

Jabra Sport Pulse Special Edition

How do I take a VO2max test?

Prerequisites

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

The VO2max test determines your fitness level. To take the test, use the following steps:

1. Open Jabra Sport Life.
2. Tap **Fitness tests** (stopwatch icon).
3. Tap to select **Take a VO2max test**.
4. Read the onscreen instructions.
5. Tap **Start**.
6. Follow the onscreen instructions.

Applicable products



**Jabra Elite Sport
(Original)**



**Jabra Elite Sport
(Lime Green Grey)**



**Jabra Elite Sport
(Upgrade)**



**Jabra Sport Pulse
Wireless**



**Jabra Sport Pulse
Special Edition**