105g双胶186C+K　风琴折
双色印刷　75x95mm　　中英文

正面

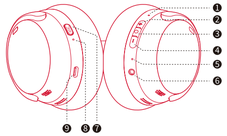
Model No.:MH22312

MONSTER™

QUITEFIT V3

快速指南 / Quick Start Guide
WIRELESS OVER-EAR HEADPHONE

⚠安全警示与注意事项
为确保您的安全并延长产品使用寿命，请严格遵守以下警示内容：
一、使用环境警告
• 禁止在极端高温、低温、多尘或潮湿环境中使用本产品。
• 避免阳光直射，火烤或任何过热环境。
• 在强无线信号或人群密集的环境（如机场、车站、展会等），可能出现耳机连接断续或干扰现象，正常范围，请稍后继续使用或更换使用环境。
二、操作安全警告
• 请勿摔落、撞击或剧烈震动产品。
• 禁止擅自拆卸或改装本机，以免造成危险或损坏。
• 若出现异常情况，请立即停止使用并联系经销商。
三、电池与充电警示
• 当充电仓指示灯提示电量低时，请及时充电。产品闲置未长期使用时，请每30天内充电一次。
• 使用符合国家标准并获得LVD认证的电源适配器。
• 耳机含内置电池，请勿置于高温或可燃环境中。
• 当耳机充电接口有异物且接触不良时，请用棉签沾酒精轻轻擦拭清洁耳机充电接口。要保持定期清洁耳机充电口，以保证正常充电与开关机的功能。
四、重要提示
• 产品功能如有变更，如未及时通知，请关注产品官网或销售链接；
• 请妥善保管本说明书以备查阅。



❶ 多功能指示灯
❷ 音量加按键,上一曲目
❸ 多功能按键 (MFB)
(开机/播放/暂停/关机...)
❹ 音量减按键,下一曲目
❺ MIC
❻ AUX In 接口
❼ ANC 开关
❽ 模式指示灯/充电指示灯
❾ USB-C充电接口

充电
请在使用此设备前先给耳机充满电,此设备可以通过USB-C 接口进行充电。充电时红灯长亮,充满熄灭。

电源开/关
关机状态下,长按MFB按键3秒,白灯快闪,同时有系统提示音,耳机开机
开机状态下,长按MFB按键5秒,红灯亮2秒,同时有系统提示音,耳机关机

配对
关机状态下,长按MFB按键3秒,白灯快闪,同时有系统提示音,对于新设备连接,请打开设备蓝牙搜索,点击蓝牙名称"**Monster QuiteFit V3**"连接,进行配对,配对成功后白灯亮1秒熄灭。

音乐
播放/暂停:短按MFB按键
下一曲:已连接手机状态,长按"-"2秒
上一曲:已连接手机状态,长按"+"2秒

ANC模式
通透/降噪开/降噪关,短按ANC键可循环切换(默认降噪关)
通透:白灯长亮
降噪开:白灯长亮
降噪关:灯灭

音量控制
调低音量:已连接手机状态,短按"-"
调高音量:已连接手机状态,短按"+"

通话
接听/挂断:短按MFB按键
拒接来电:长按MFB按键2秒
取消通话:在接出电话对方未接听时,按2下耳机MFB键

双设备连接
连接第一部手机后,请将耳机关机并关闭该手机的蓝牙功能。
再次打开耳机,并将其连接到另一部手机。连接成功后,在第一部手机上重新打开蓝牙,并点击"**Monster QuiteFit V3**"以重新连接。

语音助手
已连接手机状态,连续按2下耳机MFB键

耳机重置
耳机在开机未连接状态下,快速按5下MFB键,清空耳机与手机的配对记录后进入设备搜索配对模式,如3分钟内没有连接新设备则自动关机

低电报警
红灯持续呼吸慢闪

低电关机
红灯长亮25熄灭

为您的听力负责
为避免听力受损,在佩戴耳机前请调低音乐播放器的音量。佩戴好耳机后,再慢慢将音量调整到适应的水准。噪音的计量单位是(db)。长期暴露于85db 或更高噪音环境下可能造成听力受损。监控使用情况;听力受损是噪音太大加以时间双重作用的结果。声音越大,越要减少暴露在噪音下的时间。声音越柔和,就可以听越久。请通过消费电子协会网站(www.ce.org)了解如何建立安全收听等级及检视其他重要的安全指引。如何防止噪音性听力损伤(NIHL)重要资讯及何种噪音会造成听力受损的完整清单,请参考听障研究基金会网站:www.drf.org。

电池使用注意
• 如果电池更换不当,则存在爆炸危险。电池只能用相同类型或同等类型的电池更换。不建议未经许可更换电池,但可以进回制造商进行更换。
• 电池[电池组或电池组合]不得暴露在日照、火烤或类似过热的环境中。

产品合格证
QC PASS 02 检验合格
检验员:
生产、检验日期:见产品封签或标识码

产品有毒有害物质或元素表

部件名称	铅(Pb)	汞(Hg)	镉(Cd)	六价铬(Cr(VI))	多溶二苯醚(PBDE)	多溶联苯(PBB)	邻苯二甲酸二(2-乙基)己酯(DEHP)	邻苯二甲酸丁苄酯(BBP)	邻苯二甲酸二丁酯(DBP)	邻苯二甲酸二异丁酯(DIBP)
外壳	○	○	○	○	○	○	○	○	○	○
线材	○	○	○	○	○	○	○	○	○	○
音筒	○	○	○	○	○	○	○	○	○	○
电路板	○	○	○	○	○	○	○	○	○	○

有毒有害物质或元素的部件名称
本表格依据SJ/T11364-2024的规定编制。
○:表示该有毒有害物质在该部件所有均质材料中的含量均在GB/T26572规定的限量要求以下。
×:表示该有毒有害物质至少在该部件的某一均质材料中的含量超出GB/T26572规定的限量要求。

保修信息卡

信息填写

产品名称:

产品型号:

产品SN号:

购机日期:

用户信息

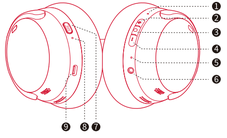
用户姓名:

联系电话:

地　　址:

反面

⚠Safety Warnings and Precautions
To ensure your safety and extend the service life of this product, please strictly follow the warnings below:
1. Environmental Warnings
• Do not use this product in extremely high or low temperatures, or in dusty or humid environments.
• Avoid direct sunlight, fire exposure, or any overheating conditions.
• In environments with strong wireless signals or dense crowds (such as airports, stations, exhibitions, etc.), intermittent connection or interference may occur. This is within normal range. Please continue to use the device later or change the usage environment.
2. Operational Safety Warnings
• Do not drop, strike, or subject the product to strong vibrations.
• Do not disassemble or modify the device without authorization to avoid hazards or damage.
• If any abnormal condition occurs, stop using the product immediately and contact your distributor.
3. Battery and Charging Warnings
• When the charging case indicator shows low battery, please recharge in time. If the product is not used for a long period, please recharge it at least once every 30 days.
• Use power adapters that comply with national standards and are LVD-certified.
• The earbuds contain built-in batteries. Do not expose them to high temperatures or flammable environments.
• If the charging port of the earbuds contains foreign objects or has poor contact, gently clean the charging port with a cotton swab dipped in alcohol. Regular cleaning is recommended to ensure proper charging and power-on/off functions.
4. Important Notes
• If there are updates or changes to product functions, please refer to the official website or the sales page for the latest information.
• Please keep this manual for future reference.



❶ Multifunctional indicator light
❷ Volume up button, previous song
❸ Multi-function button (MFB)
(power on/play/pause/power off...)
❹ Volume down button, next song
❺ MIC
❻ AUX in port
❼ ANC Button
❽ Mode indicator light
Charge Indicating light
❾ USB-C charging port

Charging
Please fully charge the headset before using this device. This device can be charged through the USB-C interface, and the white light will remain on and turn off when fully charged

Power On/Off
In the power off state, long press the MFB button for 3 seconds to turn on the headset, the white light flashes quickly, and the system will sound at the same time.
In the power on state, long press the MFB button for 5 seconds to turn off the headset, the red light is on for 2 seconds, and the system will sound at the same time.

Pairing
In the power off state, long press the MFB button for 3 seconds, the white light flashes quickly, and the system will sound at the same time. For new device connection, turn on the Bluetooth in your device and choose "**Monster QuiteFit V3**" from the Bluetooth list to connect. After successful pairing, the white light keep on for 1 second and turn off.

Music
Play/pause: short press the MFB button
Next song: connected phone status, long press the "-" button for 2 seconds
Previous song: connected phone status, long press the "+" button for 2 seconds

ANC
transparent/Noise reduction on/noise reduction off, short press the ANC button to cycle through (default noise reduction off)
Transparency: white light on continuously
Noise reduction on: white light on continuously
Noise reduction off: light off

Volume Control
Turn down the volume: connected phone status, press the "-" button
Turn up the volume: connected phone status, press the "+" button

Call
Answer/hang up: short press the MFB button
Reject the call: long press the MFB button for 2 seconds
Cancel a call: when the caller does not answer, press the MFB button twice

Dual Device Smart Connection
After connecting the first phone, turn off the headphones and disable Bluetooth on that phone.
Turn on the headphones again and connect them to a second phone. After successful connection, re-enable Bluetooth on the first phone and tap"**Monster QuiteFit V3**"to reconnect.

Voice Assistant
Connected phone status, press the MFB button twice

Reset
When the headset is on and not connected, press the MFB button five times quickly to clear the pairing record between the headset and the mobile phone and enter the device search pairing mode. If the new device is not connected within 3 minutes, it will automatically shut down

Low Battery
The red light breathing flash

Low Battery Shutdown
The red light is on for 2 seconds

Responsible for your hearing
To avoid hearing loss, turn down the volume of the music player before wearing headset. After putting on the headset, slowly adjust the volume to a suitable level.
The unit of measurement for noise is (db). Long-term exposure to 85db or higher noise environment may cause hearing loss gradually. Monitor usage; hearing loss is the result of too much noise and time. The louder the sound, the more time to reduce exposure to noise. The softer the voice, the longer you can listen. Please visit the Consumer Electronics Association website (www.ce.org) to learn how to establish a safe listening level and review other important safety guidelines. For important information on how to prevent noise-induced hearing loss (NIHL) and a complete list of what noise can cause hearing loss, please refer to the website of the Foundation for the Study of the Hearing Impairment: www.drf.org.

Battery usage note
• There is an explosion risk if the battery is not replaced properly. Batteries can only be replaced with batteries of the same type or equivalent. It is not recommended to replace the battery without permission, but it can be returned to the manufacturer for replacement.
• The cell [battery pack or battery pack and] shall not be exposed to conditions such as sunlight, fire or similar overheating.

FCC STATEMENT
Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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 the receiver.
- Connect the equipment to 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.
Changes or modifications not expressly approved by the party 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.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.
FCC ID: 2AVD2-H32