Contents

Welcome 3
What's in the box* 4
Get Paired 5
Headset overview 6
  Be safe 6
Take control 7
  Power on or off 7
  Play or pause music 7
  Skip to next track 7
  Play previous track 7
  Volume 7
  Mute 7
  Use voice commands 7
  Answer or end a call 7
  Decline a call 7
  Pairing mode 7
Charge 8
Fit 9
Armband/storage 10
Check battery level 11
DeepSleep Mode 12
Stay connected 13
Plantronics Backbeat FIT Updater Application 14
Specifications 15
Support 16
Congratulations on purchasing your new Plantronics product. This guide contains instructions for setting up and using your Plantronics Backbeat® FIT.

Please refer to the safety instructions for important product safety information prior to installation or use of the product.
What's in the box*

Headphones

USB charge cable

Armband

NOTE *Contents may vary by product.
The first time you power on your headphones, they begin the pairing process.

1 Power on the headphones. The indicator light located on the right headphone, flashes red and blue to indicate the pairing process.

2 Activate Bluetooth® on your phone and set it to search for new devices.
   • iPhone Settings > General > Bluetooth > On
   • Android™ Settings > Bluetooth: On > Scan for devices
   *Menus may vary by device.

3 Select “PLT_BBFIT.” If your phone asks, enter four zeros (0000) for the passcode or accept the connection. Once successfully paired, indicator lights stop flashing red and blue and you hear “pairing successful.”
Headset overview

Be safe

Please read the safety guide for important safety, charging, battery and regulatory information before using your new headset.
Take control

- **Power on or off**: Press the Power button until you hear “power on”/“power off.”
- **Play or pause music**: Tap the Audio button.
- **Skip to next track**: Press the Audio button twice.
- **Play previous track**: Press the Audio button until you hear the confirmation tone to restart the current track. Press the button twice (each press until the confirmation tone sounds) to go to the previous track.
- **Volume**: To increase the volume, tap the Volume button. To decrease the volume, press and hold the Volume button.*
  *Android phone must be set to medium/high or audio will sound to low.
- **Mute**: While on a call, tap the Audio button. You will hear “mute on” or “mute off.” An alert repeats every 5 minutes when mute is on.
- **Use voice commands**: To activate your smartphone’s voice controls, press the Call button until you hear the confirmation tone.
- **Answer or end a call**: Tap the Call button.
- **Decline a call**: Press and hold the Call button for 2 seconds.
- **Pairing mode**: To enter pairing mode after the first pairing process, start with the headphones powered off and then press and hold the Power button until you hear “pairing.”
Your new headphones have enough power to pair and listen to audio for a while. The door covering the charging port is located on the right headphone. Open it with your fingernail.

It takes up to 2 hours to fully charge the headphones. While charging, the indicator light is red and turns blue once charging is complete.
Fit

1. For the best sound performance and a secure comfortable fit, drape around the back of your head.

2. Rotate the eartip between a plus and minus 20° range to achieve an optimal fit and sound experience.
Armband/storage

Pouch to store headphones. Turn inside out to reverse into an armband to hold your phone during a workout. An extra pocket resides inside to hold smaller phones or music devices.
To check the battery level tap the Power button while your headphones are powered on. Your headphones will announce battery status.

"Battery full" = fully charged

"Battery level high" = medium to fully charged

"Battery level medium" = medium

"Battery level low" = less than 1 hour remaining

"Recharge headset" = under 15 minutes remaining
DeepSleep Mode

If you leave your headphones powered on but out of range of your paired phone for more than 10 minutes, your headset will conserve its battery power by entering into a DeepSleep® mode.

Once back in range with your phone, press the Power button to exit DeepSleep mode. If your phone is also ringing, tap the Call button again to answer your call.
Stay connected

Bluetooth has a working “range” of up to 33 feet between the phone and the headphones before audio degrades and the connection is lost.

Your headphones try to reconnect after a lost Bluetooth connection. If they can’t, tap any button once or manually reconnect via the phone’s Bluetooth device menu.
Update the firmware for your Backbeat FIT using the Backbeat FIT Updater mobile application. By using this application you can update over your Bluetooth connection instead of connecting to a PC.

Once you have installed the app, open the app and press "Update Firmware" to start the update process. Follow the on screen instructions and plug your Backbeat FIT into a power source when prompted. This will trigger the start of the update process. Wait until the update process is complete before removing the charge cable.

**NOTE** In case of the unlikely event the update process is interrupted (e.g. by accidently removing the charger) follow the on screen instructions and you should be able to finish the update. The indicator light flashes purple when Backbeat FIT is in update mode.

You will be automatically notified when new firmware is released and by keeping your Backbeat FIT up to date you can assure it's performing it's best.

The Backbeat FIT Updater Application is available for both iOS and Android.
## Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Talk/Listening time</strong></td>
<td>Up to 8 hours listen/6 hours talk*</td>
</tr>
<tr>
<td><strong>Standby time</strong></td>
<td>Up to 14 days*</td>
</tr>
<tr>
<td><strong>DeepSleep mode</strong></td>
<td>Provides up to 180 days*</td>
</tr>
<tr>
<td><strong>Operating distance (range)</strong></td>
<td>Up to 33 feet from phone or tablet Up to 33 feet from phone or tablet</td>
</tr>
<tr>
<td><strong>Headphones weight</strong></td>
<td>24 grams</td>
</tr>
<tr>
<td><strong>Audio</strong></td>
<td>HQ custom SBC codec, 13mm neodymium speakers, Frequency response 50-20,000 Hz, Total Harmonic Distortion &lt;3%, sensitivity 105 dBspl/mW @ 1 kHz</td>
</tr>
<tr>
<td><strong>Noise reduction</strong></td>
<td>Digital Signal Processing (DSP) : • Full duplex echo cancellation • Real time noise reduction • Voice clarity</td>
</tr>
<tr>
<td><strong>Moisture protection</strong></td>
<td>P2i nano-coating for sweat and moisture protection</td>
</tr>
<tr>
<td><strong>Charge connector</strong></td>
<td>Micro USB charging</td>
</tr>
<tr>
<td><strong>Battery type</strong></td>
<td>Rechargeable, non-replaceable lithium-ion polymer</td>
</tr>
<tr>
<td><strong>Charge time (maximum)</strong></td>
<td>2 hours (Power requirements 5V DC - 180 mA)</td>
</tr>
<tr>
<td><strong>Bluetooth 3.0</strong></td>
<td>Advanced Audio Distribution Profile (A2DP) v1.2, Audio/Video Remote Control Profile (AVRCP) v1.4, Handsfree Profile (HFP) v1.6 and Headset Profile (HSP) v1.1</td>
</tr>
<tr>
<td><strong>Operating and storage temperature</strong></td>
<td>32°F – 104°F (0 – 40°C)</td>
</tr>
<tr>
<td><strong>Service and support</strong></td>
<td><a href="http://www.plantronics.com/support">www.plantronics.com/support</a></td>
</tr>
</tbody>
</table>

**NOTE** *Performance is dependent upon battery and usage and may vary by device.*
### Support

<table>
<thead>
<tr>
<th>Country</th>
<th>Code</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>EN</td>
<td></td>
<td>Tel: 0800 410014</td>
</tr>
<tr>
<td>FI</td>
<td></td>
<td>Tel: 0800 117095</td>
</tr>
<tr>
<td>NO</td>
<td></td>
<td>Tel: 80011336</td>
</tr>
<tr>
<td>AR</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>FR</td>
<td></td>
<td>Tel: 0800 945770</td>
</tr>
<tr>
<td>PL</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>CS</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>GA</td>
<td></td>
<td>Tel: 1800 551 896</td>
</tr>
<tr>
<td>PT</td>
<td></td>
<td>Tel: 0800 84 45 17</td>
</tr>
<tr>
<td>DA</td>
<td></td>
<td>Tel: 80 88 46 10</td>
</tr>
<tr>
<td>HE</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>RO</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>DE</td>
<td></td>
<td>Deutschland 0800 9323 400, Österreich 0800 242 500, Schweiz 0800 932 340</td>
</tr>
<tr>
<td>HU</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>RU</td>
<td></td>
<td>Tel: 8-800-200-79-92, Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>EL</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
<tr>
<td>IT</td>
<td></td>
<td>Tel: 800 950934</td>
</tr>
<tr>
<td>SV</td>
<td></td>
<td>Tel: 0200 21 46 81</td>
</tr>
<tr>
<td>ES</td>
<td></td>
<td>Tel: 900 803 666</td>
</tr>
<tr>
<td>NL</td>
<td></td>
<td>NL 0800 7526876, BE 0800 39202, LUX 0800 24870</td>
</tr>
<tr>
<td>TR</td>
<td></td>
<td>Tel: +44 (0)1793 842443*</td>
</tr>
</tbody>
</table>

*Support in English

Safety information: see the separate 'For Your Safety' booklet

2-year limited warranty details: plantronics.com/warranty

---

**NEED MORE HELP?**

plantronics.com/support

---

**Plantronics BV**

South Point Building C

Scorpius 140

2132 LR Hoofddorp, Netherlands

---

© 2014 Plantronics, Inc. All Rights Reserved. Bluetooth is a registered trademark of Bluetooth SIG, Inc. and any use by Plantronics is under license. All other trademarks are the property of their respective owners.

Patents US 5,712,453; Patents Pending

202221.06 (07.14)