

User Manual

Waterproof Training Headphone II

To Our Users

Thank You!

Thank you for choosing the Swonder Bone Conduction Training Headphones II. This product is designed to enhance your training efficiency, helping you stay focused and complete your workouts more effectively.

The Swonder Bone Conduction Training Headphones II incorporates advanced technology and precision craftsmanship. We are confident that its quality and performance will meet your expectations.

User Notice

- Please read this manual carefully before using the product to ensure smooth operation. By using the product, you acknowledge that you have read and understood this manual.
- Keep this manual for future reference or for others who may use the product.
- All components of this product, including accessories, are protected by intellectual property rights owned by our company or its authorized entities. Unauthorized reproduction, copying, extraction, or translation is strictly prohibited.
- Due to potential upgrades or improvements, we reserve the right to modify the software or hardware specifications described in this manual without prior notice. The product specifications and information provided are for reference only.
- Despite thorough review, errors or omissions may occur. Our company retains the final right of interpretation.

Safety Guidelines

For safe and efficient use, please observe the following precautions:

- Repairs should only be performed by qualified technicians. Do not attempt to disassemble the device yourself.

- Turn off the device in areas marked with "Turn Off Radio" signs, such as hospitals, medical facilities, or airplanes, to avoid electromagnetic interference.
- Do not place the device within the deployment range of vehicle airbags to prevent injury or damage.
- Turn off the device before entering flammable or explosive environments.
- Do not charge the battery in flammable or explosive environments.
- Turn off the device near blasting zones or during thunderstorms.

1. Unboxing Checklist

Carefully open the packaging and verify the contents listed below. Contact your dealer if any items are missing or damaged.

Included Accessories

Headphone x 1 pcs

Magnetic Charging cable x 1 pcs

User Manual x 1 pcs

2. Charging Guide

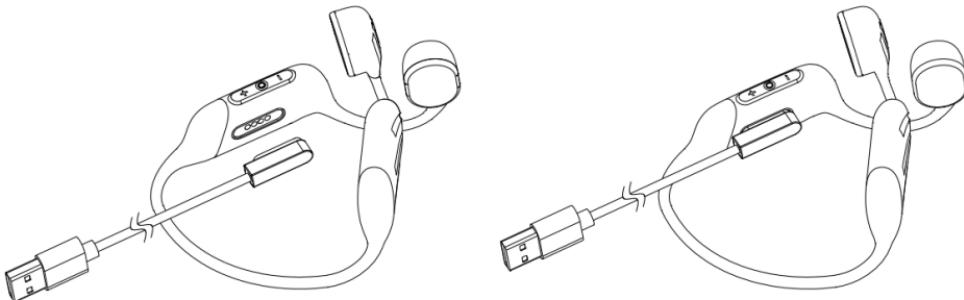
Charging Notes

If the battery is unused for an extended period or fully depleted, charge it before use. 2-3 charge/discharge cycles will restore the battery to peak performance.

- Charge the battery before first use to avoid interruptions due to low power.
- For new headphones or after prolonged storage (over 3 months), perform 2-3 full charge-discharge cycles to optimize battery performance.
- Avoid keeping the device connected to the charger continuously, as this may shorten battery life.
- Store the battery in an environment around 25°C. Prolonged exposure to temperatures below -10°C may cause failure.
- Battery discharge capacity may decrease in temperatures above 35°C or below -10°C due to lithium battery characteristics.

Charging Steps

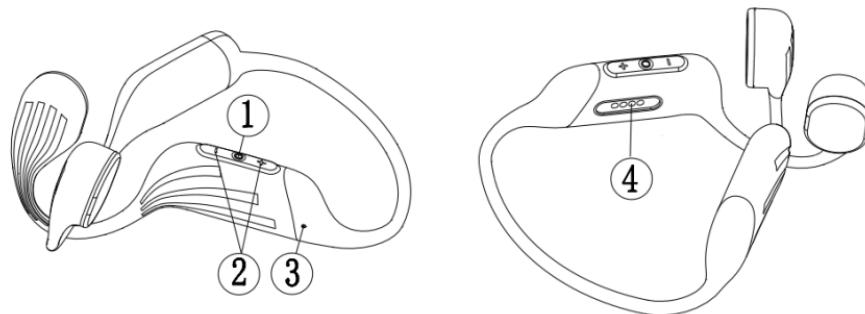
- a) Insert the 5V/1000mA power adapter into a standard AC power outlet.
- b) Securely connect the magnetic charging cable to the charging port.
- c) The device will automatically power off during charging, with a red indicator light.
- d) After approximately 3.5 hours, the red light will turn off, and a green light will indicate a full charge.
- e) Keep the device connected for 1–2 hours after the green light appears to ensure optimal battery performance.
- f) Disconnect the power adapter from the outlet.



Precautions

- Bluetooth signals degrade underwater. Do not use Bluetooth audio while submerged.
- The "Receiver Mode" or "Local Playback Mode" can be used in pools or seawater. Rinse and dry the device afterward to prevent salt corrosion.
- Ensure the magnetic charging port is dry during charging or data transfer to maintain functionality and safety.
- Avoid using fast chargers, as they may damage components. Use the original or compatible charger.

3. Headphone Overview



No.	Component	Description
1	Power Button	<ul style="list-style-type: none">- Hold for 3 seconds to power on/off.- Double-click to cycle through modes: Receiver → Local Playback →

No.	Component	Description
		Bluetooth (with voice prompts).
2	"+" / "-" Buttons	<ul style="list-style-type: none">- Short press: Adjust volume.- Receiver Mode: Long press "+" or "-" to switch channels.- Bluetooth/Local Mode: Long press to skip tracks.
3	Status Light	<ul style="list-style-type: none">- Power on/off: Blue light for 2 seconds.- Mode switch: Blue light blinks twice.- Bluetooth pairing: Blue light flashes.- Charging: Red light. Full charge: Green light. Low battery: Blue light flashes every 60 seconds.
4	External Port	<ul style="list-style-type: none">- Magnetic charging: Connect to power adapter.- Data transfer: Connect to PC to transfer audio files (MP3, WAV, FLAC, etc.).

4. Basic Operations

4.1 Power On/Off

Power on: Hold the power button for 3 seconds (blue light for 2 seconds).

Power off: Repeat the same step.

4.2 Mode Switching

Default: **Receiver Mode.** Double-click the power button to cycle through modes (voice prompts included).

Receiver Mode: Matches channels with the transmitter.

Local Playback Mode: Plays audio files stored in the device.

Bluetooth Mode: Streams music from a phone (excludes calls, video, or voice assistants).

4.3 Channel Selection

In Receiver Mode, long press "+" or "-" to select channels (voice feedback provided).

4.4 Volume Adjustment

Short press "+" or "-" for volume control (audio feedback provided).

4.5 Bluetooth Pairing

Switch to Bluetooth Mode (blue light flashes).

Search for "WhaleSound II" on your device and connect.

4.5 Music Download

Connect the magnetic cable to a PC.

Transfer audio files (MP3, WAV, etc.) to the device's storage.

Eject the device safely after transfer.

Do not interrupt transfers to avoid damage.

4.7 Track Navigation

In Bluetooth/Local Mode, long press "+" or "-" to skip tracks.

4.8 Factory Reset

Hold "+" and "-" for 8 seconds until a prompt sound is heard (clears all pairing info).

Note: Stored audio files remain intact.

5. Troubleshooting

No.	Issue	Solution
1	Device won't turn on	A. Charge the battery. B. Contact support if the power button is faulty.
2	Low volume	A. Adjust transmitter volume. B. Short press "+" to increase volume.
3	Signal reception	A. Re-match channels. B. Stay within communication range.

	fails	
4	Charging issues	A. Clean oxidized contacts. B. Check connection stability.
5	Bluetooth fails	A. Switch to Bluetooth Mode. B. Disconnect other devices.
6	No audio in Local Mode	A. Ensure file formats are supported (MP3/WAV/FLAC). B. Import audio files if storage is empty.

FCC Statement

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.

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.

RF Exposure Information

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