

FX-SPORT®

SUPER QUICK User Guide for VRX and VC GOLF

1. When you attach the headphones, do not perform any “scans” or “cleaning the disk” if you receive a pop up asking this. It may damage some of the files on the headphones.
2. To transfer music onto the headphones, download the Windows or MAC “**FX software**” from the “**Software**” tab on the website. Once downloaded, it will be in your “**Downloads**”. There are **video tutorials** on that page, showing how to transfer your music. Don’t worry - It’s very simple!
3. Some PCs may need you to temporarily turn off your firewall to install the FX software if the settings are very high. This is rare though.
4. Once the FX-Software is installed, go to the “**Music**” tab. Drag and drop your music over from the “**PC**” section of the software on the left, to the “**Headphones**” section on the right.
 - a) Only drag across the folder containing the tracks. **Do not drag across folders containing subfolders.**
 - b) When moving across individual tracks, right click in the “Headphones” section, create a new folder and drop the tracks into that.

For I-Tunes, drag tracks [not playlists] into a newly created folder in the “Headphones” section. Do this either directly from I-Tunes or from the PC section of the software, usually found in “**Music>I-Tunes**”.

MAC users – don’t rename the folder once in the “Headphones” section

Windows users CAN rename the folder once in the “Headphones” section.

Buttons and navigating music.

To Turn On

Press and hold the centre button until the music [or the first audio] plays. This may be 2-5 seconds depending on how many tracks are on the unit. The buttons only require a light press.

Note: The **VC GOLF** model *may* switch on to its “**Off The Course**” audio, rather than the sample track.

To 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.

To Track change – While music/audio is playing, single press the + or – buttons.

To Volume change – Press and hold the + or – buttons.

To Change playlists

Whilst playing music, single press the centre button. This will pause the music. 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 button again, to play from that playlist. Track change is now as before with the + and – buttons.

Note: Better to have more playlists each containing fewer tracks for ease of navigation, rather than a few playlists each containing lots of tracks.

Fast forward within a track – Press and hold “**FF**” button.

Rewind within a track – Press and hold “**REW**” button.

Shuffle mode – Single press the “**SH**” button. To turn Shuffle off, single press again.

How to browse and assess the golf practice drills and workouts:

1. Open the “**Preloaded Workouts**” folder or the “**Preloaded Golf Content**” folder.
2. Open a workout/practice drill folder of interest. You may need to hover the cursor over the folder name to fully read it. There will be subfolders for that category.

3. Open that subfolder and click on the audio files inside, to hear the messages and assess the workout or practice drill. The first few messages may actually play continuously when you hear them on the headphones. Do not change or delete any files.

How to make your chosen workout or practice drill “LIVE”:

1. Once you have chosen a workout/practice drill, copy the bottom level folder, that is the folder that contains those audio files, and paste it to the “**Workouts**” folder. You will see the “Workouts” folder when you first open the FX-SPORT hard drive.

So for example, do not copy the “Tabata” folder, copy the folders within the Tabata folder...do not copy “David MacKenzie Practice Drills”, copy the folders within “David MacKenzie Practice Drills” [Eg. 20 Min Putting Clock Drill]. Remember, you are copying your chosen folder to the “**Workouts**” folder. You can do this with multiple workout or practice drill folders.

2. Any workouts/practice drills in the “**Workouts**” folder, are now “**LIVE**”. That is to say, they are now “recognized” by the headphones.

Operating the headphones with the workouts/practice drills:

1. Disconnect the headphones from the PC and wait for the red light to go out.
2. Press and hold the “Play” button until the music starts to play. The green light will come on momentarily.
3. Once the music is playing, single press the “**RM**” button. You will hear the name of a workout.
4. Press the + or - button to scroll through the workouts/practice drills. When you hear the workout/practice drill you want, single press the “**RM**” button **again**. You will then hear “**Ready Go**” and the workout/practice drill is now activated. You will be returned to your music and the first message will play seconds later.

NOTE:

Whilst choosing a workout/practice drill, sometimes it may take several seconds to voice the workout/practice drill name. Do not wait too long after the

workout/practice drill name has been voiced, or you will be returned to your music. In that case, press the RM button again to hear the workout names again.

You can **pause** a workout/practice drill by single pressing the center button to pause. You will hear **“Workout paused”**. Single press again to hear **“Workout resume”**.

To reset a workout/practice drill, press and hold the center button to switch the unit off, then turn it back on again.

Note 2:

The **“Off the Course”** golf audio is already in the **“Music”** folder. If you open the **“Music”** folder you will see it. This audio will play automatically with no need to transfer any files anywhere.

Virtual Race

Race/Pace mode – Upload details of a race using the FX-Software. To start, single press the **RM** button to hear **Ready Go**. Single press again to hear the race update for the position of the virtual athlete.

Press and hold the RM button when you finish the race.

Trouble shooting

Red light permanently on.

Wait for battery to drain.

Attach headphones to the PC. Close FX software.

Go into the FX-Sport hard drive and delete the **“Speech”** folder.

Now Re open the FX software.

Not recognised by the PC

Detach and wait for a minute before trying again. Try again once more after a minute to confirm. Now try a different cable or contact customer support to

receive a new cable.

Cuts out and switches off during play.

Check the battery. Charge for 2 hrs and see how long the unit plays for. If non functioning, but the red light comes on when attached to the PC...

1. 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 the red light goes off immediately when detached, contact customer support.

support@fx-sport.net

Warranty – 1 year standard for manufacturing faults. Lifetime of the product for sweat damage.

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.

That's it...ENJOY!