

XTRAINERZ

User Guide

How to Set up Your XTRAINERZ

1. Attach the XTRAINERZ to the USB Charging Cradle

- a. Open the USB Charging Cradle.
- b. Attach the XTRAINERZ to the USB Charging Cradle. Make sure that the Pogo Pins of the XTRAINERZ and the Terminals of the USB Charging Cradle are in contact with each other.
- c. Close the USB Charging Cradle until it securely snaps.

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2. Charging

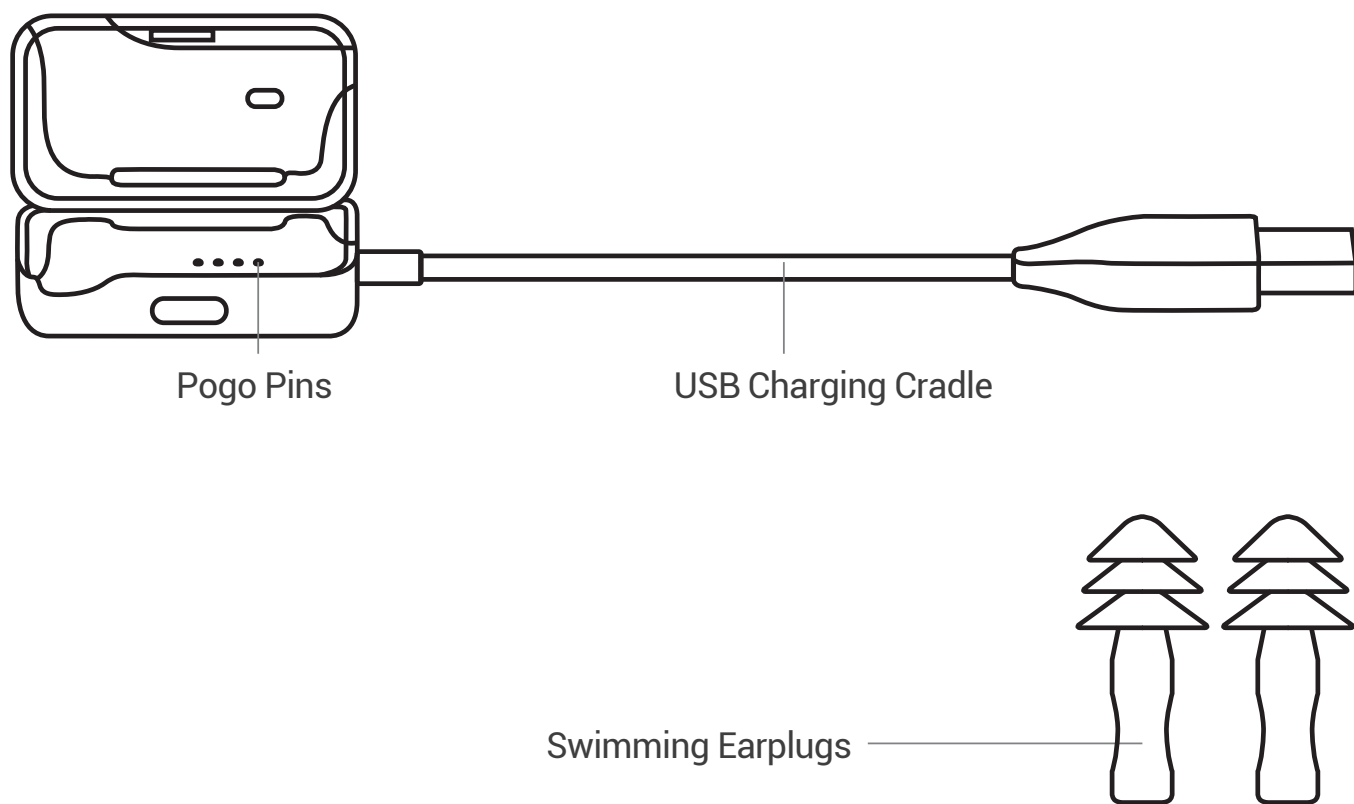
- a. Attach the XTRAINERZ to the USB Charging Cradle.
- b. Connect the USB Charging Cradle to a computer or a USB wall charger.
- c. The LED indicator turns red when charging starts and turns blue when charging is complete.

3. Transferring Content

- a. Download the audio files such as songs and audio books into your computer.
- b. Attach the XTRAINERZ to the USB Charging Cradle.
- c. Connect the USB Charging Cradle to a computer.
- 08 d. Xtrainerz will become a hard drive named "XTRAINERZ". Open "XTRAINERZ" on your computer.
- e. Drag-and-drop audio files such as songs and audio books or folders into the "XTRAINERZ" hard drive.
- f. You may create folders on the "XTRAINERZ" to organize your audio files.
- g. You may disconnect the USB Charging Cradle once file transfer is complete and the LED Indicator will flash red and blue while XTRAINERZ organizes the files. The XTRAINERZ buttons are not functional temporally.
- h. XTRAINERZ supports MP3, WAV⁽¹⁾, WMA, FLAC, AAC formats.

What's In The Box

- 1.XTRAINERZ MP3 Headphones
- 2.USB Charging Cradle
- 3.Swimming Earplugs
- 4.Silicone Rubber Carrying Case
- 5.User Guide
- 6.Warranty Card



Multifunction/Power Button (A)

Function	Action	Prompt / "Audrey Says™"
Play	Click while music is not playing	One beep
Pause	Click while music is playing	One beep
Power on ⁽²⁾	Press and hold for 3 seconds in power off state	"Welcome to AfterShokz." and "Battery high/Battery medium/ Battery low/Charge me"
Power off	Press and hold for 3 seconds in power on state	"Power off"

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Mode Button (B)

Function	Action	Prompt / "Audrey Says™"
Switch play mode	Click Mode Button	"Normal/Repeat/Shuffle"
Switch EQ setting	Press and hold Mode Button for 2 seconds	"General Mode"/ "Swimming Mode"

Volume+ (C)/Volume- (D)

Function	Action	Prompt / "Audrey Says™"
Next	Press and hold Volume+ for 2 seconds while music is playing	One beep
Previous	Press and hold Volume- for 2 seconds while music is playing	One beep
Volume up	Click Volume+ while music is playing	One beep
Volume down	Click Volume- while music is playing	One beep
Check battery status ⁽³⁾	Click Volume+ or Volume- while music is not playing	"Battery high/Battery medium/Battery low/Charge me"

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Button Combination

Function	Action	Prompt / "Audrey Says™"
Open/ Close the folder	Press and hold Volume- and Multifunction Button for 2 seconds	"Play Current Folder"/ "Play All Folder"
Next folder	Press and hold Volume+ and Multifunction Button for 2 seconds when you are under "Play Current Folder"	"Next folder"
Switch language	Press and hold Volume+ and Volume- for 2 seconds	"English/Chinese/ Korean/Japanese"

LED Indicator

Solid red	Charging
Solid blue	Charging is complete
Flashes red every 5 seconds	Low battery
Flashes red for 1 second	Power off
Flashes blue for 1 second	Power on
Flashes red and blue	XTRAINERZ cannot be operated

Specifications

Part number	AS700	Frequency response	20Hz-20KHz
Battery	Lithium battery	Battery Capacity	183 mAh
Speaker type	Bone conduction transducers	Sensitivity	96 ± 3dB
Compatible profiles	MP3, WMA, FLAC, WAV ⁽¹⁾ , AAC	Weight	1.06 oz (30g)
Continuous play	Up to 8h	Speaker impedance	DC: 8.5Ω±20%
Charge time	< 2 hours	Warranty	2 years
Water resistance	IP68	Maximum output power	0.6W
Maximum charge voltage	5.25 V	Memory	4GB or 1200 songs

Note

- (1) XTRAINERZ only supports WAV file in Linear PCM format.
- (2) XTRAINERZ will power off after 1 hour of inactivity.
- (3) "Charge me" prompt will occur at about 20 minutes of use time remaining.

Storage & Maintenance

- 1. The headphones should be kept in a cool, dry place with ambient temperatures of 0-45°C. Using the headphones in extreme cold or heat may shorten the battery life.
- 2. If stored without use for an extended period of time, charge before use.
- 3. Listening to music with the headphones at an extremely high volume may distort the sound and listening experience.
- 4. Clean the headphones with a dry, soft towel after use.
- 5. Dry the headphones before charging.

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Note

Design and specification are subject to change without notice.
For the most up-to-date product information, please visit www.aftershokz.com

Manufacturer

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