



**SONAR2 PRO**

**USER GUIDE**



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## WHAT'S IN THE BOX

Congratulations on your new **SONAR 2 PRO**! Inside your box, you'll find everything you need to dive into your audio adventure.

### **SONAR 2 PRO HEADSET**

The heart of your listening experience, designed to deliver unparalleled sound quality underwater.

### **PROTECTIVE CASE**

Store your headphones, USB cable and earplugs in the included protective case.

### **USB CABLE**

For easy and fast charging of your headset.

### **SOLID EARPLUGS**

For the best audio experience and sound quality while swimming we recommend using the included solid blue earplugs to reduce the ambient sound of water splashing.

### **USER GUIDE**

Your comprehensive guide to all things SONAR 2 PRO. From features and functions to troubleshooting tips, everything you need to know is right here.



## WHAT'S IN THE BOX



**SONAR 2 PRO HEADSET**



**PROTECTIVE CASE**



**USB CABLE**



**SOLID EARPLUGS**



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## **CUSTOMER SUPPORT CONTACTS & SUPPORT LANDING PAGE**

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**SCAN**  
FOR SUPPORT

We're here for you! Inside, you'll find all the information you need to reach out for support. Instant access to our online support and resources with a simple scan. Help is just a QR code away!

**[h2oaudio.com](https://h2oaudio.com)**



# CHARGING, LED LIGHTS & BATTERY

## HOW TO CHARGE

- Connect the 4 pin USB cable to the **SONAR 2 PRO**
  - *It will attach only 1 way with the magnets.*
- Charging Time: 1~2 hrs to fully charge. Full Battery Playtime: ~10hrs
- When you turn ON the SONAR 2 PRO you will hear the current battery level status. (High, Medium or Low)

## LED LIGHTS

### RED LIGHT

**Solid:** Battery charging

**Blinking:** Low battery

### GREEN LIGHT

**Solid:** Fully charged on wall adapter

*\*If charging directly on a computer USB port the light will be solid Green/Orange*

### BLUE LIGHT

**Blinking:** Bluetooth Pairing Mode

**Solid:** Bluetooth Mode – Connected

**Rapid Blinking:** Loading Audio to PLAYLIST+

### CYAN LIGHT or (Pale Blue Light)

**Solid:** Playing from Memory



# BUTTON FUNCTIONS



**POWER ON/OFF:** Press and Hold for 3 seconds  
**PLAY/PAUSE** music

**RESET:** Press & Hold the ► **PLAY BUTTON** for 10 seconds.  
Resetting device will not erase any downloaded files.



**1-CLICK:** Volume Up or Down

## BLUETOOTH MODE

**2-CLICK + :** Start Loading Audio to **PLAYLIST+**

**2-CLICK + :** Stop Loading **PLAYLIST+** Audio



**1-CLICK:** Skip to Next Song

**2-CLICK:** Skip to Next Folder

**PRESS & HOLD:** Fast Forward



**1-CLICK:** Go Back to Previous Song

**2-CLICK:** Go Back to Previous Folder

**PRESS & HOLD:** Rewind



**1-CLICK:** Switch Between Memory (MP3) & Bluetooth Mode

**2-CLICK:** Shuffle Mode **ON/OFF**



## BLUETOOTH & MEMORY MODE FOLDERS & SHUFFLE

### BLUETOOTH & MEMORY MODE

When you power on the SONAR 2 PRO it will announce which mode you are in, either Memory Mode or Bluetooth Mode. 1-click on the “M” Button to toggle between Memory Mode (Swimming) & Bluetooth mode. Use Memory Mode to play back your music files which have been added to memory via **PLAYLIST+** or directly downloaded via USB.

### FOLDERS

You can organize your music into folders. There are two ways to create and manage folders. Either via your computer and a USB connection or via the H2O Audio App.

Your **SONAR 2 PRO** comes with two folders installed into the memory, (LOAD & FAVORITE). The LOAD folder is where all of your audio loaded via the **PLAYLIST+** Feature can be found.

2-Click on the “</>” Button will skip to or go back to the previous folder.

### SHUFFLE MODE

The **SONAR 2 PRO** has the ability to randomly shuffle the play order of your stored audio files. While in memory mode a quick “**Double-Click**” on the “**M**” Button will turn on/off SHUFFLE MODE





## **BLUETOOTH & MEMORY MODE**

### **FOLDERS & SHUFFLE**

#### **PLAY ORDER**

You can determine the play order by assigning a sequential numerical value to the beginning of each audio title. It is important to always use 3 digits for the numerical assignment otherwise it will not play in order. (000,001,002,003,004 etc all the way to 999)





# BLUETOOTH PAIRING

## PLEASE NOTE:

Live Streaming via Bluetooth does not work underwater. We recommend using the Playlist+ function or the direct download option to add music to the memory for uninterrupted playback underwater.

Connect the **SONAR 2 PRO** to a smartphone or smartwatch for direct live streaming of audio content with these simple steps:

### ENABLE BLUETOOTH ON SOURCE DEVICE

- On your smartphone or smartwatch, navigate to the settings menu.
- Find the Bluetooth section and ensure Bluetooth is turned on.

### POWER ON THE SONAR 2 PRO

- Turn on your **SONAR 2 PRO** and listen carefully to the audio prompts.
- By default, the device will start in either Bluetooth (BT) or Memory Mode.

### SWITCH TO BLUETOOTH MODE

- If your device starts in Memory Mode, switch to Bluetooth Mode by clicking the "M" button.



# BLUETOOTH PAIRING

## PAIRING YOUR DEVICE

- For first-time pairing, wait for your H2O Audio Device's name, **"SONAR 2 PRO"** to appear on the Bluetooth screen of your source device.
- Once it appears, tap on the device name. **"SONAR 2 PRO"** to complete the Bluetooth pairing process.

## RECONNECTING PREVIOUSLY PAIRED DEVICES

- If your **"SONAR 2 PRO"** has been paired with the source device before, it should automatically reconnect.

## START STREAMING

- Play audio content from your preferred app on the source device to start streaming audio to the **SONAR 2 PRO**.

## DISCONNECTING

- To disconnect, you can either press the "M" button to enter Memory Mode, power off the **SONAR 2 PRO** or disconnect from the Bluetooth settings on your source device.



# ***PlayList+***

The PLAYLIST+ feature represents a groundbreaking innovation in the H2O Audio Pro Series, delivering an unmatched audio experience. This feature transforms your interaction with streaming music, podcasts, and audiobooks, enabling effortless playback anywhere, without the need for a connected smartphone.





## KEY BENEFITS OF PLAYLIST+

### UNIVERSAL STREAMING CONTENT ACCESS

- With **PLAYLIST+** you can record and load content from any streaming app directly to your H2O Audio device, making your favorite playlists, podcasts, and audiobooks readily accessible.

### TRUE MOBILITY

- Designed for the adventurer, **PLAYLIST+** liberates you from carrying a phone. Your streaming content is available in memory mode, facilitating uninterrupted playback below water.

### EASE OF USE

- Adding content to your device is straightforward—no tangled USB cables, no complex setups. A simple button press begins the loading process, or you can opt for the H2O Audio app for a more intuitive interface to manage extensive playlists.

### COMPATIBILITY

- **PLAYLIST+** is a standard feature across all H2O Audio Pro Series models, including TRI 2 PRO for triathletes, SONAR 2 PRO for advanced audio quality while swimming, and STREAM 3 PRO for everyday use.



# HOW **PLAYLIST+** WORKS

## CHOOSE YOUR CONTENT

- Start by selecting your desired audio from any streaming application, be it music, podcasts, or audiobooks.

## LOAD TO YOUR DEVICE

- Utilize the **PLAYLIST+** feature to record the streaming content via Bluetooth directly to your H2O Audio Pro Series device. This can be done either through a simple button press on the device or via the H2O Audio app for a more guided experience.

## EASE OF USE

- Adding content to your device is straightforward—no tangled USB cables, no complex setups. A simple button press begins the loading process, or you can opt for the H2O Audio app for a more intuitive interface to manage extensive playlists.

## ENJOY ANYWHERE

- Once your content is loaded, switch to memory mode to play back your audio without needing a phone or Bluetooth connection. Your audio is now ready to accompany you on any adventure, uninterrupted by environmental conditions.



# PLAYLIST+ HOW TO LOAD

Loading music using the **PLAYLIST+** feature on H2O Audio Pro Series devices is straightforward and can be done in two primary ways. Directly via the device with a manual button press or through the H2O Audio App.

## OPTION 1

### PAIR YOUR DEVICE

- Ensure the **SONAR 2 PRO** is in Bluetooth mode.
- On your smartphone or Bluetooth source device, go to Bluetooth settings and pair with the **SONAR 2 PRO**. After the initial pairing, the headphones will automatically reconnect in the future.

### PLAY YOUR DESIRED AUDIO

- Open any music app on your phone and start playing the audio you wish to load.
- Confirm that you can hear the audio through the headphones.
- When loading audio make sure your play volume is set high enough. Any changes in volume while loading is recorded and stored in the memory.



# PLAYLIST+ HOW TO LOAD

## OPTION 1 (Continued)

### BEGIN LOADING

- To start recording and loading the audio onto your device, quickly **“Double-Click”** the **“+”** Button. You will hear the audio prompt, “Loading Audio to Your Headphones” and see rapidly blinking blue LED light which indicates that loading is active.

### COMPLETING THE LOAD

- To stop the loading process and save the audio, quickly **“Double-Click”** the **“+”** button.
- The audio is now stored in your device's memory and stored in the **LOAD FOLDER** for future playback.

### PLAY BACK LOADED AUDIO

- To play back your **PLAYLIST+** Audio power on **SONAR 2 PRO**, enter memory mode, (**1-click the “M” Button**). Now skip to the load folder, (**“Double-Click” the “>” Button**). Your loaded **PLAYLIST+** audio will begin playing.





# PLAYLIST+ HOW TO LOAD

## OPTION 2

### LOAD AUDIO VIA H2O AUDIO APP

#### INSTALL THE H2O AUDIO APP

- Download the H2O Audio App from the Apple App Store or Google Play Store.





# PLAYLIST+ HOW TO LOAD

## OPTION 2 (Continued)

### CONNECT YOUR DEVICE

- With Bluetooth enabled on your smartphone or BT source device power on your **SONAR 2 PRO** and enter Bluetooth mode.
- Open the H2O Audio App and link your device by clicking the 'Link Your Device' button. Once detected, connect to your headphones.

### SET LOAD TIME AND PLAY MUSIC

- In the app, set the desired duration for recording.
- Play your music through any app on your phone, ensuring the audio plays through the headphones.
- When loading audio make sure your play volume is set high enough. Any changes in volume while loading is recorded and stored in the memory.

### BEGIN LOADING AUDIO VIA H2O AUDIO APP

- Navigate to the "**Load**" page in the app and hit "**START.**" An announcement will confirm "**Loading audio,**" and the **blue LED will blink rapidly.**



# PLAYLIST+ HOW TO LOAD

## OPTION 2 (Continued)

### FINALIZE LOADING

- After the preset time elapses, loading will cease, and the audio will be saved in the device's memory.
- Ensure the audio level is set before recording, and maintain the phone's audio playback and proximity to the headphones to avoid interruption.

### PLAY BACK LOADED AUDIO

- To play back your **PLAYLIST+** Audio power on **SONAR 2 PRO**, enter memory mode, (**1-click the "M" Button**). Now skip to the load folder, (**"Double-Click" the ">" Button**). Your loaded **PLAYLIST+** audio will begin playing.



# PLAYLIST+ HOW TO LOAD

## PLAYLIST+ TIPS FOR SUCCESSFUL LOADING

### SILENT MODE LOADING

This is best done with a Bluetooth enabled computer or laptop.

- Establish a Bluetooth connection with your computer and **SONAR 2 PRO**.
- Start music from your app of choice.
- Quickly **“Double-Click”** the **“+”** button to **Begin Loading Playlist + Audio**.
- Double check that you hear sound playing from your device.
- Connect your headphones to a charger during loading to enable silent mode **PLAYLIST+** operation.
- Quickly **“Double-Click”** the **“+”** button to **STOP Loading Playlist + Audio**.
- **NOTE:** You may need to disable your computer screen sleep time so your audio will not time out if the computer enters a sleep state.

### PLAYLIST+ TIPS

- Keep your phone's audio playing and within range to ensure seamless loading. Incoming calls or stopping the audio may disrupt the process.
- Use an iPad or tablet to record and load content so you are not tying up your phone.
- Load Music Overnight: While you charge the SONAR 2 PRO, set the app's load time and record your playlist.



# ***H2O AUDIO APP***

## **DOWNLOAD THE APP**

Available on both the iTunes and Android Store, Scan the QR codes below for direct download of the H2O Audio App. Follow the installation prompts to ensure it's correctly set up on your smartphone or tablet.



Download on the  
**App Store**



GET IT ON  
**Google Play**



# H2O AUDIO APP

## PAIR YOUR SONAR 2 PRO WITH A SMARTPHONE OR TABLET

- See BLUETOOTH CONNECTION & PAIRING

## LINK THE SONAR 2 PRO TO THE APP

- Open the app and press, "Link Your H2O Device" The app will guide you through the pairing process, establishing a connection that enables direct management of your music and device settings.



Link Your H2O Device



# H2O AUDIO APP

## DEVICE INFORMATION

### BATTERY

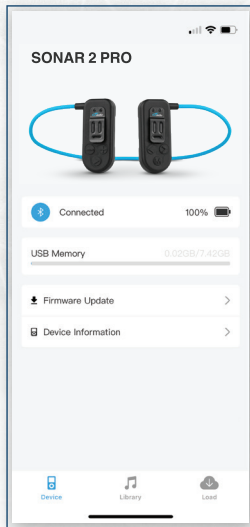
Check the current battery level.

### MEMORY

See the available memory.

### SOFTWARE UPDATES

Check the current firmware version



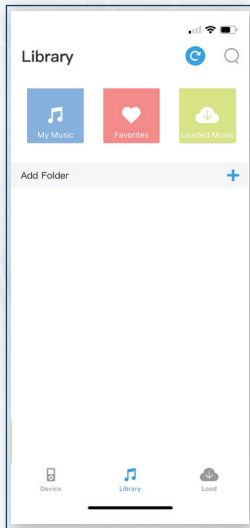


# H2O AUDIO APP

## COMPREHENSIVE MUSIC MANAGEMENT

- **ORGANIZE YOUR MUSIC**
- **NAME FILES**
- **CREATE & MANAGE FOLDERS**
- **CREATE PLAYLISTS**

With your **SONAR 2 PRO** connected, dive into the app's features. Start by organizing your music library, creating new playlists, and exploring the settings to personalize your audio experience. This includes renaming audio files for easy identification, creating and organizing your music into folders for quick access, and crafting the perfect playlists to match your mood or activity.







# H2O AUDIO APP

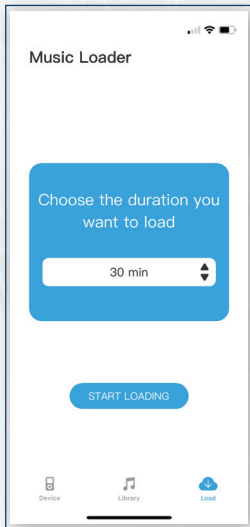
## PLAYLIST+ SIMPLIFIED AUDIO LOADING & MANAGEMENT

### PLAYLIST+ BLUETOOTH AUDIO LOADING

Load audio files directly from your smartphone or tablet to your Tri Pro via the app. This app simplifies the process of adding new music to your collection, ensuring you're always equipped with music that motivates and moves you.

### OFFLINE PLAYBACK

With PLAYLIST+, prepare your device for offline play. This means your carefully curated playlists are available anytime, anywhere, without the need for an active Bluetooth connection. It's perfect for environments where connectivity is limited, such as swimming pools or remote outdoor locations.





# DIRECT DOWNLOAD VIA USB

ENSURE THE AUDIO FILES YOU INTEND TO DOWNLOAD ARE IN ONE OF THE SUPPORTED FORMATS, (**MP3, M4A, WMA, FLAC, APE**) AND ARE FREE FROM ANY DIGITAL RIGHTS MANAGEMENT (DRM) PROTECTION.

## CONNECT YOUR DEVICE

- Use the USB cable provided with your **SONAR 2 PRO** to connect it to your computer or laptop. Make sure there is enough charge in the battery to complete a secure connection to enable file transfer. If the battery on the device is too low the USB connection may fail.

## DEVICE RECOGNITION

- Upon successful connection, your computer should automatically detect the device and display it as an external drive. If the device does not appear automatically, check your computer's file manager (for PC users) or Finder (for Mac users).

## LOCATE MUSIC FILES

- Find the music files you wish to transfer on your computer. These could be in your iTunes library or any other folder where you store audio files.

## TRANSFER MUSIC FILES

- Select the desired audio files and either drag and drop them into your device's folder or copy and paste them directly. Wait for the transfer to complete before disconnecting the device. Ensure all files are fully copied to avoid data loss.



# H2O AUDIO APP

## **MANAGING DEVICE CONTENT**

- To remove files from your device, navigate to the device folder, select the unwanted files, and either right-click to delete or drag them to the trash.

## **SAFELY DISCONNECTING THE DEVICE**

- Before disconnecting the USB cable, ensure you safely eject the device from your computer to prevent data corruption.

## **LISTENING TO MUSIC**

- Power on your H2O Audio device, switch to memory mode, and enjoy your music underwater without interruptions.

## **IMPORTANT NOTE**

**SUBSCRIPTION-BASED MUSIC LIKE SPOTIFY, APPLE MUSIC, PANDORA, ETC ARE COPYRIGHT PROTECTED AND CAN NOT BE DIRECTLY DOWNLOADED VIA USB. SEE THE PLAYLIST+ FEATURE ON HOW TO RECORD AND LOAD SUBSCRIPTION-BASED AUDIO TO THE MEMORY OF YOUR SONAR 2 PRO SET.**



# PLACEMENT & HOW TO WEAR

## ATTACH THE SWIM GOGGLE STRAPS THROUGH THE CLIP OR TUCK DIRECTLY UNDER A SWIM CAP.

For the best sound experience, position the bone conduction speakers just in front of your ears. Experiment with placement, such as securing them on your goggle strap or tucking them under your swim cap, to find the spot that delivers the best audio. Bone conduction works by transmitting vibrations directly to the inner ear from the speaker. Proper positioning is key to optimizing sound quality.

We recommend using the included solid blue earplugs while swimming with the **SONAR 2 PRO** to enjoy the best audio quality.



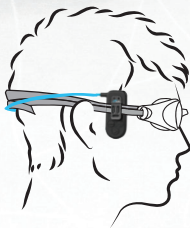
# PLACEMENT & HOW TO WEAR

## HOW TO WEAR

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The speakers are marked L and R.

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





**REGISTER | SUPPORT | CONTACT**

**NEED HELP? WE'RE HERE FOR YOU!**



If you have any questions or need assistance, our customer service team is ready to help.

We're committed to making your H2O Audio experience seamless and enjoyable.

**LIVE CHAT:**

[h2oaudio.com](https://h2oaudio.com)

**EMAIL:**

[support@h2oaudio.com](mailto:support@h2oaudio.com)

**CALL:**

858.771.4410



# WARRANTY & SUPPORT

## 1-YEAR WARRANTY

All H2O Audio products include a **1-year warranty** starting from the date of purchase. This warranty covers any manufacturing defects encountered under normal usage conditions. If you experience any issues covered by our warranty, please contact our customer support for assistance and resolution.

## GO BEYOND 2-YEAR WARRANTY

Extend your coverage to **2 years** by registering your product on our website. Successful registration unlocks the **Go Beyond 2-Year Warranty**, providing additional protection for your purchase.

## STAY CONNECTED

Join the H2O Audio community on **Instagram** and **Facebook** to stay up to date with the latest news, product launches, and exclusive content. Follow us today and become part of the H2O Audio family!

## FCC Statement

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

## RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition, compliance with exposure requirements.