

# **FX-SPORT®**

## **User Guide**

### **Immediate Points!**

- 1. When the headphones are attached to the PC, If it asks “Do you want to scan this device” or “clean up the disc”. DO NOT! It can delete files the headphones need to function correctly.**
- 2. Do not rename the FX-Sport hard drive.**
- 3. Do not charge the unit with the “super fast” Amazon Kindle wall charger.**
- 4. Download the FX Software to transfer your music onto the headphones.**

### **The Fit**

The neckband can be adjusted a little without damage as the wire is a bendable “memory wire”. Hold the black ball securely if adjusting the wire in that area. There is a video showing how to adjust in the “Help” section [see link at top of any website page].

**Note: Whilst wearing the headphones, revolving the headphone pieces forwards or backwards to loosen or tighten, is a very useful way to adjust also.**

### **Lights:**

The red light comes on when you attach to the PC. The unit is then charging. The red light goes off when fully charged.

The green light comes on momentarily when the music plays [press and hold the centre button for at least 3 seconds – see “Button Functionality”].

### **Charge time and battery:**

May vary, but charge until the red light goes out. Usually 1.75 hrs.

The unit gives 5 hrs play time.

There is a low battery “beep” when 12 minutes play time remains. If the battery is low, you will hear this when changing tracks or at the end of a track.

# Inputting Music. Windows users:

Also see the “Help” page on website [link at top of website pages]

1. Download the Windows version of the software from the FX-Sport website. See the top tabs on the website, for the link to the page. This ensure a seamless experience whilst playing music and navigating music tracks/playlists.
2. When downloaded, double click on the install file. If your PC says it is an “Unrecognised App” click “more info” and “run anyway”, or whatever allows the PC to start the installation. You may, in rare cases, have to temporarily lower your PC’s fire wall.
3. Once installed, attach your headphones. **If the PC ask that it wants to run a check on the hard drive – Do Not! Just ignore this.** It can on occasion cause damage.
4. Open the FX-Sport App. **Click on the “Music” Tab.** On the left is the “PC” section. This shows files on your PC. To open one click on the small triangle next to each one.
5. Now either one or both of the below methods can be used:

a] Right click in the Headphones section and create a new folder. Now drag across individual tracks or blocks of tracks, from the PC section, into that newly created folder in the Headphones section. The folder name can be renamed by double clicking on it to highlight it, then renaming it.

**Note:** When dropping tracks onto an album, ensure the desired folder has been "captured" with highlighted lines either side of it.

b] Drag across an album, or group of albums from the PC section to the Headphones section.

**Note:** The albums must only be one layer deep. No folders within folders. If there is a folder containing subfolders, just transfer the folder containing the actual tracks.

**Note 2:** If the headphones section appears full of albums, drag another one into there by dropping the album “in between” 2 albums, making sure only one highlighted “capture line” shows.

## With I-tunes

**Two choices:**

1. Follow the instructions detailed in point 5a, except drag and drop the tracks

directly from I-Tunes. Do not transfer over a playlist. Just transfer individual tracks or blocks of tracks into the newly created folder in the “Headphones” section of the FX software.

2. Drag and drop tracks from your I-Tunes folder shown in the PC section under “My Music>I-Tunes [That is where they likely are].

## **Inputting Music. MAC users:**

**Also see the “Help” page on website [link at top of website pages]**

1. Download the Mac version of the software from the FX-Sport website. See the top tabs for the link to the page. This ensure a seamless experience whilst playing music and navigating music tracks/playlists.
2. When downloaded, double click on the install file [It may be in “Downloads”]. If your PC says it is an “Unrecognised App” click “more info” and “run anyway”, or whatever allows the PC to start the installation. You may, in rare cases, have to temporarily lower your PC’s fire wall.
3. Once installed, attach your headphones. **If the PC ask that it want to run a check on the hard drive – Do Not! Just ignore this.** It can on occasion cause damage.
4. Open the FX-Sport App. **Click on the “Music” Tab.** On the left is the “PC” section. This shows files on your PC. To open one click on the small triangle next to each one.
5. Now either one or both of the below methods can be used:

a] Right click in the Headphones section and create a new folder. Now drag across individual tracks or blocks of tracks, from the PC section, into that newly created folder in the Headphones section.

**Note: Do not rename the folder, once created in the Headphones section. If you want to personalise a folder, create it firstly on your PC, drag tracks into it, then transfer it over from the PC section to the Headphones section.**

**Note 2:** When dropping tracks onto an album, ensure the desired folder has been "captured" with highlighted lines either side of it.

b] Drag across an album, or group of albums from the PC section to the Headphones section.

**Note:** The albums must only be one layer deep. No folders within folders. If there is a

folder containing subfolders, just transfer the folder containing the actual tracks.

**Note 2:** If the headphones section appears full of albums, drag another one into there by dropping “in between” 2 albums, making sure only one highlighted “capture line” shows.

## **With I-tunes**

### **Two choices:**

1. Follow the instructions detailed in point 5a, except drag and drop the tracks directly from I-Tunes. Do not transfer over a playlist. Just transfer individual tracks or blocks of tracks into the newly created folder in the “Headphones” section of the FX software.
2. Drag and drop tracks from your I-Tunes folder shown in the PC section under “My Music>I-Tunes [That is where they likely are].

## **Button Functionality:**

### **Turn On:**

Press and hold the centre button for at least 3 seconds. Music will then play.

### **Turn off:**

Press and hold the centre button for at least 3 seconds. The red light shows for a few seconds and then goes off. The unit is then off.

### **Pause:**

Single press the centre button whilst the music is playing.

If a workout is activated, it will pause the music and the workout.

### **Track change:**

A single press of the “+” button moves forwards a track.

A single press of the “-” button moves back a track.

### **Volume control:**

Press and hold the “+” button increases volume.

Press and hold the “-” button decreases volume.

### **Change playlist:**

Whilst playing music, single press the “play/pause” button. Now...

A single press of the “+” button moves forwards a playlist.

A single press of the “-” button moves backwards a playlist.

Once you arrive at the playlist you want, press the centre “play/pause” button.

Track change is now as normal again

### **Fast forward within a track:**

Press and hold the FF button.

### **Rewind within a track:**

Press and hold the REW button.

### **Shuffle mode:**

To turn on, single press the SH button whilst music is playing.

To turn off, single press the SH button whilst music is playing.

**NOTE: Ensure you have less than 99 tracks per folder if you wish to use shuffle mode. Ideally have an even distribution of tracks through your folders.**

### **To start a workout:**

Whilst the music is playing, single press the RM button. You will hear the workout name. Another single press of the RM button activates the workout. You will know it has activated by hearing “Ready Go!”.

### **To scroll through multiple workouts:**

Whilst the music is playing, single press the RM button. You will hear the workout name. Using the “+” and “-” buttons, scroll to the workout you require. Then another single press of the RM button, activates that workout.

### **To start a virtual Race:**

Whilst the music is playing, single press the RM button.

To receive an update of the virtual athlete’s position, single press the RM button.

When you finish the race, press and hold the RM button to notify the race program that you have finished. You will then be updated with your time.

During a virtual race, the FF functionality is not available.

## **How to import a workout or a “Real Coach Training App”**

For the **free workouts**, go to the Workout Store on the FX-Sport website and click on

the tab “**How to import a workout to your software**”.

For the “**Real Coach Training Apps**”, go to the Workout Store on the FX-Sport website and click on the tab “**How to upload a “Real Coach Training App to your VRX headphones**”.

## **Create and upload your own custom workout**

1. Go to the VRX tab on the FX Software.
2. Add your messages in the message windows. Each message should have a time next to it. The time designates when the message is to play. So if message 1 is input as 15 seconds, it will play 15 seconds after the RM button is pressed.
3. Don't forget to save your workout using the “Save As” tab. Then click “Upload to Device”.

### **Example:**

If the time you set for message 1 is 0:0:15 [15 seconds], then when you single press the RM button on the headphones and hear “Ready Go”, 15 seconds later that first message will be spoken. If the second message has an input time of 0:1:15 [1 minute 15 seconds] then 1 minute later, message 2 will be spoken. Message 3 may be spoken 1 minute later again at 0:2:15, etc. So the times are accumulating.

You can create and store a library of workouts on the software. These will NOT BE LOST if you close the application. Only if you uninstall and reinstall the application would they be lost. On the VRX headphones they are stored in the “Workout Folder”.

Workouts could be saved to your computer by clicking the “Export” tab and saving them as a .txt file.

Use the “Save As” tab to store a new workout and “Save” to save any adjustments to an existing workout.

## **Trouble Shooting**

### **1. Red light is permanently on:**

Wait for the battery to drain. This will only take a few hours with the light on continuously.

Attach to the PC and close the FX software. Go to the FX-Sport hard drive and delete the “Speech folder”. Then re-open the FX Software. A new “Speech folder” will be created. The headphones will then work normally.

## **2. Not recognised by the PC.**

**VR1** – wait for the battery to drain. It may be a few days to allow a reset. This may be less time depending on how much charge was on the unit.

**VRX** – Try a different usb cable or contact customer support to provide a new one.

## **3. Time delays when changing tracks.**

Check the music was transferred across using the FX software.

## **4. Cannot install the FX software.**

You may need to temporarily lower your firewall.

Also, if the PC says it is an “unknown application” click “**get info**” and “**run anyway**”. The FX application is absolutely safe.

## **5. Cuts out and switches off during play.**

Check the battery. Charge for 5 hrs and see how long it plays for. If non functioning, but the red light comes on when attached to the PC...

a). Detach from the PC and see if the red light goes off immediately or if it goes off after a slight delay [1 to 3+ seconds]. If it goes off immediately, contact customer support.

# **Warranty**

The headphones have a lifetime guarantee against sweat. This refers to the lifetime of the product which may be determined by the lifespan of it's lithium battery. This is typically 3-5 years.

The electronics have undergone a specific process to protect them against moisture. Mi-Sport Global Ltd reserve the right to test and judge if a unit has been fully submerged in liquid without the protection of the silicon skin accessory. The warranty may be invalidated if it can be shown the unit has been fully submerged without using the silicon skin accessory.

There is also a 1 year standard manufacturer's warranty for parts from the date the customer receives the product.

### **Safety:**

We do not recommend using the headphones for any activity that requires a degree of concentration to be safe. This includes operating machinery and cycling outdoors.

Listening to loud music for extended periods of time could permanently damage your hearing.

**We hope you have some great times using our product. For any issues, please contact customer support first, as we may be able to solve without the need to return.**

**Email is [support@fx-sport.net](mailto:support@fx-sport.net)**