

## What is ARC?

### Voraussetzungen

- [Jabra Sport Life - Android](#)
- [Jabra Sport Life - iOS](#)

ARC stands for Automatic Repetition Counting. For select exercises, you can count your repetitions automatically using sensors in your Jabra headset. Exercises that support ARC are indicated with an icon. To turn ARC on or off, use the following steps:

1. Tap the **Cross-training** icon.
2. Tap **Workout**.
3. Select the circuit you want to change, and then tap it.
4. Next to the exercise that has an **ARC** icon, tap the **information** icon.
5. In **Auto rep count**, tap to turn ARC on or off.

## Maßgebliche Produkte



**Jabra Sport Coach  
Wireless**



**Jabra Vega**