

# Jabra Elite Sport (Original)

## How do I take a VO2max test?

### Conditions préalables

- [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.

## Produits applicables



**Jabra Elite Sport  
(Original)**



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



**Jabra Elite Sport  
(Upgrade)**



**Jabra Sport Pulse  
Special Edition**



**Jabra Sport Pulse  
Wireless**