

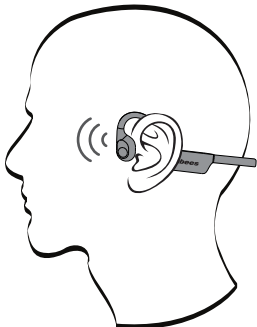
成品尺寸：85mm*95mm

材质：双铜纸 157g

工艺：风琴折

印刷颜色：黑白

HOW TO WEAR



Place the ends over your ears, letting the speakers rest on your temples, just in front of your ears (not inside them).

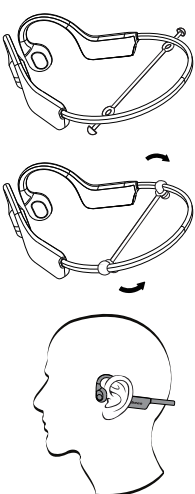
Tip: Adjust the position slightly until the transducers sit comfortably on your cheekbones. The fit affects both volume and sound quality.

6

USING THE SECURE FIT LOOP

To ensure a snug and stable fit, especially during swimming or vigorous activities, your 7seven headphones come with a Secure Fit Loop.

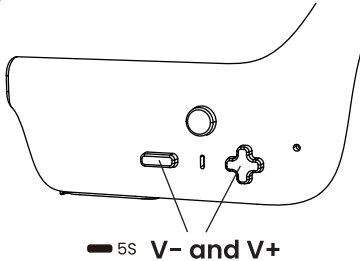
- 1 Insert the two ends of the loop into the connectors on each side of the headband to secure the fit.
- 2 Adjust the position of the loop to tighten or loosen the fit around the back of your head.
- 3 Once adjusted, the headphones will sit more securely and comfortably during use.



7

FACTORY RESET

When the headphones are powered on but **not connected to any device**, press and hold the **V+ and V-** buttons together for **5 seconds** to perform a factory reset.



8

WARNINGS

Permanent hearing loss may result from long-term exposure to sound at high volumes. Use as low volume as possible and avoid prolonged use of the earphone/speaker at excessive sound pressure levels. Please read the safety guidelines below prior to using the safety guidelines below prior to using this product.

(Prior to using this product follow these steps)

1. Please turn the volume control to its lower level.
2. Then slowly adjust the volume control to a comfortable level.
3. If you experience discomfort or ringing in your ears, immediately discontinue using the product. With continued use at high volume, your ears may become accustomed to the sound level which may result in permanent damage to your hearing without any noticeable discomfort.

SAFETY INFORMATION!

1. If you have a cardiac pacemaker or other electronic medical equipment, you should consult your physician before using this product.
2. This product contains small parts that may be hazardous to children. Keep out of the reach of children. The bags themselves or the many small parts they contain may cause choking if ingested.
3. Never attempt to disassemble the product yourself, or push other objects into this product, as this may cause a short circuit, which could lead to the fire or get an electric shock.
4. None of the components can be replaced or repaired by users. Only authorized dealers or service centers may open the product.
5. If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact your dealer.
6. If the product overheats, is damaged from a fall or has been exposed to corrosive liquids, please discontinue use.

9

REMEMBER

Be sure to ensure safe driving, avoid distractions and follow local laws.

INFORMATION TO USER

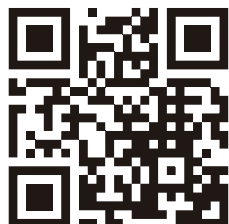
Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Important: Change or modifications not expressly approved by the manufacturer responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

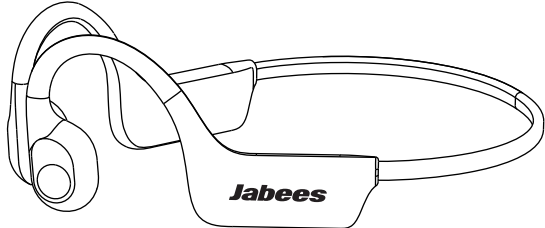


www.jabees.com

12045-ORIG-V01

7.Lite

12045



BONE CONDUCTION HEADPHONES

Quick Reference Guide

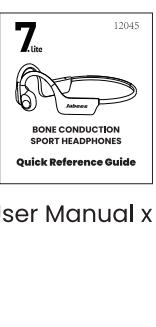
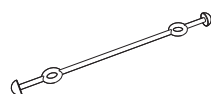
WHAT'S IN THE BOX

7.Lite Bone Conduction Headphones x1

USB-C Charging Cable x1

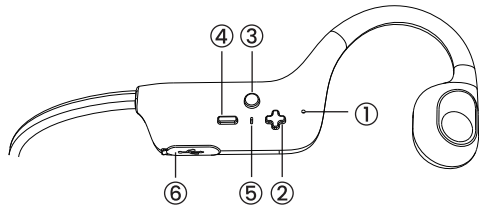
Secure Fit Loop x1

User Manual x1



1

PRODUCT OVERVIEW



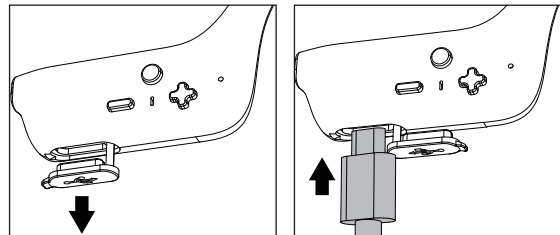
- 1 Microphone
- 2 Volume +
 - Volume +
 - Next Track
- 3 Multifunction Button
 - SS: Power On / Off
 - Play / Pause
 - Answer / Hang Up Call
 - SS: Reject Call
- 4 Volume -
 - Volume -
 - Previous Track
 - SS: Activate/Deactivate Voice Assistant
- 5 LED Indicator Light
 - Charging: Red
 - Charging Complete: Blue
 - Pairing: Flash Blue and Red
- 6 USB-C Charging Port

Symbol Notes:

- = Long Press
- SS = Press for 1 Second (The number indicates the duration)
- = Press Once
- = Press Twice
- = Press Thrice and so forth.

2

CHARGING

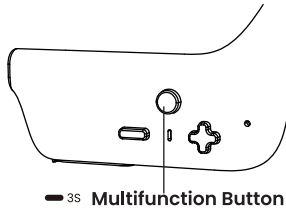


Please ensure that the charging adapter meets the following requirements: output voltage of DC 5V ± 0.25V and output current between 100mA~500mA. Using an adapter with a higher voltage may damage the battery.

WARNING: Always charge the device in a well-ventilated area, away from heat sources or other items. Unplug the charging cable from the power outlet or USB port once the battery is fully charged or when not in use. Leaving it plugged in could damage the battery or the device.

3

HOW TO PAIR & CONNECT



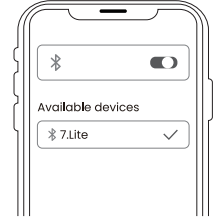
— SS Multifunction Button

To Power On:

Press and hold the **Multifunction Button** for **3 seconds** to turn on the device. It will automatically enter pairing mode.

To Pair with Your Smartphone:

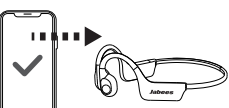
Enable Bluetooth on your smartphone and search for **'7.Lite'** to complete the connection.



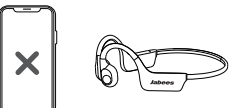
4

MULTIPOINT CONNECTION

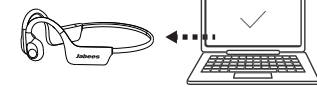
Step 1: Pair the headphones to Device A.



Step 2: Disconnect the headphones from Device A. *7.Lite will automatically initiate Bluetooth pairing upon disconnection.



Step 3: Select and pair the headphones to Device B.



Step 4: Reconnect Device A to the headphones to complete Multipoint Pairing. **You're now connected to both devices!**



5

12045_QRG_250908_V01