



**TRAINER**

**User manual**



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# 1 Important safety instructions

## Hearing Safety



### General information

#### To avoid damage or malfunction:



#### Caution

- Do not expose headphones to excessive heat.
- Do not drop your headphones.
- Headphones shall not be exposed to dripping or splashing.
- Do not allow your headphones to be submerged in water.
- Do not use any cleaning agents containing alcohol, ammonia, benzene, or abrasives.
- If cleaning is required use a soft cloth, if necessary dampened with a minimum amount of water or diluted mild soap, to clean the product.
- The integrated battery shall not be exposed to excessive heat such as sunshine, fire or the like.
- Danger of explosion if battery is incorrectly replaced. Replace only with the same or equivalent type.

#### About operating and storage temperatures and humidity

- Operate or store in a place where temperature is between -15°C (5°F) and 55°C (131°F) (up to 90% relative humidity).
- Battery life may be shorter in high or low temperature conditions.

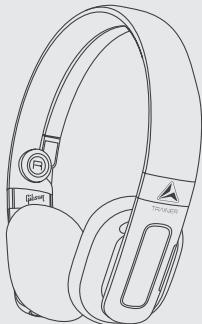
#### Be sure to observe the following guidelines when using your headset.

- Listen at reasonable volumes for reasonable periods of time.
- Be careful not to adjust the volume continuously upwards as your hearing adapts.
- Do not turn up the volume so high that you can't hear what's around you.
- You should use caution or temporarily discontinue use in potentially hazardous situations.
- Excessive sound pressure from earphones and headphones can cause hearing loss.
- Using headphones with both ears covered while driving is not recommended and may be illegal in some areas while driving.
- For your safety, avoid distractions from music or phone calls while in traffic or other potentially dangerous environments.

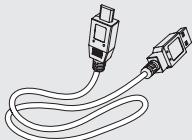
## 2 Trainer sports headphones TH100

With the Trainer sports headphones, you can converse with friends and enjoy music during exercises.

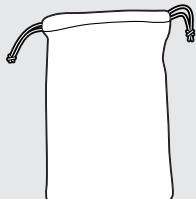
### Box content



Trainer Bluetooth sports headphones TH100



USB charging cable



Pouch

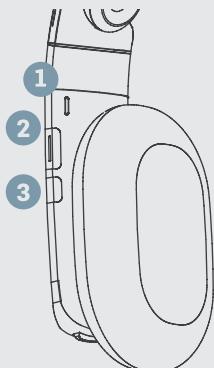
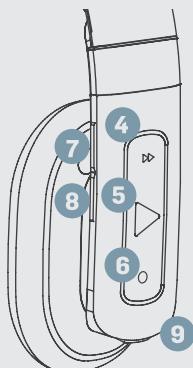


Quick start guide

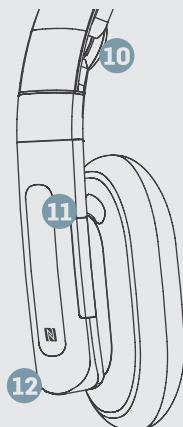
### Other devices

A mobile phone or device (e.g. notebook, PDA, Bluetooth adapters, MP3 players etc) which supports Bluetooth and is compatible to the headphones.

# Overview of your Bluetooth wireless headphones



- 6. SafeSound/mute (call)
- 7. Volume up
- 8. Volume down
- 9. Micro USB charging slot
- 10. Stabilizer button
- 11. **NightNav** light
- 12. NFC pairing area



- 1. LED indicator
- 2. Power on/off button
- 3. Pairing
- 4. Track control
- 5. Music/call control

# 3 Charge and pair your headphones

## Charge your headphones

### Note

- Before you use your headphones for the first time, charge the battery for 5 hours for optimum battery capacity and lifetime.
- Use only the original USB charging cable to avoid any damage.
- Finish your call before charging the headphones, as connecting the headphones for charging will power the headphones off.

Connect the supplied USB charging cable to:

- the charger or USB port of a computer and;
- micro USB charging slot on the headphones (lift up the rubber cover).

→ LED turns white during charging and turns off when the headphones are fully charged.

### Tip

- Normally, a full charge takes 2 hours.

## Pair the headphones with your mobile phone

Before you use the headphones with your mobile phone for the first time, pair it with a mobile phone. A successful pairing establishes a unique encrypted link between the headphones and mobile phone. The headphones store the last 4 devices in the memory. If you try to pair more than 4

devices, the earliest paired device is replaced by the new one.

There are two ways to pair your headphones with your mobile phone:

- Manual pairing
- NFC pairing

### Manual pairing

1. Make sure that the headphones are fully charged.
2. Press and hold  to turn the headphones on.
3. Press and hold  until the LED flashes blue and white alternately.
4. Turn on the Bluetooth function of your mobile phone.  
→ The headphones are in pairing mode for 2 minutes.
5. Pair the headphones with the mobile phone. For detailed information, refer to the user manual of your mobile phone.

### NFC pairing

1. Make sure you turn on the NFC function on your phone and your phone's screen remains active.
2. Place your phone over the headset so that the NFC detection area of each device can touch each other.
3. Pair the headphones with the mobile phone. For detailed information, refer to the user manual of your mobile phone.

### Note

- Make sure your mobile phone has the NFC feature available and switched on.
- Make sure your mobile phone is not in standby mode.
- Pairing with NFC is only suitable for Android mobile operating system 4.2 or above.
- Refer to the user manual of your mobile phone to identify its NFC detection area.

The following example shows you how to pair the headphones with your mobile phone.

1. Activate the Bluetooth feature of your mobile phone, select Trainer TH100.
2. Enter the headset password "**0000**" (4 zeros) if prompted. For those mobile phones featuring Bluetooth 3.0 or higher, no need to enter a password.



# 4 Use your headphones

## Connect the headphones to a Bluetooth device

1. Turn on your mobile phone/Bluetooth device.
2. Press and hold  to turn the headset on.
  - ↳ The blue LED flashes.
  - ↳ The headset is reconnected to the last connected mobile phone/Bluetooth device automatically.



### Tip

- If you turn on the mobile phone/Bluetooth device or activate the Bluetooth feature after turning on the headset, you have to reconnect the headset and mobile phone/Bluetooth device manually.
- If your mobile phone/Bluetooth device cannot reconnect automatically, try to reconnect manually by clicking the headphones' name again under the Bluetooth setting manual on your mobile phone/Bluetooth device.



### Note

- If the headset fails to connect to any Bluetooth device within range in 5 minutes, it will switch off automatically to save the battery life.

## Manage your calls and music

### Device control

Task	Button	Operation
Turn the headphones on.		Press and hold for 2 seconds.
Turn the headphones off.		Press and hold for 4 seconds. ↳ The white LED is on and fades out.
Check the battery level.		Press once. ↳ If the white LED is on for 2 seconds, it means the battery level is over 20% and is ready for use. ↳ If the battery level is low, a voice prompt in English will occur for every 3 minutes.
Turn <b>NightNav</b> light on/off.		Press twice.

### Music control

Task	Button	Operation
Play or pause music.		Press once.
Volume up/down.		Press once or press and hold.
Skip forward.		Press once.
Skip backward.		Press twice.
Enable/disable <b>SafeSound</b> .		Press once.

## Call control

Task	Button	Operation
Pick up/hang up a call.	▶	Press once.
Reject an incoming call.	▶	Press and hold for 2 seconds. ↳ 1 beep.
Switch caller during a call.	▶▶	Press twice.
Mute/unmute the microphone in a call.	●	Press once.

## Voice control

Task	Button	Operation
Siri/Google Now.	●	Press and hold for 2 seconds.

## Other headphones indicator status

Headphones status	Indicator
The headphones are ready for pairing.	The LED flashes blue and white alternately.
The headphones are on but not connected to a Bluetooth device.	The blue LED flashes quickly.
Low battery level.	The white LED flashes slowly.
Battery is fully charged.	White LED is off.

## Wear your headphones

Adjust the headband to fit the washable cushions on your ears. The stabilizer helps your headphones stay in place. Press the stabilizer button to release the stabilizer from the headband (see 'Overview of your Bluetooth wireless headphones' on page 4).



### Tip

- For instruction of how to wash the ear cushions, see the chapter 'Frequently asked questions'.

# 5 Technical data

- 11 hours of music time or talk time
- 190 hours of standby time
- Normal time for a full charge: 2 hours
- Rechargeable Lithium-Polymer battery (190 mAh)
- Bluetooth 4.0, Bluetooth mono support (Headphones Profile - HSP, Hands-Free Profile - HFP), Bluetooth stereo supported (Advanced Audio Distribution Profile - A2DP; Audio Video Remote Control Profile - AVRCP)
- Operating range: Up to 10 meters (33 feet)
- Digital echo & noise reduction
- Auto power off

## Note

- Specifications are subject to change without notice.

# 6 Notice

## Declaration of conformity

Hereby, Gibson Innovations declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. You can find the Declaration of Conformity on [www.thisistrainer.com](http://www.thisistrainer.com).

## Disposal of your old product and battery



Your product is designed and manufactured with high quality materials and components, which can be recycled and reused.



This symbol on a product means that the product is covered by European Directive 2012/19/EU.



This symbol means that the product contains a built-in rechargeable battery covered by European Directive 2013/56/EU which cannot be disposed of with normal household waste. We strongly advise you to take your product to an official collection point or a Philips service centre to have a professional remove the rechargeable battery.

Inform yourself about the local separate collection system for electrical and electronic products and rechargeable batteries. Follow local rules and never dispose of the product and rechargeable batteries with normal

household waste. Correct disposal of old products and rechargeable batteries helps prevent negative consequences for the environment and human health.

## Remove the integrated battery



### Note

- Make sure the headset is disconnected from the USB charging cable before removing the battery.

If there is no collection/recycling system for electronic products in your country, you can protect the environment by removing and recycling the battery before disposing the headset.

## Compliance with EMF

This product complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

## Environmental information

All unnecessary packaging has been omitted. We have tried to make the packaging easy to separate into three materials: cardboard (box), polystyrene foam (buffer) and polyethylene (bags, protective foam sheet.) Your system consists of materials which can be recycled and reused if disassembled by a specialized company. Please observe the local regulations regarding the disposal of packaging materials, exhausted batteries and old equipment.

# Trademarks

## Bluetooth

The Bluetooth word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Gibson Innovations Limited is under license.

Siri is a trademark of Apple Inc., registered in the U.S. and other countries.

## Google

Google and the Google Logo are registered trademarks of Google Inc.

# 7 Frequently asked questions

My Bluetooth headphones do not switch on. The battery level is low. Charge the headphones.

I cannot pair my Bluetooth headphones with a mobile phone.

The Bluetooth is disabled. Enable the Bluetooth feature on your mobile phone and turn on the mobile phone before you turn on the headphones.

Pairing does not work.

Make sure the headphones are in pairing mode.

- Follow the steps described in this user manual (see 'Charge and pair your headphones' on page 5).
- Make sure that the LED light flashes blue and white alternately before you release . Do not stop holding the button if you see the blue LED only.

The mobile phone cannot find the headphones.

- The headphones may be connected to a previously paired device. Turn off the connected device or move it out of range.
- Pairing may have been reset or the headphones have been previously paired with another device. Pair the headphones with the mobile phone again as described in the user manual (see 'Charge and pair your headphones' on page 5).

The other side cannot hear me on the mobile phone.

The microphone is muted. Press  once to enable the microphone.

My Bluetooth headphones are connected to a Bluetooth stereo enabled mobile phone, but music only plays on the mobile phone speaker. Refer to the user manual of your mobile phone. Select to listen to music through the headphones.

The audio quality is poor and crackling noise can be heard.

The Bluetooth device is out of range. Reduce the distance between your headphones and Bluetooth device, or remove obstacles between them.

The audio quality is poor when streaming from the mobile phone is very slow, or audio streaming does not work at all.

Make sure your mobile phone not only supports (mono) HSP/HFP but also supports A2DP (see 'Technical data' on page 9).

I hear but cannot control music on my Bluetooth device (e.g. play/pause/skip forward/backward).

Make sure the Bluetooth audio source supports AVRCP (see 'Technical data' on page 9).

After using "Google Now", music starts playing through the mobile phone speaker instead of headphones, but Bluetooth is still connected, what can I do?

Press the Siri/Google now button again, music will resume playing from the headphones.

### How to clean the ear cushions?

- Hand wash the ear cushions in a water mixed with laundry powder. Do not twist or pull the cushions to avoid damage. Squish the cushions inside the soap water for around 10-15 minutes.
- Rinse the cushions in a clean bowl of water. Continue to keep the water running and squish the headphones until there are no more soap and bubbles coming from the cushions.
- Place the cushions on a hard surface and allow them to be completely dry.

#### Note

- Do not wash the ear cushions in a washing machine to avoid damages.

### How can I restore all original headphones settings?

When the headphones are powered on and is not connected to the USB cable, press and hold **⌘** and **—** at the same time for 5 seconds until you see the white LED flashes 5 times.

**For further support, visit  
[www.thisistrainer.com](http://www.thisistrainer.com)**

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