

Jabra Sport Coach Wireless

What information can I receive during and after a workout using the Jabra Sport Life app?

Prerequisites

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

The information varies and is dependent on which Jabra device you are using. The options include the following:

During an activity

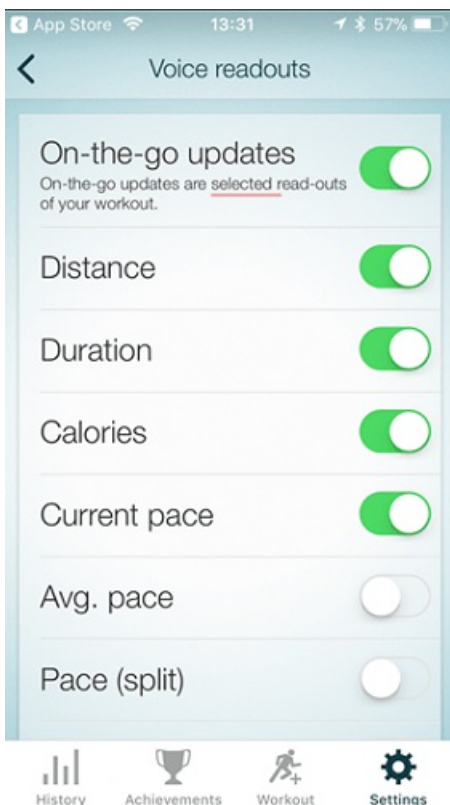
- Total distance
- Duration
- Training effect
- Heart rate
- Average heart rate
- Speed or pace
- Split speed or split pace
- Average speed
- Heart rate zone
- Step rate
- Cycling cadence

After an activity

- Total distance
- Duration
- Training effect
- Fitness level and development
- Calories

- Average heart rate
- Average pace
- Average step rate
- Average cycling cadence
- Average speed
- Average heart rate zone

You can view and select the readout options for your Jabra device in the Jabra Sport Life app.



Applicable products



**Jabra Sport Pace
Refurbished Blue**



**Jabra Sport Pulse
Special Edition**



**Jabra Sport Coach
Wireless**



**Jabra Sport Pulse
Wireless**



**Jabra Sport Pace
Wireless Red**



Jabra Sport Pace



**Jabra Sport Pace
Wireless Blue**



**Jabra Sport Pace
Wireless Yellow**



**Jabra Sport Coach
Wireless**



**Jabra Sport Coach
Wireless**



**Jabra Sport Coach
Special Edition**



**Jabra Elite Sport
(Original)**



**Jabra Elite Sport
(Upgrade)**



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