

Jabra Sport Pulse Special Edition

What is Fitness level (VO2max)?

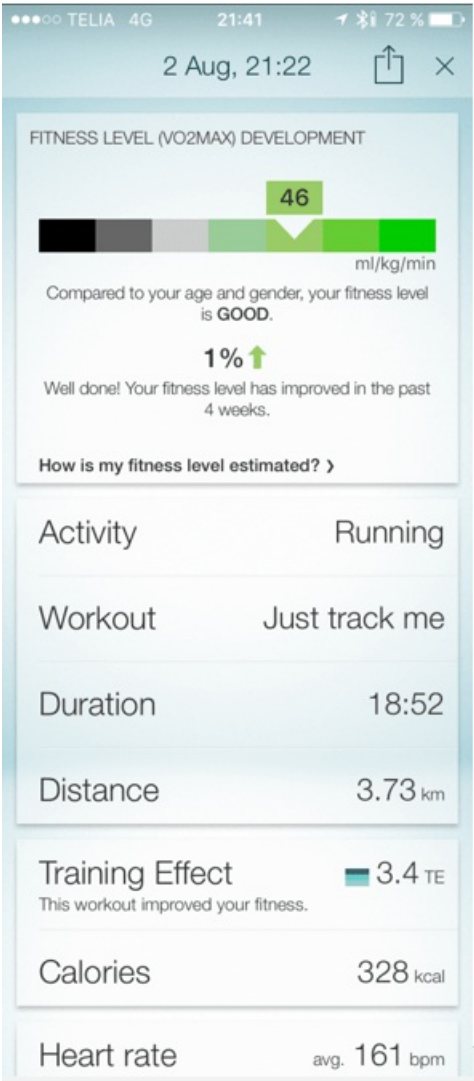
Conditions préalables

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

Take the VO2max test to determine your fitness level. Fitness level is a measurement of the health of your cardiorespiratory system. It indicates your ability to supply and transport oxygen to your body during training. An improvement to your VO2 max indicates that your training has been effective.

Jabra Sport Life will display how much your fitness level has developed in the past 4 weeks.

See the help text in Jabra Sport Life for a detailed description of fitness level. Tap **Fitness tests** (stopwatch icon). Select **VO2max test**, and then tap **Why should I test my fitness level (VO2max)?**



Note: The app will prompt you to run, even if you are doing different training, so it can estimate your fitness level correctly.

Produits applicables



**Jabra Elite Sport
(Upgrade)**



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



**Jabra Sport Pulse
Wireless**



**Jabra Sport Pulse
Special Edition**