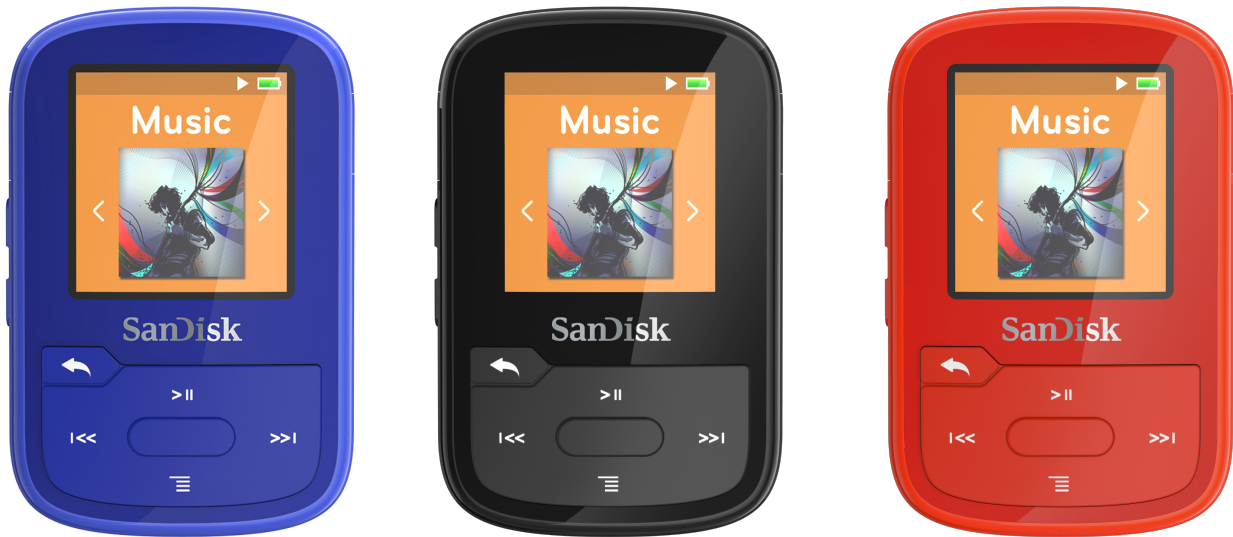


# SanDisk® Clip Sport PLUS

## Wearable MP3 Player



# User Manual



2016





- *To prevent possible hearing damage, do not listen to high volume levels for long periods.*
- *Fully understand user manual before use.*
- *Ensure your player is at low volume levels or power off when not in use.*

For more information on safety, go to:  
[www.sandisk.com/support/clipsportplus](http://www.sandisk.com/support/clipsportplus)

|  |               |
|--|---------------|
| <b>CHAPTER 1 .....</b>   | <b>6</b>      |
| Safety Tips and Cleaning Instructions.....   | 6             |
| Audio/Video Player Safety Instructions .....   | 6             |
| <br><b>CHAPTER 2 .....</b>   | <br><b>8</b>  |
| SanDisk Clip Sport PLUS Wearable MP3 Player Overview .....   | 8             |
| Features .....   | 8             |
| Minimum System Requirements .....  | 8             |
| Package Contents .....   | 8             |
| Clip Sport PLUS Wearable MP3 Player at a Glance.....   | 9             |
| Playback Screen .....  | 10            |
| Main Menu Options: Six Core Functions.....   | 11            |
| Product Capacities.....  | 12            |
| Battery .....  | 12            |
| Charging.....  | 12            |
| Firmware .....   | 13            |
| Earbuds.....   | 13            |
| <br><b>CHAPTER 3 .....</b>   | <br><b>14</b> |
| Basic Operation .....  | 14            |
| Power/Select Button.....   | 14            |
| Power On.....  | 14            |
| Power Off.....   | 14            |
| Locking the device .....   | 14            |
| Unlocking the device .....   | 14            |
| With the device in locked mode, press and hold the Back button for<br>approximately 3 seconds..... | 14            |
| Reset .....  | 14            |
| Connecting Player to a Windows or Mac Computer.....  | 15            |
| <br><b>Chapter 4 .....</b>   | <br><b>16</b> |
| Bluetooth® .....   | 16            |
| Connect your player to a Bluetooth device (headphones, speakers) .....                             | <b>Error!</b> |
| <b>Bookmark not defined.</b>   |               |
| <br><b>Chapter 5 .....</b>   | <br><b>17</b> |
| Music .....  | 17            |
| Loading Music.....   | 17            |
| Drag and Drop (Windows) .....  | 17            |
| Drag and Drop (Mac).....   | 18            |

|                                      |    |
|--------------------------------------|----|
| Playing Music .....                  | 18 |
| Options Menu .....                   | 19 |
| Add Song to <i>GoList</i> .....      | 19 |
| Remove Song from <i>GoList</i> ..... | 19 |
| Repeat .....                         | 20 |
| Delete Song .....                    | 20 |
| Track Info .....                     | 20 |
| Creating Playlists .....             | 21 |

**CHAPTER 6 ..... 27**

|                              |    |
|------------------------------|----|
| Radio .....                  | 27 |
| Listening to FM Radio .....  | 27 |
| Programming FM Presets ..... | 28 |

**Chapter 7 ..... 29**

|                                       |    |
|---------------------------------------|----|
| Books .....                           | 29 |
| Loading Audiobooks and Podcasts ..... | 29 |
| Drag and Drop (Windows) .....         | 29 |
| Drag and Drop (Mac) .....             | 30 |
| Playing Audiobooks and Podcasts ..... | 30 |

**Chapter 8 ..... 32**

|                      |    |
|----------------------|----|
| Sport .....          | 32 |
| Stopwatch .....      | 32 |
| Recording Laps ..... | 33 |

**Chapter 9 ..... 34**

|                       |    |
|-----------------------|----|
| Settings .....        | 34 |
| System Settings ..... | 34 |
| Backlight .....       | 34 |
| Brightness .....      | 35 |
| Power Saver .....     | 35 |
| Sleep .....           | 35 |
| Customize .....       | 35 |
| Menu Looping .....    | 35 |
| Equalizer .....       | 35 |
| Replay Gain .....     | 36 |
| Language .....        | 36 |
| Volume .....          | 36 |
| Info .....            | 36 |
| Format .....          | 36 |

|                         |    |
|-------------------------|----|
| Restore .....           | 36 |
| Music Options.....      | 37 |
| Repeat .....            | 38 |
| Radio Options.....      | 38 |
| Delete All Presets..... | 38 |
| FM Mode.....            | 38 |

**Chapter 10 ..... 39**

|  |    |
|--|----|
| Learn More, Service, and Warranty Information..... | 39 |
| Getting Technical Support.....                     | 39 |
| THIRD PARTY INTELLECTUAL PROPERTY NOTICE.....      | 39 |
| SANDISK MANUFACTURER'S LIMITED WARRANTY .....      | 40 |
| FCC REGULATION .....                               | 40 |

## CHAPTER 1

*This chapter describes the safety tips and cleaning instructions for the SanDisk Clip Sport PLUS Wearable MP3 player.*

# *Safety Tips and Cleaning Instructions*

Read the safety instructions carefully before using the player.

1. Review this entire manual to ensure proper usage.
2. Keep this User Manual for future reference.
3. Do not use headphones/earphones while driving, cycling, or operating any motorized vehicle. This may create a traffic hazard and may be illegal in some areas. It can also be dangerous to play your music with headphones/earphones at high volume while walking, or engaged in other activities. You should exercise extreme caution and discontinue use in potentially hazardous situations.
4. Avoid using headphones/earphones at high volume. Hearing experts advise against continuous loud and extended music play. Keep the volume at a moderate level, so that you are better able to hear outside sound and are considerate of the people around you.
5. The player is water resistant but is not designed to be submerged. Keep the player away from sinks, bathtubs, and other sources where the player could be submerged. Submerging the player can cause electrical shocks.
6. Follow these tips to keep the player working well for a long time:
  - Clean the player with a soft lint-free cloth.
  - Do not allow children to use the player unsupervised.
  - Never force any connector into the ports of the player or your computer. Make sure your connectors are the identical shape and size before you connect.
  - Do not disassemble, crush, short-circuit, or incinerate the internal rechargeable battery as it may cause fire, injury, burns, or other hazards.

## Audio/Video Player Safety Instructions

- Your MP3 player is equipped with a variety of features. To help you maximize your listening pleasure, SanDisk would like to advise you that it is important to use the headphones with your MP3 player at a safe hearing level.
- Exposure or repeated exposure for an extended period of time to music and other sounds that are too loud can cause damage to your hearing resulting in temporary or even permanent "noise induced hearing loss".
- Symptoms of hearing loss increase gradually with prolonged exposure at high levels of loudness.
- Initially, you may not even be aware of the loss unless detected with a hearing test.
- Your hearing may adapt to higher volumes of sound. In order to prevent any harmful impact to your hearing, you must control the sound emanating from your headphones and set the MP3 player's volume to a low setting where you can hear it clearly and comfortably.

- Studies, including one from NIDCD indicate that sounds of less than 80 decibels, even after long exposure, are unlikely to cause a hearing loss.
- Listen to your MP3 player at such a level that you can still hear conversation
- and other people in your environment without shouting when you attempt to converse.
- It can also be dangerous to play your music with headphones/earphones at high volume while walking or engaged in other activities. You should exercise extreme caution and discontinue use in potentially hazardous situations.
- Do not use headphones or earphones while driving, cycling, or operating any motorized vehicle. This may create a traffic hazard and may be illegal in some areas.

## Hearing Levels

- To help you understand what may be considered a safe hearing level, the following examples are included for your reference:

## Examples of Typical Sounds Levels Approx. Sound Level in Decibels (dB)\*

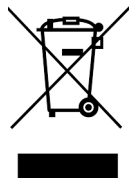
- Refrigerator humming 40
- Normal conversation 60
- City traffic 80
- Motorcycles/lawnmowers 90\*\*
- Rock concerts 110-120\*\*
- Firearms 120-140\*\*

\* dB - A decibel (dB) is a unit of relative measurement of the strength sound wave. In decibels (dB), a measured signal level doubles with every additional 3dB.

\*\* These sound decibel levels are considered harmful under extended exposure. The above information is courtesy of the National Institute of Deafness and Other Communication Disorders (NIDCD): [www.nidcd.nih.gov/health/hearing/noise.asp](http://www.nidcd.nih.gov/health/hearing/noise.asp)

### **CAUTION:**

**RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.  
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS**



Correct Disposal of this product. This marking indicated that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collections systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.



Battery

This product contains Lithium-ion polymer battery. The battery should be replaced only by SanDisk and its authorized service providers. SanDisk and its authorized service providers will ensure the spent battery is recycled properly, since batteries should always be recycled or disposed separately from household waste.

## CHAPTER 2

*This chapter describes the features and functionality of the SanDisk Clip Sport PLUS Wearable MP3 player.*

# SanDisk Clip Sport PLUS Wearable MP3 Player Overview

Congratulations on your purchase of a SanDisk Clip Sport PLUS Wearable MP3 player!

The affordable, super-lightweight Clip Sport PLUS gives you the freedom and flexibility to work out the way you want. Durable and water-resistant, it's ready for a muddy mountain bike ride or a trail run in the rain. Use the lightweight earbuds included or enable the Bluetooth capability and pair it with your favorite Bluetooth headphones or speakers to experience the rich bass and quality sound without being tied down by wires. A 16GB capacity means that it's big enough to store up to 4,000 songs, but it also has a built-in FM radio for those times when you want to tune in. Super-lightweight, it clips to your clothes or gear, so you can stop worrying about your device and focus on your workout.

## Features

- Water-resistant MP3 player
- Works with Bluetooth® wireless technology enabled devices or use the included lightweight earphones
- Lightweight; clips to your clothes or gear
- 16GB\* capacity; stores up to 4,000 songs
- Built-in FM radio
- Plays for up to 20 hours on a single charge (wired connection)

*Based on continuous playback at 128 kbps MP3 with wired earphones; actual life and performance may vary depending upon usage and settings; battery not replaceable.*

## Minimum System Requirements

- Windows® XP SP2 or Mac OS X 10.3 and Linux
- USB 2.0 port (for hi-speed transfers and charging)

## Package Contents

The Clip Sport PLUS MP3 Player is shipped with the following components:

- SanDisk Clip Sport PLUS MP3 player
- Earbuds
- USB 2.0 Cable
- Quick Start Guide



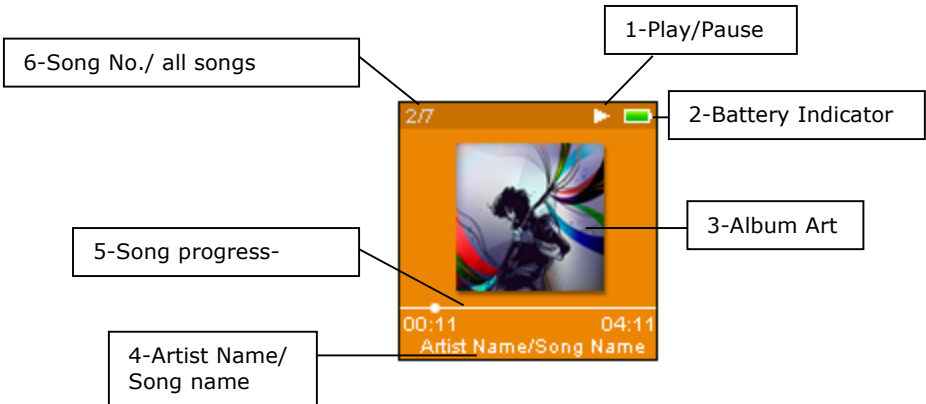
# Clip Sport PLUS Wearable MP3 Player: At-A-Glance



IPX-5 Rated: The player is water resistant but is not designed to be submerged. Keep the player away from sinks, bathtubs, and other sources where the player could be submerged. Submerging the player can cause electrical shocks.

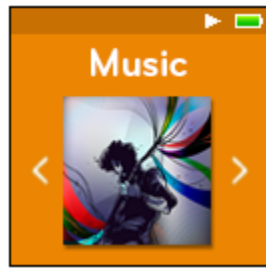


# Playback Screen



|   |                        |  |
|---|------------------------|--|
| 1 | Play/Pause             | Displays the music or recording playback status.                           |
| 2 | Battery Indicator      | Displays the battery status.   |
| 3 | Album Art              | Displays the picture of the Album Art of currently playing content.        |
| 4 | Artist name/ song name | Displays the artist name and the song name                                 |
| 5 | Song progress          | Displays the progress of the current track                                 |
| 6 | Song no./ all songs    | Displays the current track song No./ total No. of song in current location |

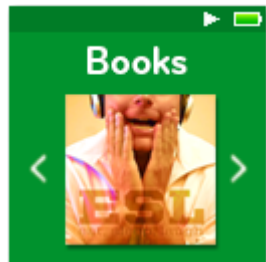
## Main Menu Options: Six Core Functions



**Music** – Browse and listen to artists, albums and playlists.



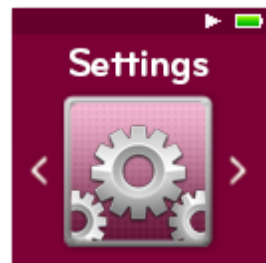
**Radio** – Listen to FM broadcast radio and save presets.



**Books** – Browse and listen to audiobooks DRM.



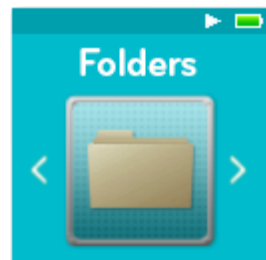
**Sport** – Functioning time saves logs and displays log details.



**Settings** – View or customize the SanDisk player features.



**Bluetooth** – Connect and pair your player to Bluetooth-enabled devices.



**Folders** – Browse and listen to content saved in individual folders.

## Product Capacities

|                             |             |
|-----------------------------|-------------|
| SanDisk Clip Sport PLUS     | <b>16GB</b> |
| Number of songs** (3.5 min) | Up to 4,000 |

### Notes:

\* 1GB=1,000,000,000 bytes. Actual user storage less.

\*\*Approximations: results will vary based on file size, compression, bit rate, content, host device, pre-loaded files and other factors. See [www.SanDisk.com](http://www.SanDisk.com)

## Battery

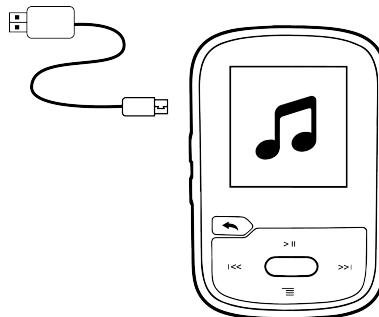
The player comes with an internal rechargeable battery that can last up to 20 hours\* during typical use. To use the player for the very first time, you should fully charge the battery. You can charge your SanDisk player through the USB port of your computer, a car adapter (not included), or AC adapter (not included).

\*Based on continuous playback at 128 Kbps MP3. Actual life and performance may vary depending upon usage and settings. Battery not replaceable.

## Charging

Before using the player, fully charge the device. To charge the battery, follow these steps:

1. Connect player to computer (computer must be on).
2. A "Charging" icon will appear on the device while it is charging (shown below). Full charge takes up to three hours. When fully charged, battery indicator will be solid green and "Charged" message will appear.



3. To stop charging, unplug device.

**Quick Tips:** The battery **CANNOT** be overcharged.

- If your computer does not recognize the player, verify that you are using Windows® XP SP2 or Mac OS X 10.3 and Linux (mass storage class only), restart the player, and try again.

**NOTE:** When battery level reaches 20% device will notify: "Battery running low", at 5% battery will turn off.

## Firmware

SanDisk occasionally releases firmware updates, which may include new features and performance enhancements. SanDisk highly recommends updating the MP3 player to the latest firmware. It is highly recommended to update the firmware after the first battery charge.

For the latest firmware information and instructions to update your player, go to <http://www.sandisk.com/support/clipsportplus>.

## Earbuds

The player comes with adjustable earbuds that can be customized to fit various ear sizes. To properly fit earbuds, try different cups until you find the size that fits most snugly in your ear. Then slide cord fastener upward under chin to tighten.

1. To remove the earbud cup, hold the earbud and gently pull the cup away from the earbud stem. (Do not hold or pull on the earbud base or cord.)
2. To replace the earbud cup, gently push the cup onto the earbud stem until it fits firmly into place.

## CHAPTER 3

*This chapter describes basic user operation instructions for the SanDisk Clip Sport PLUS.*

# *Basic Operation*

## Power/Select Button

The **Power** button is located in the center of the player. It can be used to turn the player on or off, and also to select player options.

## Power On

Press and hold the **Power** button for three seconds to turn on the player. The last played function screen from the Main Menu will appear after the device has been powered on.

## Power Off

Press and hold the **Power** button for three seconds to turn off the player.

## Locking the device

Press and hold the **Back** button for approximately 3 seconds.

## Unlocking the device

With the device in locked mode, press and hold the **Back** button for approximately 3 seconds.

## Reset

If the player freezes for any reason, power off the player and then restart it again. After you perform the reset, any adjustments made during the last operation will be lost. Your saved content (e.g. Music Files, Audiobooks, etc.) will **not** be deleted from the player.

## Connecting Player to a Windows or Mac Computer

To connect the player to a Windows computer, follow these steps:

1. Connect the large end of the USB cable into an available USB port on the computer.
2. Connect the smaller end of the USB cable into the player's dock connector.
3. The display screen will show "Charging" (shown below).
4. The player will appear in My Computer as "SPORT PLUS."

## Disconnecting the Player from a Windows Computer

Simply disconnect the USB cable from the player after you have finished charging, transferring, or upgrading firmware.

**CAUTION: Do not disconnect the player while it is transferring data. Disconnecting the player from the computer during data transfer may damage the device.**

## Disconnecting the Player from a Mac Computer

Eject the removable disk by dragging the icon to the Trash and then disconnect the USB cable from the computer after you have finished charging, transferring, or upgrading firmware.

**CAUTION: Do not disconnect the player while it is transferring data. Disconnecting the player from the computer during data transfer may damage the device.**

## Chapter 4

*This chapter describes how to connect your SanDisk Clip Sport PLUS to a Bluetooth device (headphones, speakers).*

### Bluetooth®



The SanDisk Clip Sport PLUS connects wirelessly to Bluetooth enabled devices so you can enjoy high-quality streaming music with ease.

### Connect your player to a Bluetooth® wireless device (headset, speakers)

1. Bring your player and your Bluetooth wireless headset in range of each other.
2. Turn on both your player and headphones.
3. Put your headphones in pairing mode.
4. Put the player in pairing mode via **Bluetooth Menu**.
5. Activate Bluetooth.
6. Search for your headphones by clicking **Search Devices**.
7. Pair your player in the list under **Search Devices**.

#### Quick Tips: Bluetooth Wireless Device Connection Tips for the Car

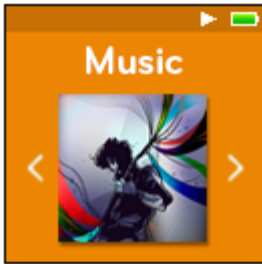
- The car audio system must support A2DP
- Some car systems will ask you to enter a code before pairing. Please use "0000"
- Some car systems can support BT Handset only.
- Please refer to your car system user manual or contact car manufacturer for additional information.



## Chapter 5

*This chapter describes how to load music files from your computer to the SanDisk Clip Sport PLUS and play music on the device.*

### Music



The SanDisk Clip Sport PLUS is able to store thousands of songs in various formats and provides multiple listening options that can be customized to suit your individual needs.

### Loading Music

You can transfer music from your computer to the player using the drag-and-drop method.

### Drag and Drop (Windows)

To drag-and-drop music to the player from a Windows computer, follow these steps:

1. Connect the player to your computer using the USB cable.
2. Select **Open device to view files using Windows Explorer** on initial connection or by going to **My Computer**.
3. Double-click on the **SPORT PLUS** icon.
4. Double-click on the **Music** folder.
5. Drag and drop music files from your computer to the player's **Music** folder.

## Drag and Drop (Mac)

To drag-and-drop music to the player from a Mac computer, follow these steps:

1. Connect the player to your computer using the USB cable.
2. Double-click on the removable disk icon named "SPORT PLUS" that appears on your desktop.
3. Double-click on the **Music** folder.
4. Drag and drop music files from your computer to the player's **Music** folder.
5. Visit the following link for step-by-step instructions:  
[http://kb.sandisk.com/app/answers/detail/a\\_id/1141/kw/1141](http://kb.sandisk.com/app/answers/detail/a_id/1141/kw/1141)

Quick Tips: Remember to eject the removable disk using the Windows or Mac eject before disconnecting the player.

## Playing Music

To play music, follow these steps:

1. Select **Music** from the Main Menu.
2. Select from the music content groupings: **Shuffle List, Artists, Albums, Songs, sh, and Playlists.**
  - **Shuffle** plays all content saved on the device in random order.
  - **Artists** shuffles artists or selects the artist's name to show their songs.
  - **Albums** shuffles songs from all albums or enables scrolling to find desired Albums. Once selected, the album songs will be listed.
  - **Songs** provides a list to select a song title, which are shown in alphabetical order.
  - **Genres** shuffles all songs from all genres, or enables scrolling to select a desired genre. Artists will appear in selected genre.
  - **Playlists** lists all song titles of content for playlist or *GoList* groups that have been created.

Quick Tips: Under artists, songs, playlists, and albums pressing "Shuffle List" will shuffle all songs in music library, not just the songs under specific selected category of artists, songs, playlists, or albums. In order to shuffle a single album, select one specific album title and press select, then select Shuffle List.

3. Highlight and select the desired track or file to play from the music content groupings.

4. Press the **Forward** button to skip to the next song or press-and-hold to fast forward.
5. Press the **Previous** button once to go back to the beginning of the current song or press **Previous** button twice to go back to the previous song. Press-and-hold the **Previous** button to rewind.
6. If the display screen does not show current song, then press the **Back** button to return to main menu.
7. The following options are available during music playback by pressing the **Options** button to access the Options menu.
  - Add Song to GoList
  - Remove Song from GoList
  - Repeat
  - Shuffle
  - Music EQ
  - Delete Song
  - Track Info

## Options Menu

When listening to music, the player offers seven options for personalizing your listening experience (Add Song to GoList, Remove Song from GoList, Repeat, Shuffle, Music EQ, Delete Song, Track Info).

To select music options, follow these steps:

1. Press the **Options** button while playing a song. The Options Menu will be displayed.
2. Customize the player with the following options.

## Add Song to GoList

The *GoList* is an on-the-go optional playlist that enables you to quickly and easily add and remove songs to one of three available GoLists. It holds up to 100 songs.

*This option is only available when the current song isn't already added to the GoList*

1. Select **Add Song to GoList**, then select desired *GoList*.
2. Press the **Back** button to return to the playback screen.

## Remove Song from GoList

*This option is only available when the current song is already added to the GoList.*

1. Select **Remove Song from GoList**.
2. Press the **Back** button to return to the playback screen.

**Quick Tips:** Clearing the music *GoList* does not delete songs from the device. It merely clears the content from the playlist that was saved locally to the device.

## Repeat

This option repeats the song.

1. Select **Repeat**.
2. Press **Select** to toggle and choose a repeat mode:
  - Off: No repeat of tracks
  - Song: Repeat the current track
  - All: Repeat all selected tracks at the current menu location
3. Press the **Back** button to return to the playback screen.

## Shuffle

This option plays songs in random order.

1. Select **Shuffle**.
2. Press the **Select** button to toggle between Shuffle On and Shuffle Off (to play songs in random order, set Shuffle to ON).
3. Press the **Back** button to return to the playback screen.

## Music EQ

This option enhances the sound quality of certain music types to better match the genre being played.

1. Select **Music EQ**.
2. Press the **Up** or **Down** button to scroll through the music types and select a desired option that best matches the music being played.

## Delete Song

This option deletes a song from the player.

1. Select **Delete Song**.
2. Select **Yes** to confirm.

## Track Info

This option displays information about the music being played.

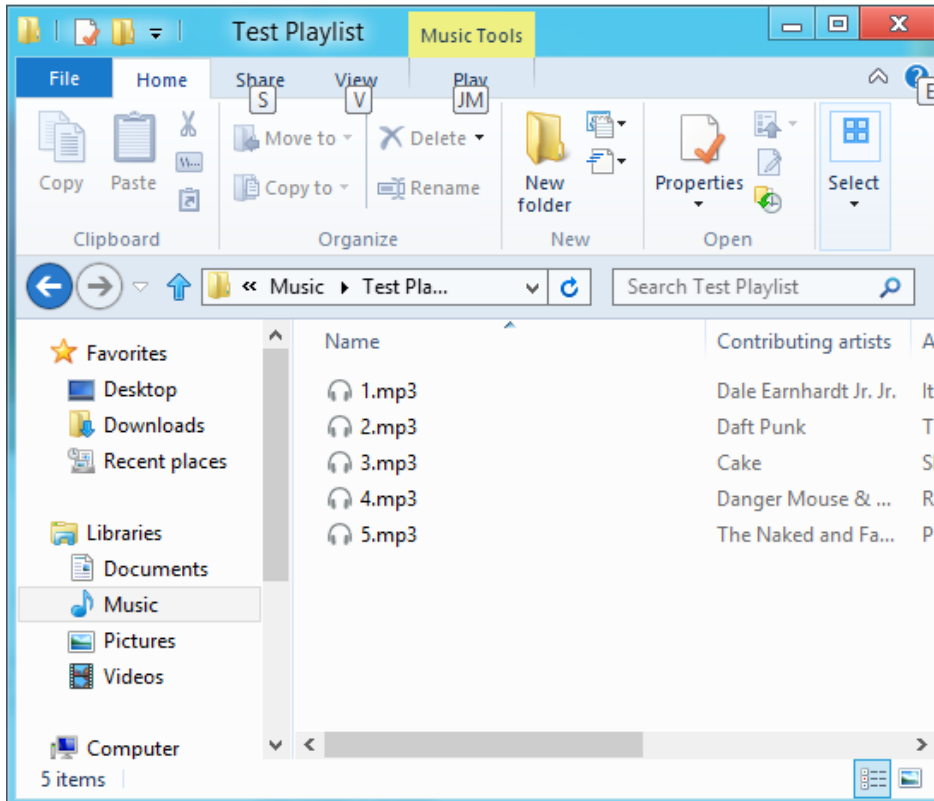
1. Select **Track Info**.
2. Press the **Up** or **Down** button to scroll through the track information.
3. Press the **Back** button to return to the playback screen.

# Creating Playlists

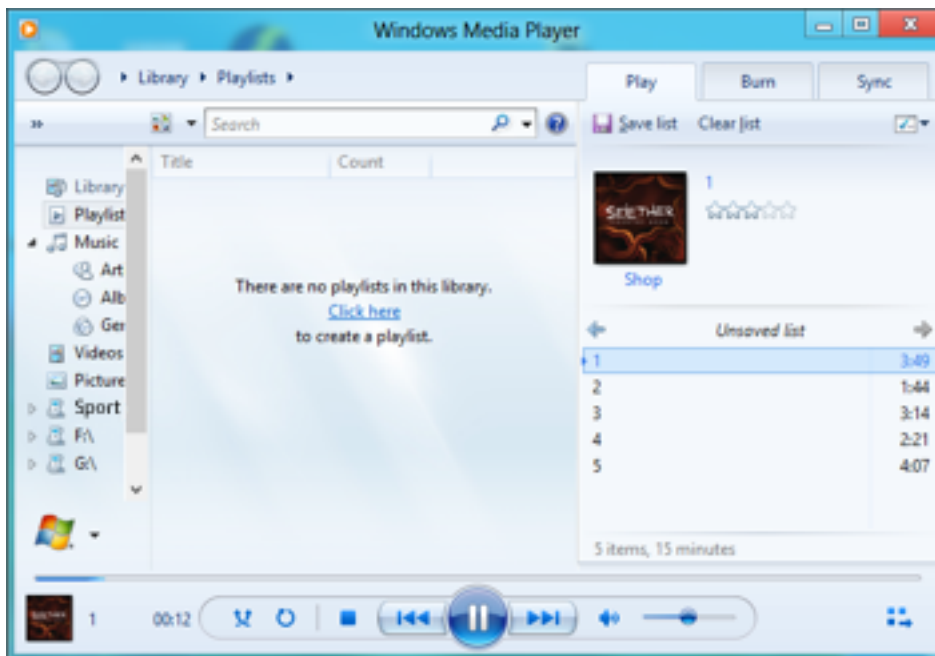
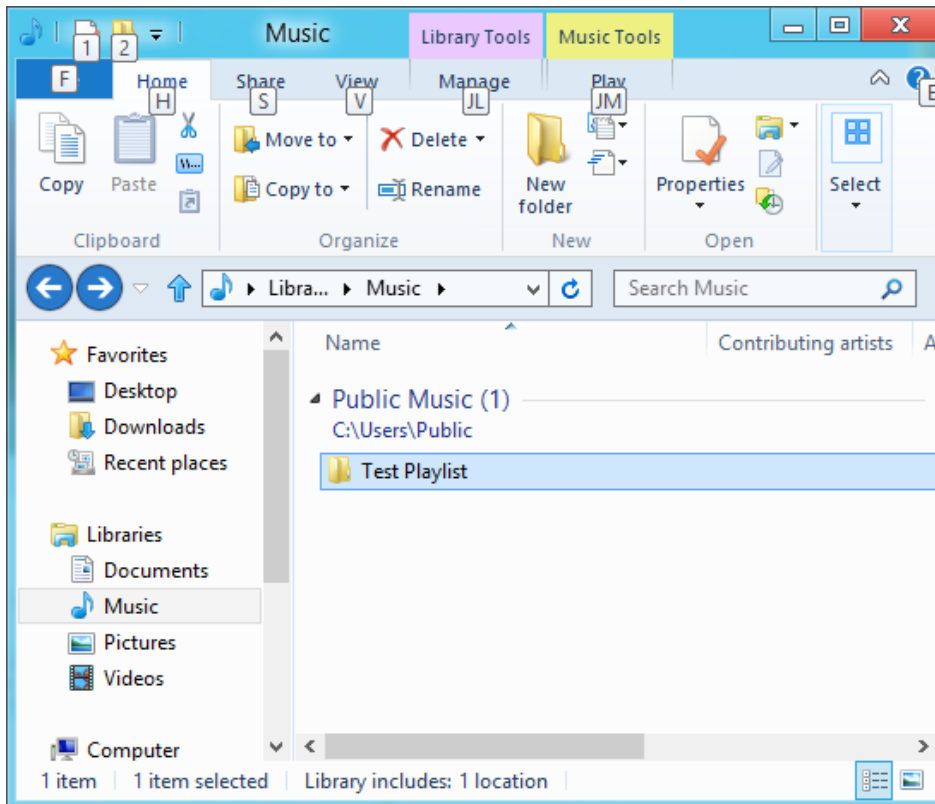
How do I create a playlist on the Clip Sport PLUS?

The **Clip Sport PLUS** only supports M3U playlists and they must be stored in the same directory as the files in the playlist. The process below gives instructions for creating an M3U playlist using Windows Media Player for the use on the **Clip Sport PLUS**.

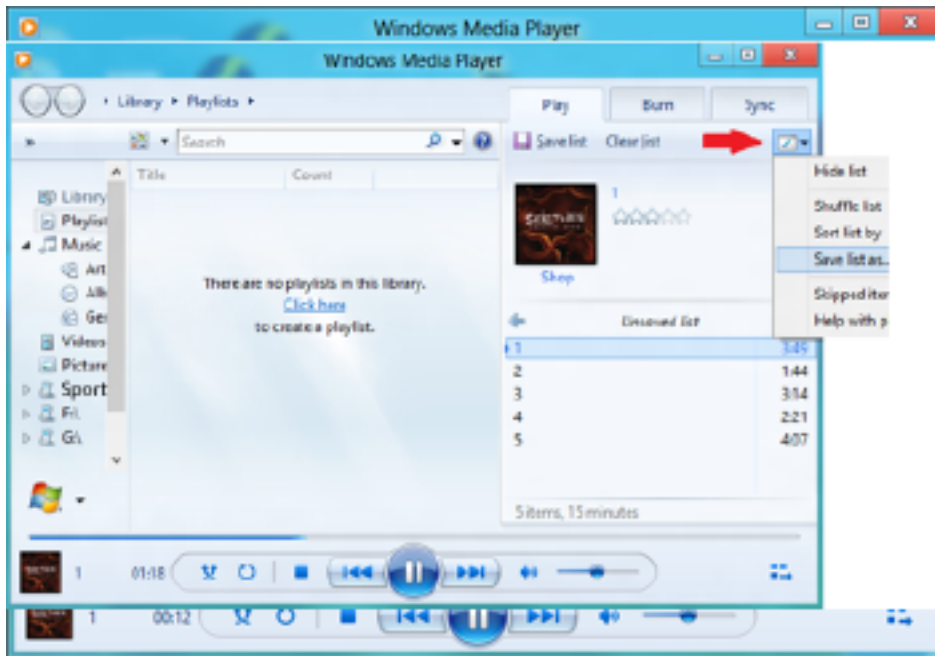
**Step 1** - Move all the files you want in the play list into a folder on the computer



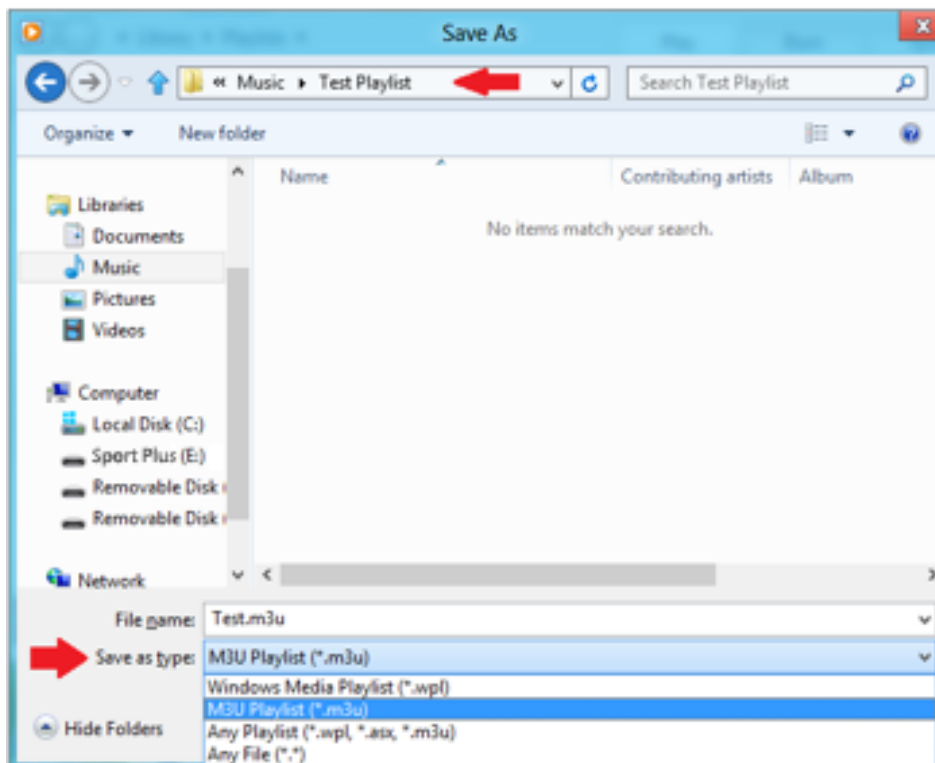
**Step 2** - Drag the folder into Windows Media Player



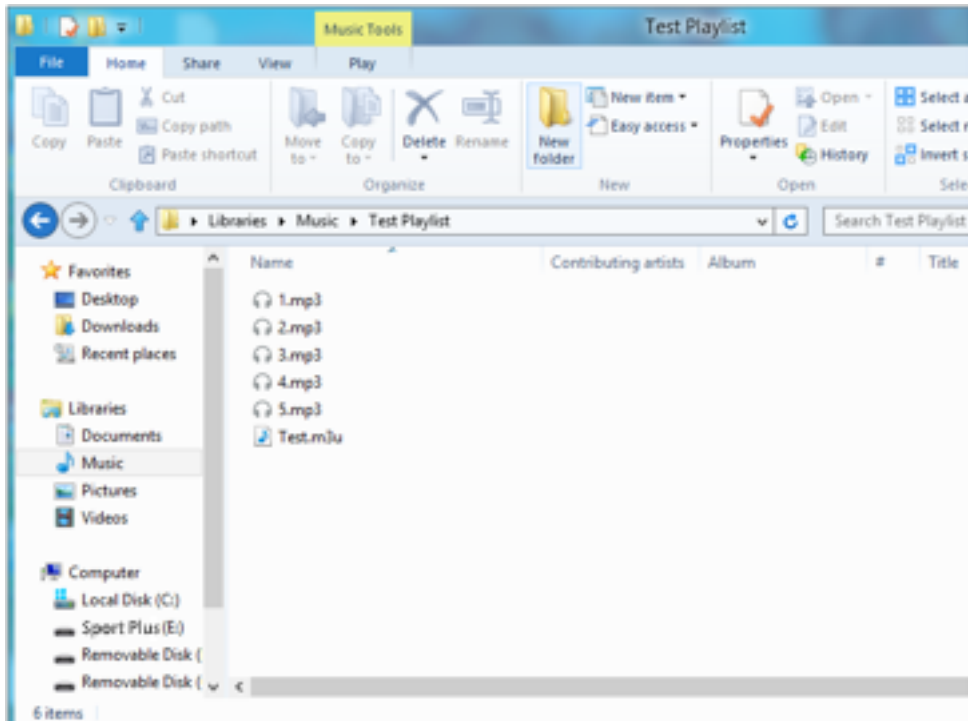
**Step 3** - Click the drop down menu and select "Save list as"



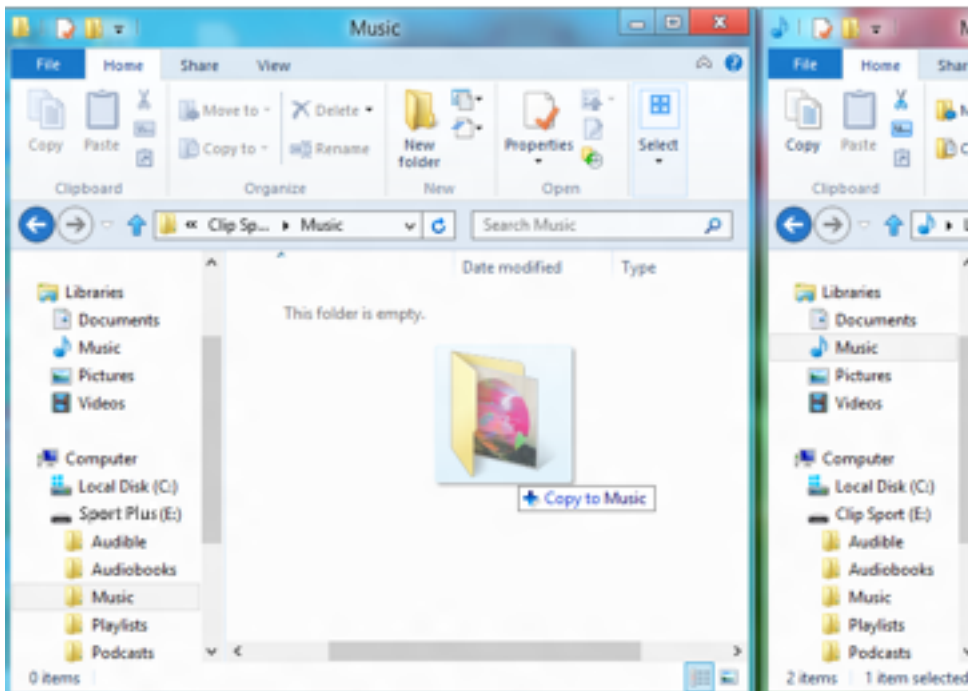
**Step 4** - Brows to the same directory where the files you want in the playlist are saved, choose M3U playlist as the file type, name the playlist and click save



You should now see the M3U playlist saved alongside the songs you want in the play list



**Step 5** - Drag the entire folder containing the songs and the M3U playlist to the Music folder of the **SPORT PLUS**



The Playlist will now be available under the Playlist option in the Music menu.

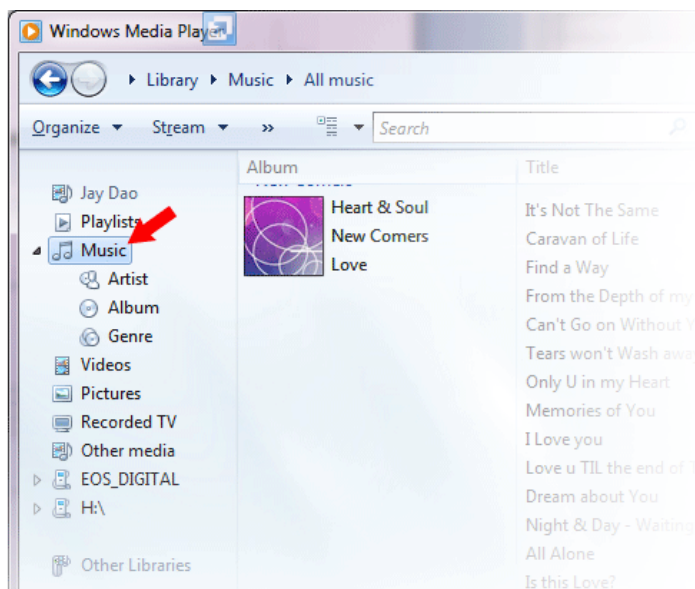


## Adding album art to a track using Windows Media Player

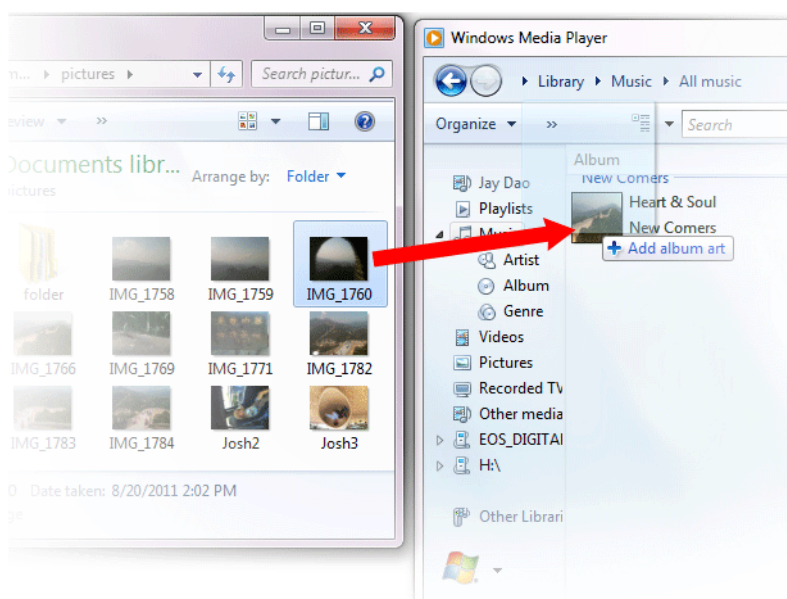
Windows Media Player will typically import any media files left in the documents folder and any continuing sub folders. If the files are not importing or they are stored in a separate location then they must be manually added to the library.

### **METHOD 1 - Manually add Album art using Windows Media Player 12**

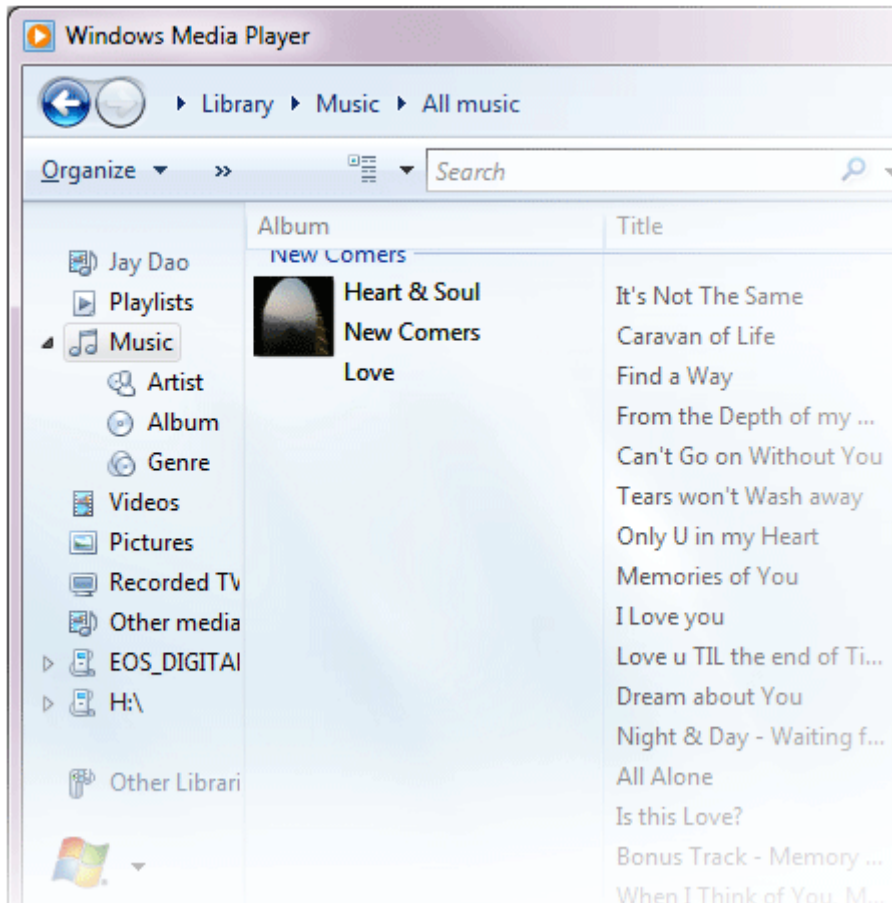
1. Run **Windows Media Player**.
2. Click on the **Music** tab.



3. Drag the picture you want to add to the **Album Art** icon.



The picture will be added as the **album art**.



### **METHOD 2 - Manually add album art using Windows Media Player 11**

1. Run **WMP**.
2. Click **Library** on the top bar.
3. Select and right-click the file(s) you wish to update and select **Advanced Tag Editor**.
4. Click the **Picture** tab, then click **Add**.
5. Navigate to the image you wish to use for **album art** then click **Open**.
6. Click **Apply** then **OK**.

### **METHOD 3 - Let WMP find the Album Info (WMP 10 and 11)**

1. Run **Windows Media Player**.
2. Click **Library** on the top bar (Left Bar for WMP10).
3. Select and right-click the file(s) you wish to update.
4. Select **Find Album Info**.

#### **Quick Tips:**

The SanDisk Clip Sport PLUS **album art** maximum supported resolution is 480 x 480 with a maximum file size of 450kb

## CHAPTER 6

*This chapter describes how to listen to FM broadcast radio and program the preset stations on the SanDisk Clip Sport PLUS.*

### Radio



The SanDisk Clip Sport PLUS includes an integrated FM radio for listening to live broadcast FM stations.

*FM tuner requires wired headsets for operation.*

### Listening to FM Radio

To listen to live broadcast FM stations, follow these steps:

1. Select **Radio** from the Main Menu. A radio frequency menu will appear.
2. Press the **Previous** button or **Forward** button to adjust and search for the desired station, or select preset by pressing the **Select** button.
3. For fast search, press and hold the **Previous** button or the **Forward** button.

#### Quick Tips:

1. Your headphones are the antenna for your device. For best reception or maximizing the number of presets your device can find, extend the headphone cord as much as possible to increase the antenna length and therefore, reception.
2. Pressing play/pause during a radio broadcast is the equivalent of muting the radio. There is no dynamic, live pausing capability on the SanDisk Clip Sport PLUS.

## Programming FM Presets

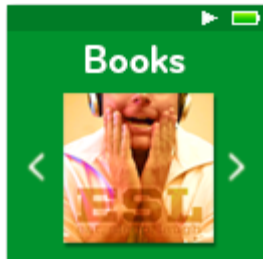
You can program up 30 preset stations. To program the preset stations on the player, follow these steps:

1. Press the **Options** button during Radio playback.
2. Select **Add Preset** to save current frequency into presets, which can be found under **View all Presets**. Or while the earphones are connected, select **Auto Presets** to allow the player to automatically search and store the strongest broadcast signals.
3. Select **Delete Preset** to remove current frequency from presets.
4. Select **View All Presets** to view all stored added presets.
5. Select **Delete All Presets** to erase all stored preset stations.

## Chapter 7

*This chapter describes how to load and play audiobooks and podcasts on the SanDisk Clip Sport PLUS.*

### Books



The SanDisk Clip Sport PLUS is able to store multiple audiobooks and podcasts. An audiobook is a recorded book in .mp3 format and a podcast is a recorded broadcast in .mp3 format.

### Loading Audiobooks and Podcasts

You can transfer music from your computer to the player using the drag-and-drop method.

### Drag and Drop (Windows)

To drag-and-drop music to the player from a Windows computer, follow these steps:

1. Connect the player to your computer using the USB cable.
2. Select **Open device to view files using Windows Explorer** on initial connection or by going to **My Computer**.
3. Double-click on the **SPORT PLUS** icon.
4. Double-click on the **Audiobooks** folder.
5. Drag and drop audiobook files from your computer to the player's **Audiobooks** folder.

[Quick Tips: Remember to eject the removable disk before disconnecting the player.](#)

## Drag and Drop (Mac)

To drag-and-drop music to the player from a Mac computer, follow these steps:

1. Connect the player to your computer using the USB cable.
2. Double-click on the **SPORT PLUS** icon that appears on your desktop.
3. Double-click on the **Audiobooks** folder.
4. Drag and drop audiobook files from your computer to the player's **Audiobooks** folder.
5. Visit the following link for step-by-step instructions:

[http://kb.sandisk.com/app/answers/detail/a\\_id/1141/kw/1141](http://kb.sandisk.com/app/answers/detail/a_id/1141/kw/1141)

Quick Tips: Remember to eject the removable disk before disconnecting the player.

## Playing Audiobooks and Podcasts

### Audiobooks

To play audiobooks, follow these steps:

1. Select **Books** from the Main Menu.
2. Select **Audiobooks**, then select **Audiobooks**. Audiobooks are listed in A-Z order.
3. Select desired audiobook.
4. Select desired **Chapters**. After Chapter is selected, audiobook will play and audiobook name/chapter will be displayed.
5. The following options are available during playback by pressing the **Options** button:
  - **Speed**: Select between normal, fast or slow.
  - **Chapter Skip**: Select between off or on whether you want the book to keep its place when you skip between chapters.
  - **Delete Audiobook**: Select between yes or no to delete audiobook from the player. Deleting audiobook from player will not permanently delete the content from your computer.

Quick Tips: if you stop playing an audiobook before it finishes, your player will create a .pos file, it is to save the resume point and it is not a playable file. This file will be seen only under folder view.

Quick Tips: to ensure files sort correctly, file should not exceed 16 characters long or use ID3 tags. Also, to make sure your book shows under Audiobooks, place your book under the Audiobook folder.

## Podcasts

To play podcasts, follow these steps:

1. Select **Books** from the Main Menu.
2. Select **Podcasts**. Podcasts are listed in A-Z order.
3. Select desired **Episodes**, which are listed in newest to oldest order. After Episode is selected, podcast will play and podcast name/episode will be displayed.
4. The following options are available during playback by pressing the **Options** button:
  - **Speed**: Select between normal, fast or slow.
  - **Delete Podcast**: Select between yes or no to delete podcast from the player. Deleting podcast from the player will not permanently delete the content from your computer.

## Chapter 8

*This chapter describes how to use the SanDisk Clip Sport PLUS sport mode.*

### Sport



The SanDisk Clip Sport PLUS has a built-in timer function that records time in hours, minutes, seconds, and hundredths of a second. The timer function also allows you to record and save Laps.

### Stopwatch

To start stop watch, follow these steps:

1. Select **Sport** from the Main Menu.
2. Select **Stopwatch**.
3. To start timer, press the **Play** button once. To **Pause** stopwatch, press the **Play** button once.

**Quick Tips:** After time is started and stopped, time can be resumed by either pressing **Play** button again, or by pressing the **Back** button to access the Timer Menu where **Resume** will be highlighted. **Resume** will remain an option until a new timer is created.



# Recording Laps

To record laps, follow these steps:

1. After starting the timer, press the **Select button** to record a Lap.

Quick Tips: A Lap will save and record time between Laps. Lap 1 will save and record time from the beginning, then Lap 2 will save and record the amount of time that has lapsed between the previous Lap and the current time. Therefore, Laps will add up to the total time if it is utilized during live timing by the user.

2. After desired laps are recorded, press the **Back** button and select **Current Log** to view the logs. The current log information is automatically saved when a new log is created by pressing **Stopwatch**. To view recorded log information, press **Saved Logs**. *(This option shows the Lap time of each lap, the average lap time, and the total amount of time.)*

Quick Tips: A Log is the set of laps that are recorded and stored in one session.

3. To delete logs, select **Delete Logs** from the Sport Menu. Highlight the log that you want to delete and press the **Select** button. The log will be permanently deleted from the player.

## Chapter 9

*This chapter describes how to customize the SanDisk Clip Sport PLUS settings.*

# Settings



The SanDisk Clip Sport PLUS has multiple settings that allow you to customize the device to match your own personal listening preferences.

## System Settings

To select system setting options, follow these steps:

1. Select **Settings** from the Main Menu.
2. Select **System Settings**.
3. Customize the player with the following options:
  - Backlight
  - Brightness
  - Power Saver
  - Sleep
  - Customize
  - Menu Looping
  - Equalizer
  - Replay Gain
  - Language
  - Volume
  - Info
  - Format
  - Restore

## Backlight

This option selects the time that the player will trigger the backlight timer program to automatically turn off the backlight. You can press any button to re-activate the backlight.

1. Select **Backlight**.
2. Press the **Previous** or **Forward** buttons to select desired backlight timer (15 seconds to 90 seconds).

## Brightness

This option adjusts the display brightness for better viewing in different lighting environments.

1. Select **Brightness**.
2. Press the **Previous** or **Forward** buttons to set the contrast level (20% to 100%).
3. Press the **Select** button to confirm choice.

## Power Saver

This option turns the player off automatically when it has been idle for a defined period of time.

1. Select **Power Saver**.
2. Press the **Previous** or **Forward** buttons to select desired time (None to 120 minutes) before power off. The player will not enter the power saver mode if it is set to None.
3. Press the **Select** button to confirm choice.

## Sleep

This option turns the player off automatically after a defined period of playback time.

1. Select **Sleep**.
2. Press the **Previous** or **Forward** buttons to select desired playback time before power off (None to 120 minutes). The player will not enter the sleep mode if it is set to None.
3. Press the **Select** button to confirm choice.

## Customize

This option removes player home features from the Main Menu.

1. Select **Customize**.
2. Select the name of the feature you want removed.
3. Press the **Select** button to toggle between **On** or **Off**.
4. Press the **Back** button to return to previous menu.

## Menu Looping

This option enables continuous menu scrolling, or looping, without stopping at the end and beginning of a menu.

1. Select **Menu Looping**.
2. Press the **Select** button to toggle between **On** or **Off**.

## Equalizer

This option enhances the sound quality of certain music types to better match the genre being played.

1. Select **Equalizer**.
2. Press the **Up** or **Down** buttons to scroll through the music types.
3. Press the **Select** button to choose the desired option that best matches the music being played.

## Replay Gain

This option provides a method for keeping the perceived volume level constant during playback of content. Typically, music albums are mixed and targeted to differing average levels. During playback in shuffle mode there can be wide differences in the track volume, causing the user to make frequent corrections to the volume level.

**Quick Tips: European users be aware of the Europeans limits of volume within the laws and regulations of the European Union.**

1. Select **Replay Gain**.
2. Select **Mode** and press the **Select** button to choose between *Songs*, *Albums*, or *Off*.
3. Select **Pre-Gain** and press the **Select** button to choose how many decibels (dB) you want to adjust the overall Playback Volume level upward to compensate for the "average" level of your library's track adjustment.

**Quick Tips: For more information, please visit:**  
[http://kb.sandisk.com/app/answers/detail/a\\_id/430](http://kb.sandisk.com/app/answers/detail/a_id/430)

## Language

This option selects different languages for the player's display screen.

1. Select **Language**.
2. Press the **Up** or **Down** buttons to scroll through languages.
3. Press the **Select** button to choose desired language.

## Volume

This option adjust the volume.

1. Select **Volume**.
2. Select **Normal** or **High**.
3. Press the **Select** button to choose the desired option.

## Info

This option displays player information, such as firmware version, available/free memory, number of contents loaded in the player, and the battery status.

1. Select **Info**.
2. Press the **Up** or **Down** buttons to scroll through information.

## Format

**CAUTION: This option will delete all the files stored on the player. Ensure that you back up all the media files on the player before formatting the device. All media files will have to re-transferred the device after you have formatted it.**

1. Select **Format**.
2. Select **Internal Memory**
3. Choose desired option by selecting **Yes** or **No**.
4. Press the **Select** button to confirm, or press the **Back** button to return to the previous menu.

## Restore

This option restores the player to the original factory settings it had when the device was first purchased.

**CAUTION:** This option will delete all customized settings from the player.

1. Select **Restore**.
2. Choose desired option by selecting **Yes** or **No**.
3. Press the **Select** button to confirm, or press the **Back** button to return to the previous menu.

## Music Options

To select music options, follow these steps:

1. Select **Settings** from the Main Menu.
2. Select **Music Options**.
3. Customize the player with the following options:
  - Shuffle
  - Repeat

### Shuffle

This option plays songs in random order.

1. Select **Shuffle**.
2. Press the **Select** button to toggle between Shuffle On and Shuffle Off (to play songs in random order, set Shuffle to ON).

**Quick Tips:** While on shuffle mode, Forward and Backwards will randomly select a song.

## Repeat

This option repeats the song.

1. Select **Repeat**.
2. Press **Select** to toggle and choose a repeat mode:
  - Off: No repeat of tracks
  - Song: Repeat the current track
  - All: Repeat all selected tracks at the current menu location

Quick Tips: If music is currently playing, the Options Menu can be accessed by pressing the **Options** button when the playback screen is open. Music options include: Add Song To GoList, Remove Song From GoList, Repeat, Shuffle, Music EQ, Delete Song, and Track Info. Please refer to Chapter 4 for more details.

## Radio Options

To select radio options, follow these steps:

1. Select **Settings** from the Main Menu.
2. Select **Radio Options**.
3. Customize the player with the following options:
  - Delete All Presets
  - FM Mode

### Delete All Presets

This option deletes all preset radio stations.

1. Select **Delete All Presets**.
2. Choose desired option by selecting **Yes** or **No**.
3. Press the **Select** button to confirm, or press the **Back** button to return to previous menu.

### FM Mode

This option selects stereo or mono radio mode.

1. Select **FM Mode**.
2. Press the **Select** button to toggle between **Stereo** or **Mono**.
3. Press the **Back** button to return to previous menu.

## Chapter 10

*This chapter describes how to get service and support for the SanDisk Clip Sport PLUS Wearable MP3 player.*

# *Learn More, Service, and Warranty Information*

## Getting Technical Support

Before you contact Technical Support, we encourage you to read the [Tips and Troubleshooting](#) section to see if your question is covered there.

If you have questions about the use or features of your SanDisk player as well as other SanDisk products, please visit our Knowledgebase at [kb.sandisk.com](http://kb.sandisk.com) or [www.sandisk.com/support](http://www.sandisk.com/support).

## THIRD PARTY INTELLECTUAL PROPERTY NOTICE

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## MANUFACTURER'S LIMITED WARRANTY

For Technical Support over the Internet, visit: [www.sandisk.com/wug](http://www.sandisk.com/wug)

## FCC REGULATION

### *FCC Compliance Statement*

The statements should be displayed in the user manual: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

15.105(b) 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.

15.21 You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

15.19 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 of the device.

FCC RF Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

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.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

For more information regarding the FCC compliance, go to:  
[http://kb.sandisk.com/app/answers/detail/a\\_id/19838](http://kb.sandisk.com/app/answers/detail/a_id/19838)

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