

INTERVAL Quick Start Guide

What's in the Box:

INTERVAL headphones and USB cable.



Buttons:



○ Center Button

Long press - Power On / Off
Short press - Play / Pause
Double Click - Call last number
Long press & Hold - Pairing

+ / - Buttons

Short press - Volume Up / Down
Long press - Skip Track

How to charge battery:

The battery is charged with a special USB charger cable.



#1 – Connect the cable to the INTERVAL

There are 2 pins INTERVAL body at the back. Attach the charger cable and line up the pins. A magnetic force will pull the connector in when it is in correct place.

Make sure the connector pins are clean and dry when connecting and charging the INTERVAL.

LED light will be RED when charging. When battery is full – LED light will turn off

TIP: DO NOT move the INTERVAL when it is connected. The connection can be sensitive and moving the INTERVAL may disrupt the charging.

Bluetooth Pairing:

Place the INTERVAL into Bluetooth mode by pressing the O button. Blue LED light will start blinking as it is seeking to connect.

Go to your Apple Watch > Settings > Bluetooth complete the pairing by selecting 'H2O INTERVAL'. The LED will turn solid Blue light when connection is made.

TIP: Do not pair the INTERVAL with your iPhone. The Apple Watch will be connected to the INTERVAL and play music from the watch in an 'offline' mode without the iPhone.

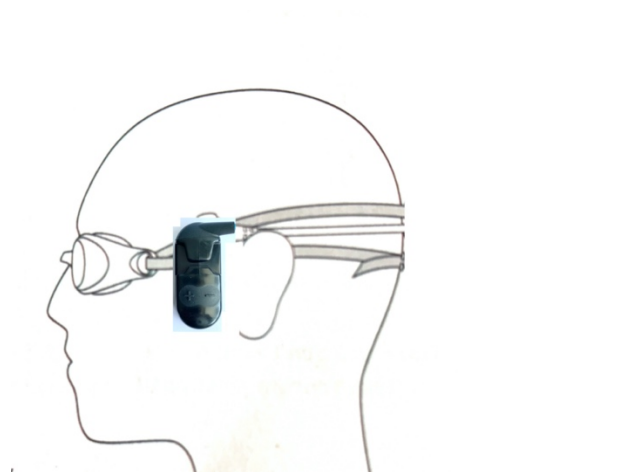
How to wear:

The speakers are marked L and R.

Attach the swim goggle straps through the slots on the speakers.



For best sound experience - orient the speakers to be in front of the ear. You can try and find a location on the goggles that provides the best sound. Bone conduction sound works by the vibration of the speaker that is conducted to the inner-ear.



LED lights:

Red light

- Solid: Battery charging
- Blinking: Low battery

Green Light:

- Solid: Playing from memory
- Slow blinking: Music is paused

Blue Light:

- Solid: Bluetooth mode – connected.
- Slow blinking: Looking for Bluetooth connection

We are Happy to Help :)

For more tips and videos – please visit the H2O Audio INTERVAL page:

<https://h2oaudio.com/pages/interval-user-guide>

For any issues or questions, please contact us directly

Email: support@h2oaudio.com

Web: h2oaudio.com

FCC Warning

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.