

# Jabra Elite Sport (Upgrade)

## How do I update the firmware on my Jabra Elite Sport using Jabra Sport Life?

### Prerequisites

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

To update Jabra Elite Sport you need to use the Jabra Sport Life app.

If Jabra Sport Life is open, it will automatically download any new firmware in the background, and then notify you when the firmware is ready to install.

To manually check for an update, follow these steps:

1. Open Jabra Sport Life.
2. Make sure your Jabra Elite Sport is paired with your smartphone.
3. Tap **Settings**.
4. Tap **Headphone settings**.
5. When new firmware is being downloaded to the earbuds, the progress will be displayed in Jabra Sport Life, as shown in the following screenshot of an iOS device.



6. If an update is ready to be installed, it will be displayed as shown in the following screenshot.



7. Tap the new firmware version and follow the onscreen instructions.

Note: Allow the firmware to update completely. This may take up to 15 minutes and is indicated by the LEDs flashing purple. During the firmware update, avoid opening the charging case until at least 10 seconds after it has stopped flashing purple. In case the LEDs do not stop flashing after 15 minutes, open the lid of the charging case and close it again.