



3mk FitPods™

Wireless headphones

User manual

EN

1. Product presentation:

The TWS wireless headphones are designed for wireless audio playback and making phone calls using Bluetooth technology in conjunction with compatible devices.

The product is intended for consumer use only. It is not a personal protective equipment and does not provide hearing protection.

The product should be used in accordance with the purpose described in this manual.

2. Package contents:

- 3mk FitPods wireless headphones,
- charging case,
- user manual,
- replaceable ear tips,
- USB-C charging cable.

3. Technical specifications:

- Name: 3mk FitPods
- Model: TWS-FIT-01B
- Bluetooth version: 6.0
- Audio codecs: AAC, SBC
- Radio frequency range: 2402 MHz-2480 MHz
- Speaker size: 10 mm
- Impedance: 32 Ω
- Charging port: USB-C

- Frequency range: 20-20000 Hz
- Headphone charging time: 1.5 h
- Charging case charging time: 1.5 h
- Playback time: 6h (25h with charging case)
- Standby time: up to 120 h
- Headphone battery capacity: 40 mAh
- Charging case battery capacity: 500 mAh
- Bluetooth signal range: up to 10 m
- Headphone charging current: 30 mA
- Charging case charging current: 400 mA
- Maximum transmitting power: ≤8 dBm
- Nominal battery voltage: 3.7 V
- Sound pressure level (SPL): 108 dB ± 1.5 @ 1 KHz
- Bluetooth profiles: HSP, HFP, A2DP, AVRCP
- Battery type: lithium-polymer battery
- Nominal input voltage and current: 5 V / 400 mA

4. User Manual:

Unless the user manual of the devices you wish to charge states otherwise, proceed as follows:

- It is recommended to use the original charging cable included in the package.
- Do not use chargers or fast charging technologies unless specified otherwise in the product specifications.
- Before the first use, charge the charging case.
- The indicator lights of the charging case blink red while charging using the USB-C cable. Once fully charged, the

lights stop blinking and glow a steady red light.

Charging the headphones:

- Place the headphones in the charging case to charge them when they signal a low battery level.

Left earbud functions

- Play music: tap 2 times
- Pause music: tap 2 times
- Previous track: tap 3 times
- Decrease volume: tap 1 time

- ANC/Transparent Mode/Turn off ANC: press and hold for 3 seconds

Right earbud functions

- Play music: tap 2 times
- Pause music: tap 2 times
- Next track: tap 3 times
- Increase volume: tap 1 time
- Voice assistant: press and hold for 2 seconds

Calling functions

- Answer a call: tap 2 times (left or right earbud)
- End call: tap 2 times (left or right earbud)
- Decline call: press and hold for 2 seconds

Turning on the earbuds:

1. Open the case lid, the earbuds will turn on automatically.

Turning off the earbuds:

1. Put the earbuds in the case, then close it – the earbuds will turn off.

Bluetooth pairing:

- After removing the earbuds from the case, they will turn on automatically and the LED will start blinking, then select the Bluetooth name “3mk FitPods” on your device to connect.

Pairing Bluetooth with another device:

1. If there is already a previously paired device nearby, go to Bluetooth settings and disconnect the current connection with the earbuds; they will then switch to pairing mode and can be rediscovered and paired with another device.
2. If the previously paired device is not nearby, follow the section “Bluetooth Pairing”.

Switching between paired devices:
- Go to Bluetooth settings and disconnect the current connection with the earbuds, then go to the Bluetooth settings of the device you want to use and select “Connect”.

- Go to Bluetooth settings and disconnect the current connection with the earbuds, then go to the Bluetooth settings of the device you want to use and select “Connect”.
- Forgetting Bluetooth pairing:
- When the earbuds are turned on and not connected to any device and are outside the charging case, a long press on both earbuds for 10 seconds will reset the earbuds.

5. Safety information:

Before using and operating the headphones, read the following tips to make the most of their capabilities and avoid unsafe or illegal situations.

Hearing loss:

- Listening to high volume sound may permanently damage hearing.
- When using the headphones for music listening or making calls, it is recommended to use the minimum volume required for music or calls to avoid hearing damage.
- Prolonged exposure to loud sounds can lead to irreversible hearing damage.
- Exposure to loud sounds while driving may distract attention and cause an accident.
- Operating environment:
- Do not use the device in dusty, heavily soiled, confined areas, or near magnetic fields to prevent internal circuit failures of the device.
- Avoid strong magnetic fields or electrical devices generating such fields while using the device.
- Do not use the device during a thunderstorm. A thunderstorm may cause equipment malfunctions or electric shock hazards.

- Use the device within a temperature range of 0°C ~ 40°C, and store the device and its accessories within a temperature range of -10°C~45 °C. Too high or too low ambient temperature may cause device failure. At temperatures below -10°C, battery performance is limited.

Children's health:

- The device and its accessories may consist of small parts. The device and its accessories should be kept out of reach of children. Children may accidentally damage the device and its accessories or swallow small parts which may cause choking or other hazards.
- The product is not intended for children under 3 years old.
- The device is not a toy. Children should use it under adult supervision.

Battery safety:

- Do not disassemble or modify the battery, or immerse it in water or other liquids to avoid battery leakage, explosion, or fire.
- Do not throw, crush, or pierce the battery. This may cause internal short circuits and overheating.
- The device is equipped with a non-removable, built-in battery.

Do not place the device in areas exposed to direct sunlight, such as the dashboard of a car.

- Do not place the device near heat sources or exposed flames, such as electric heaters, stoves, water heaters, ovens, candles, or other places where high temperatures may occur.
- Do not place sharp metal objects near the headphone or speaker of the device.
- Do not replace the battery yourself to avoid damaging the battery or device.
- When charging the earbud while wet from sweat etc., the charging contacts will corrode. Wipe moisture with a dry, soft cloth and allow it to dry naturally before recharging.
- Do not leave the headphones in a pocket while doing laundry.
- In case of overheating, leakage, smoke, or deformation of the casing, immediately cease use and contact service.
- The product contains a built-in lithium-polymer battery which is not intended for user replacement.

Charging safety:

- When charging the device, the power outlet should be installed near the device and should be easily accessible.
- After charging is complete or when charging is not taking place, disconnect the charger from the device and remove the plug from the socket.
- Do not leave the device connected to power unattended for long periods.
- Use a power supply with parameters of 5 V DC, min. 400 mA for charging.

6. Precautions

1. The headphones should be stored in a dry/ventilated place and avoid contact with oil, steam, moisture, and dust to not impair the product's performance.

2. Avoid using sharp organic solvents or items containing these ingredients for cleaning the headphones.

3. Headphones should be used properly in accordance with requirements and pay attention to the impact of the environment on the product. Ensure that the connection runs without interference and that the distance between devices does not exceed 10 meters.

4. If the headphones do not connect or connect incorrectly, do not disassemble them or remove accessories. Otherwise, the warranty will be void.
5. When charging the headphones, only use a standard charger or a charger specified by our company.

6. To ensure proper use of the headphones, please ensure they are fully charged. Improper use or incorrect placement of this product by users may result in a shortened lifespan or damage, and any resulting damages are not covered by warranty or manufacturer liability. The warranty covers factory defects and material defects. The manufacturer's warranty is 24 months.

7. Information on disposal and recycling:

This symbol on the product, battery, documentation, or packaging indicates that products and batteries should be handed over to designated waste collection points after the end of their life cycle. This ensures that WEEE waste is recycled and processed in a way that protects valuable materials and human health and the environment.

8. Declaration of conformity:

Hereby, 3mk Protection declares that the product complies with the relevant EU harmonisation legislation: 2014/53/EU; 2023/1542; RoHS 2011/65/EU. The full text of the declaration of conformity is available at the following website (3mk.global/manual).

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