Jabra
Sport Pulse
special edition

User manual

Made in China
Model: OTE20

EAC ❌ ✲Bluetooth® C E

Declaration of Conformity can be found on
www.jabra.com/CP/US/declarations-of-conformity

Contents

1. Welcome

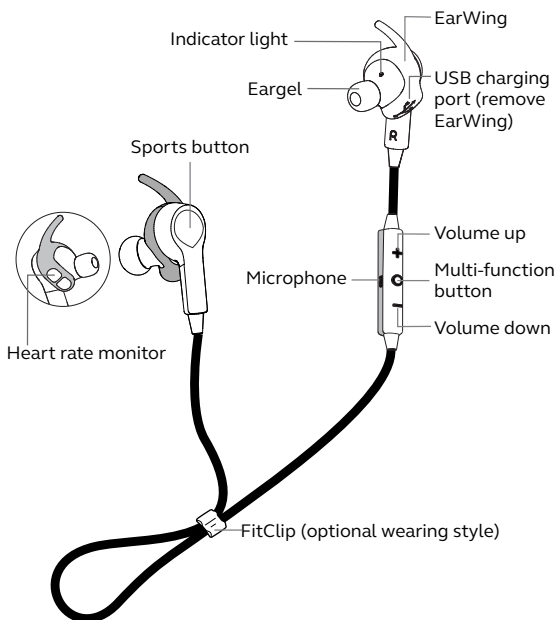Thank you for using the Jabra Sport Pulse Wireless. We hope you will enjoy it!

Jabra Sport Pulse Wireless features

- Biometric in-Ear heart rate monitor
- Jabra Sport Life app for integrated training management
- Control music and calls directly from the headphones
- IP55 Certified, drop, strength, dirt, temperature & humidity tested
- Connects to all Bluetooth® Smart devices – phones, computers, tablets and more

2. Headset overview

Indicator light

EarWing

Eargel

USB charging port (remove EarWing)

Sports button

Volume up

Microphone

Multi-function button

Volume down

Heart rate monitor

FitClip (optional wearing style)

2.1 Included accessories

Earwings

Large

Medium plus

Medium

Small

Eargels

Large

Medium

Small

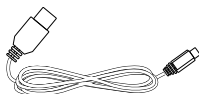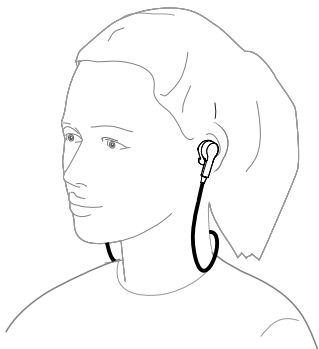Comply™ Foam Tip (Squeezable)

Large

Medium

Small

Fitclips

Protective pouch

Micro-USB cable

3. How to wear

3.1 Changing Eargels or Comply™ foam tip

For the optimal audio experience, try each of the different EarGel, or Comply™ Foam Tip sizes.
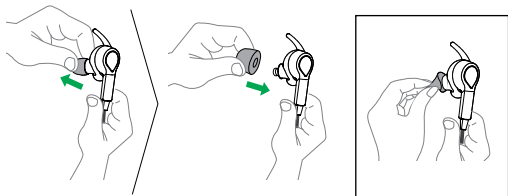
NOTE: Squeeze the Comply™ Foam Tips before fitting them into your ear, and allow 10-15 seconds for the foam to expand and seal your ear canal.

3.2 Changing EarWings

For the most secure fit during your workout, try each of the different EarWing styles.

1. Remove the current EarWing and pull the new EarWing onto the earbud, as shown. You may have to stretch the EarWing into position.

2. The top of the EarWing should fit tight into the ridge of the ear.
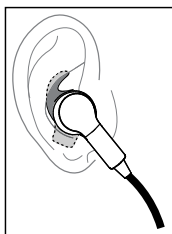
3.3 Using the Fitclip

Attach the Fitclip to the cable, and adjust for optimal fit.

Regular FitClip style
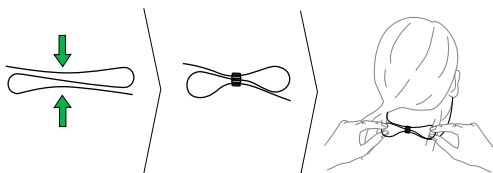
Optimal FitClip style
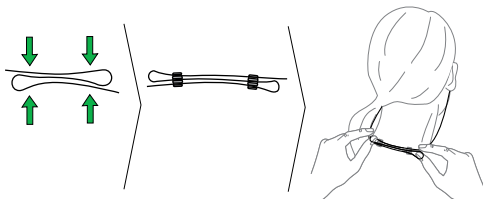
Simple FitClip style
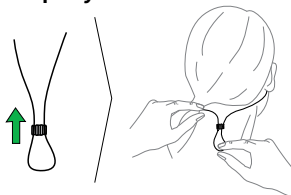
3.4 Heart rate detection

The heart rate sensor is located in the left earphone.

For accurate monitoring, it is essential the earphones are fitted correctly and that you are wearing the correct eargels and EarWings for your ear. It is highly recommended to try all eargels and EarWings.

3.5 How-to-wear videos

You can watch how-to-wear videos on jabra.com/sportpulsewireless.

4. How to charge the earphones

Pull back the EarWing on the right earphone to expose the USB charging port. Plug any USB cable or charger into the USB charging port and connect to power to begin charging.
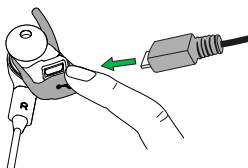
It takes approx. 2 hours to fully charge the earphones.

NOTE: When charging the earphones using a PC, ensure the PC supports USB charging.

5. How to connect

The first time the Jabra Sport Pulse Wireless is turned on it will automatically attempt to connect to any mobile phone that has Bluetooth turned on.

5.1 Connect to a new or second mobile phone

1. Turn on Bluetooth on your mobile phone.

2. Press and hold the **Multi-function** button on the controller until the indicator light on the right earbud flashes blue. Release the button.

3. Follow the voice-guided connection instructions to connect to your mobile phone.
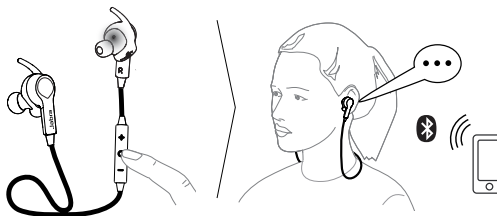
NOTE: If two mobile phones have been connected to the Jabra Sport Pulse Wireless, you may need to select which phone will be used for calls/music/workout. Simply open the Bluetooth menu on the mobile phone you wish to use and select the Jabra Sport Pulse Wireless from the list of devices.

6. Jabra Sport Life app
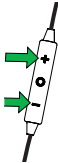
The Jabra Sport Life app is a free app that enables you to create, track and personalize your workouts, listen to on-the-go workout status updates, monitor your heart rate and much more.

Android download - Google Play
iOS download - App Store

7. How to use

Sports button

Volume up

Multi-function button

Volume down
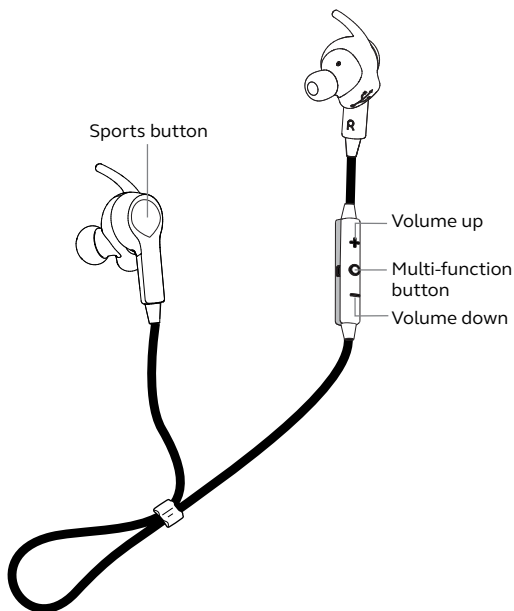
7.1 Calls & Music

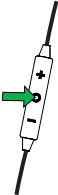|	Function	Action
	Turn on/off	Press and hold (3 sec) the **Multi-function** button until the indicator light flashes
	Play/pause music	Tap the **Multi-function** button
	Answer/end call	Tap the **Multi-function** button
	Reject call	Double-tap the **Multi-function** button
	Redial last number	When not on a call, double-tap the **Multi-function** button
	Adjust volume	Tap the **Volume up** or **Volume down** button
	Mute	Tap both the **Volume up** and **Volume down** button at the same time
	Skip track	Press and hold (2 secs) the **Volume up** or **Volume down** button
	Battery status	Tap the **Volume up** or **Volume down** button when not on a call or listening to music

7.2 Workout

When used with the Jabra Sport Life app (or your regular sport app) you can control your workout, monitor your heart rate, and listen to on-the-go updates.

	Before workout	
	Start Sport app	Tap the **Sports** button
	Start workout	Press and hold (1 sec) the **Sports** button
	Enable/disable heart rate sensor	Press and hold (10 sec) the **Sports** button. The heart rate sensor is enabled by default.

	During workout	
	Pause/resume workout	Press and hold (1 sec) the **Sports** button
	Listen to On-the-go updates	Tap the **Sports** button
	Disable/enable On-the-go updates	Double-tap the **Sports** button
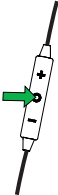
7.3 Multiple call handling

The headset can accept and handle multiple calls at the same time.

	Function	Action
	End current call and answer incoming call	Tap the **Multi-function** button
	Switch between held call and active call	Press and hold (2 secs) the **Multi-function** button
	Put current call on hold and answer incoming call	Press and hold (2 secs) the **Multi-function** button
	Reject incoming call, when on a call	Double-tap the **Multi-function** button

7.4 List of voice guidance

Click to listen	What you hear
	To connect Jabra Sport Pulse Wireless, go to the Bluetooth menu on your phone and select it from the list
	Connected
	Two devices connected
	Disconnected
	Redialling
	Battery low
	Battery medium
	Battery full
	Muted
	Unmuted
	Connection cancelling
	Sound prompts on
	Sound prompts off

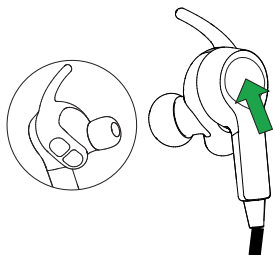| Click to listen	What you hear
	Bluetooth smart on
	Bluetooth smart off
	Bluetooth smart connected
	Bluetooth smart disconnected
	No device connected

7.5 Enable/Disable bluetooth smart

To enable/disable Bluetooth Smart, press and hold (10 secs) the **Sports** button on the earphones.

NOTE: When Bluetooth Smart is disabled, the heart rate monitor will only function with the Jabra Sport Life app.

8. Support

8.1 FAQ

View the FAQs on Jabra.com/sportpulsewireless

8.2 How to care for your headset

- Always store the headset with the power off and safely protected.
- Avoid storage at extreme temperatures (above 65°C/149°F or below -10°C/14°F). This can shorten battery life and may affect the headset.

9. Technical specifications

Jabra Sport Pulse Wireless	Specification
Weight:	16g (0.56oz)
Dimensions:	H 18mm x W 21mm x D 32mm
Microphones:	MEMS microphone
Speaker:	6mm dynamic speaker
Operating range:	10m/33ft (phone dependent)
Bluetooth version:	4.0
Paired devices:	Up to 8, connected to two at the same time (MultiUse™)
Supported Bluetooth profiles:	A2DP (v1.2), Hands Free Profile (v1.6), Headset profile (v1.2), AVRCP (v1.4)
Talk/music time:	Up to 5 hours
Standby time:	Up to 10 days
Operating temperature:	-10°C to 55°C (14°F to 131°F)
Storage temperature:	-10°C to 65°C (14°F to 149°F)
Pairing passkey or PIN:	0000

jabra.com/sportpulsewireless