

# Jabra Sport Pulse Wireless

## How do I check the fit of my Jabra Sport Pulse Wireless?

### Fit test

To check the fit of your Jabra Sport Pulse earbuds, start a workout and jog in place (150 to 160 steps per minute) for approximately 30 seconds.

If the heart rate increases steadily, the fit is correct.

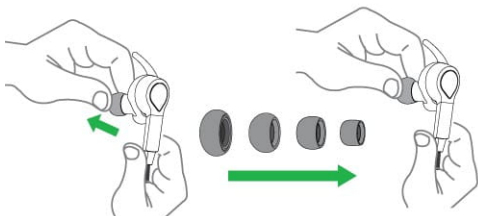
If the heart rate remains in the 80 to 100 BPM (beats per minute) range, or if the heart rate jumps very high, the fit may be incorrect due to the following: the positioning of the sensor, the choice of EarWing, or the size of EarGel. To adjust the fit, use the following guidelines.

### Fitting

The earphones must fit correctly to enable accurate heart rate detection. If your heart rate cannot be detected, try a different size EarGel or EarWing. View the Fitting guide in the Jabra Sport Life app.

### Select the correct EarGel size

For the optimal audio experience, try each of the different EarGel sizes. The fit should feel tight and secure in your ear.



### Select the correct EarWing

For the most secure fit during your workout, try each of the different EarWing styles. The top of the EarWing should fit tightly into the ridge

of your ear.



**Use the Fitclip (optional)**

The Fitclip secures the cable behind your neck.

