use MP3 Mode:** Bluetooth signals do not transmit effectively underwater. Always switch to MP3 mode before entering the water to ensure uninterrupted music playback.
- **Use Earplugs:** For optimal sound quality and to prevent water from entering your ears, use the provided earplugs while swimming.
- **Drying:** After use in water, gently shake off excess water and allow the headphones to air dry completely before charging or using them in Bluetooth mode.

Professional IPX8 Bone Conduction Headphones

Water or Ground, Sound without Limits



Image: A swimmer using the headphones, emphasizing the IPX8 waterproof feature and the instruction to use MP3 mode underwater.

7. MAINTENANCE

7.1 Cleaning

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

7.2 Storage

- Store the headphones in a cool, dry place away from direct sunlight and extreme temperatures.
- Avoid bending or twisting the headband excessively to prevent damage.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No power	Low battery	Charge the headphones fully.
Cannot pair via Bluetooth	Headphones not in pairing mode; device Bluetooth off; too far from device	Ensure headphones are in pairing mode (flashing red/blue). Turn device Bluetooth off/on. Move closer to device.
No sound in water	Still in Bluetooth mode	Switch to MP3 mode before entering water.

Problem	Possible Cause	Solution
Poor sound quality	Volume too low; earplugs not used (in water); dirty transducers	Adjust volume. Use earplugs for swimming. Clean transducers gently.

9. SPECIFICATIONS

- **Model Name:** BDAMX-7FXH
- **Waterproof Level:** IPX8
- **Wireless Version:** Bluetooth 5.4
- **Transmission Distance:** ≤10m
- **Music Format Support:** MP3, WMA, WAV, APE, FLAC
- **Battery:** 200mAh Lithium Polymer
- **Charging Time:** Approximately 2 hours
- **Playback Time:** Up to 10 hours (at 65% volume)
- **Item Weight:** 32 grams (approx. 1.13 ounces)
- **Material:** Plastic, Rubber
- **Control Method:** Touch buttons
- **Audio Driver Type:** Bone Conduction Driver

10. WARRANTY & SUPPORT

POLVCDG products are designed for durability and performance. For warranty information, technical support, or any questions regarding your headphones, please refer to the contact details provided on the product packaging or visit the official POLVCDG website. Keep your purchase receipt as proof of purchase for warranty claims.