



EQ1000 Headphones with Remote and Mic



Volume up
Center button
Volume down



To use the EQ1000 headphones with Remote and Mic, plug them into a supported iPod, iPhone, or iPad and insert the headphones in your ears.

We offer various styles and sizes of ear tips for a perfect fit. To remove and change out the ear tips off the headphones, simply pinch any part of the loose end and pull away from the headphone. It will feel snug when you are trying to remove the silicone ear tips and that is normal.

For an active secure sports fit, you can also wear the headphone cables over the ears during running, bicycling and work out.

Important: Not all features listed below are supported by all models.

To	Do this
Play or pause a song or video	Press the center button once. Press again to resume playback.
Skip to the next song or chapter	Press the center button twice quickly.
Fast-forward	Press the center button twice quickly and hold.
Go to the previous song or chapter	Press the center button three times quickly.
Rewind	Press the center button three times quickly and hold.
Answer or end a call	Press the center button once to answer. Press again to end the call.
Decline an incoming call	Hold down the center button for about two seconds, then let go. When you let go, two low beeps confirm that you declined the call.
Switch to an incoming or on-hold call and put the current call on hold	Press the center button once. Press again to switch back to the first call.
Switch to an incoming or on-hold call and end the current call	Hold down the center button for about two seconds, then let go. When you let go, two low beeps confirm that you ended the first call.
Increase volume	Press the + button
Decrease volume	Press the - button
Using Siri	Press and hold the center button. To continue a conversation with Siri, press and hold the button each time you want to talk.

Warning: To prevent possible hearing damage, do not listen at high volume levels for long periods. Set the volume to a safe level. Your hearing adapts over time to higher volume of sound that may sound normal but can be damaging. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. **Keep Out of Reach of Children.**