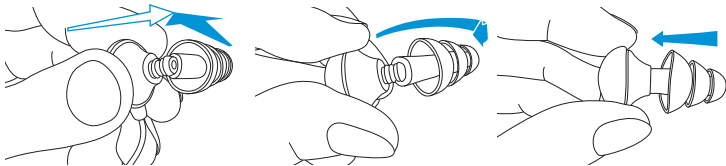


## Attach earbud to headphone:



**1) Start** by holding the earbud at a 90° angle against the point of attachment at the very tip of the headphone. **2) Press** the earbud onto the headphone tip, gradually tilting the earbud so that it ends up parallel with the tip. **3) Once** the headphone tip is securely inside the earbud, hold the earbud by its stem and push down until the stem is flush with the headphone.

## Insert earbud into ear:

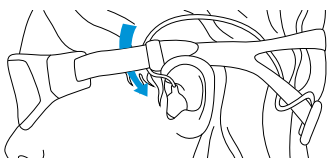
Reach over head with opposite arm, grasp top of ear and pull up. With free hand, gently insert earbud tip-first into ear. For Ergo and Fin earbuds, the tail should fit snugly behind the fold of skin at the front of your ear, and the curving side should be likewise tucked into the lower edge of your ear.



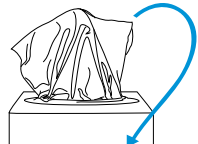
Do not push earbud so far into ear that you are unable to get it out. Inserting too deeply may cause injury.

## Tip: secure with goggles:

To help keep the earbud in your ear, tuck the cord beneath the goggle strap just above your ear. Remove slack between goggle strap and headphone. Wear it with or without a swimcap!



The extension cord lets you add length when you need it!



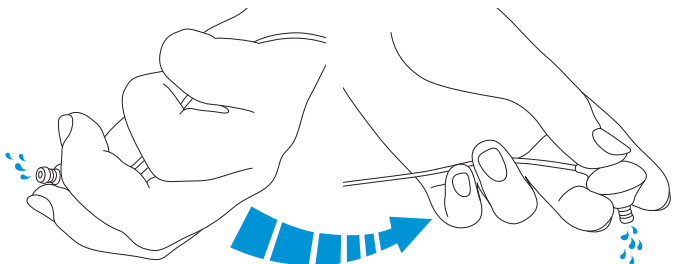
## To get water out of headphones:

### Method 1: Use a tissue

1. Twist the corner of a tissue into a thin point.
2. Insert it into the headphone tip to wick away any moisture inside.



### Method 2: Shake water out



- 1) Hold headphone firmly so the tip sticks out between your fingertips.
- 2) Shake headphone vigorously back and forth to expel water out the tip.

## WARNINGS

Listening to headphones while driving can be dangerous and is illegal in some areas. Use caution when using your headphones during any activity that requires your full attention. Gently place earbuds in ear. Earbuds may detach from headphones and remain in ear canal if inserted too forcefully. Consult your physician before starting any exercise program. Listening to music at high volumes (+85 Db) can permanently damage your hearing. To avoid the risk of serious injury, do not use below 10ft (3.05m). CHOKING HAZARD-Not a toy! This item contains small parts and is for ages 12 and up.