

# How to Pair Bluetooth Headphones and Speakers

Tonal supports Bluetooth pairing with most wireless headphones and speakers. Stream all Tonal audio—including music stations and workout audio—to your preferred audio device. The following steps show how to connect supported Bluetooth devices and troubleshoot issues with Bluetooth pairing.

**Note:** Tonal does not support Bluetooth pairing with music streaming devices, including smartphones and MP3 players. You cannot connect your iOS or Android device. The default music player on Tonal can however stream to your headphones or speakers.

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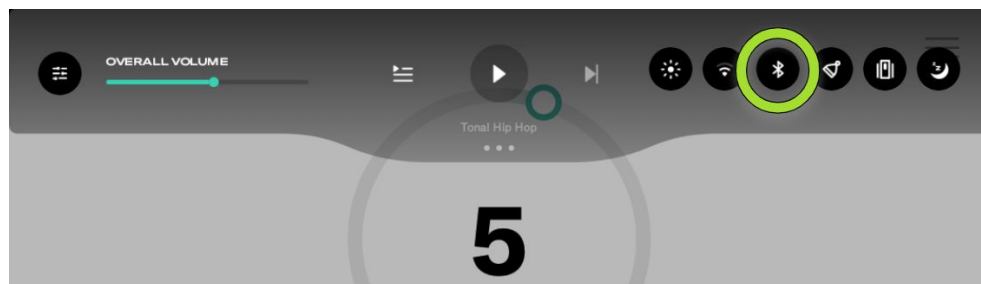
## Steps to Pair Your Bluetooth Device

Please follow these steps to connect your Bluetooth headphones or speakers:

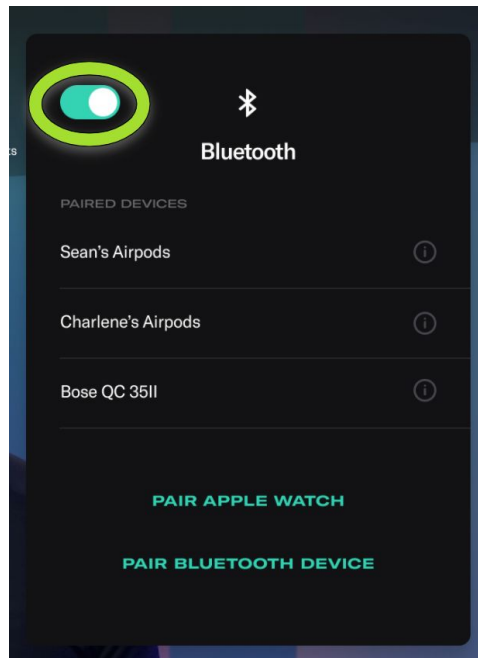
1. Swipe down from the top of the trainer to open the **Settings** menu.



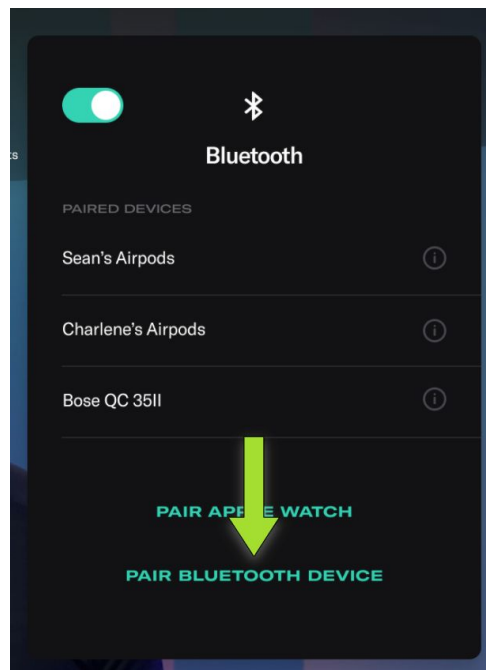
2. Select the **Bluetooth** icon.



3. In the pop-up menu, make sure Bluetooth is turned on.



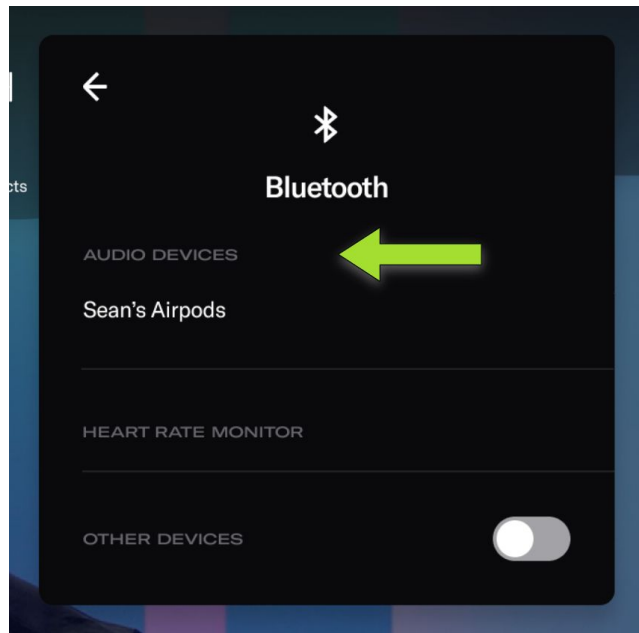
4. Tap **Pair Bluetooth Device**.



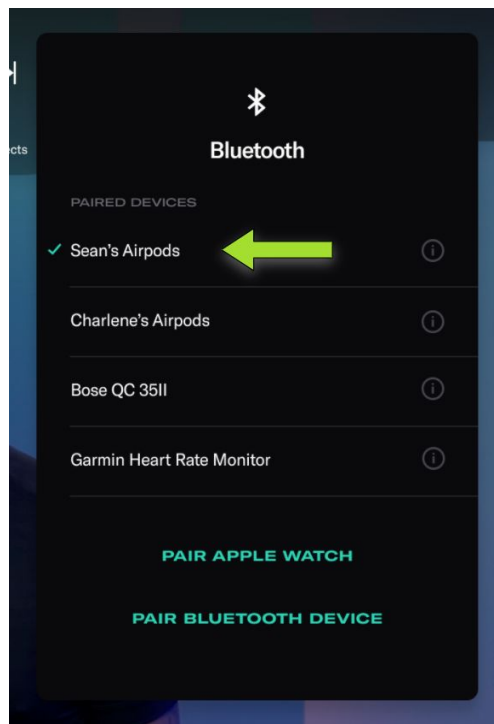
5. Put your Bluetooth device in “Pairing” mode.

- **Note:** Some devices may use phrasing such as “Ready to connect” instead.

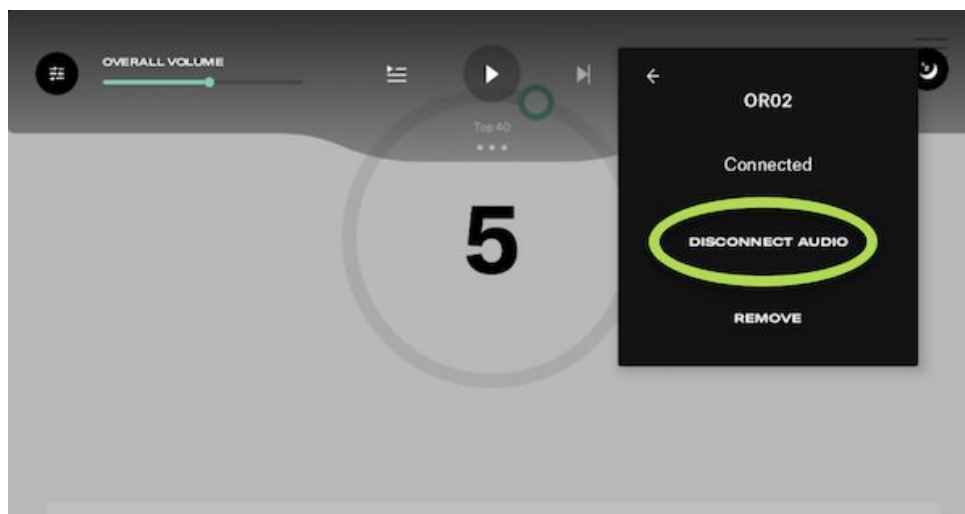
6. Under “Audio Devices”, tap the name of your headphones or speaker to connect. Tonal will automatically detect nearby Bluetooth audio devices.



7. After successfully pairing your device, under **Paired Devices**, you'll see a checkmark next to your device.



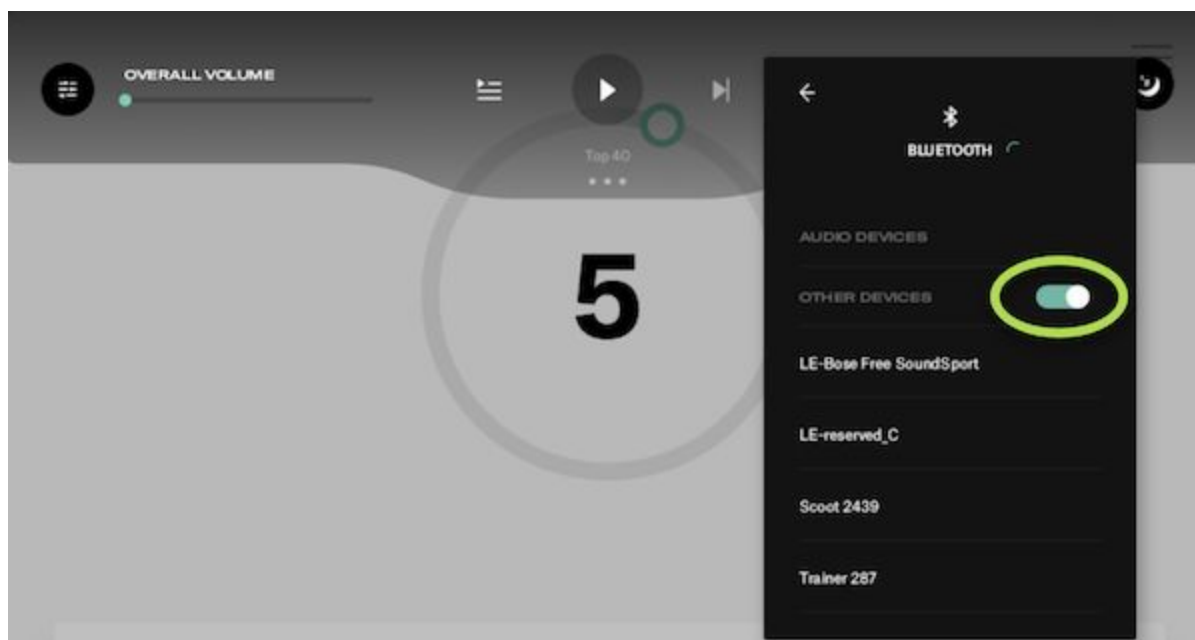
Tonal will now play audio through your connected Bluetooth device. You can disconnect and reconnect your device by tapping the device name under "Paired Devices".



## Troubleshooting Common Bluetooth Issues

### Tonal isn't detecting my Bluetooth device

Sometimes Tonal won't recognize your headphones or speakers as an audio device. If your device doesn't appear under "Audio Devices", turn on Other Devices (also in the "Bluetooth" menu) and select your device to pair.

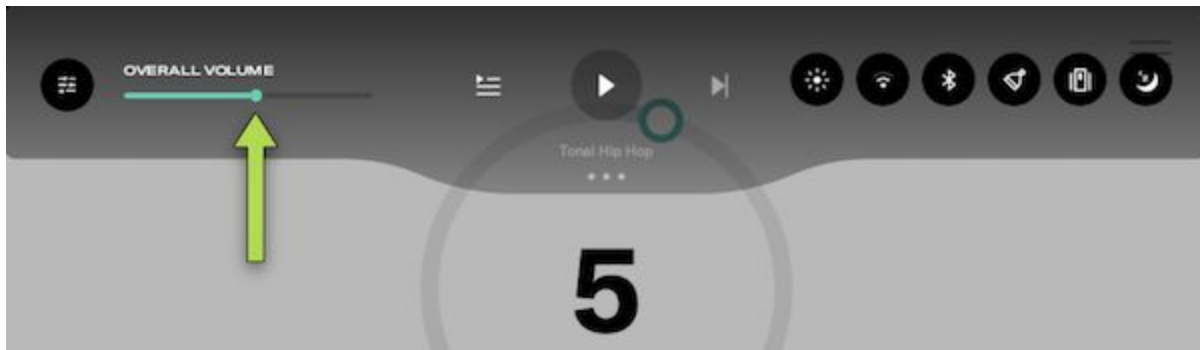


### My device won't pair to Tonal

When Tonal can't successfully connect to your Bluetooth device, the spinning wheel next to the device name will eventually time out. If you're using a new device, make sure that you're pairing a supported audio device. If you've previously connected your device to Tonal, tap the device name and select Remove. After your device is disconnected from Tonal, follow the steps above to reconnect your device.

### My device is connected but I don't hear anything

Please note that Tonal and your Bluetooth device may have separate volume controls. Make sure that Tonal's Overall Volume (in the "Settings" menu) and your device's volume are both turned up.



### Additional Troubleshooting Tips

- Make sure that your device is in “Pairing” mode
- Turn Bluetooth off on other devices (for example, phones and laptops) that may be attempting to connect with your headphones or speakers
- Turn your Bluetooth device off and on
- Bring your device closer to Tonal
- Check if your device is fully charged

If the issue persists, please restart your Tonal by following these steps:

1. Tap the **Sleep** icon in the **Settings** menu.
2. Under **Sleep Options**, select **Restart**.
3. Select **OK**.
4. Once Tonal is powered back on, repeat the steps above for pairing Bluetooth devices.

If you have any other questions or issues, please check our [Support Forums](#) or [submit a request](#) to our team and set “Request Type” to Troubleshooting. To help us diagnose and resolve the issue quickly, we ask that you have the following information ready:

- A detailed description of the behavior experienced
- When the issue started occurring
- What troubleshooting steps you’ve tried so far
- Photos and/or videos demonstrating the issue

You can also give us a call at 855-MY-TONAL.