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› Bose SoundSport Free True Wireless Earbuds User Manual

Bose 774373-0020

Bose SoundSport Free True Wireless Earbuds

MODEL: 774373-0020

Introduction

The Bose SoundSport Free True Wireless Earbuds offer complete freedom of movement with no wires. Designed for clear and powerful sound, they are ideal for workouts and sports. Featuring Bluetooth technology for reliable music streaming, these earbuds are built to stay comfortably in place even during intense training. Water-repellent materials ensure durability against sweat and weather. With up to 5 hours of playtime per charge and an additional 10 hours from the charging case, your music is always ready. The Bose Connect app allows you to track lost earbuds and provides firmware updates for optimal performance. You can also manage calls and access voice assistants directly from the right earbud.

What's in the Box

- Bose SoundSport Free wireless headphones
- Portable charging case
- 3 sizes of StayHear+ Sport tips (S/M/L)
- USB charging cable

Setup

Charging the Earbuds and Case

Before first use, fully charge your SoundSport Free earbuds and the charging case. The earbuds provide up to 5 hours of playtime on a single charge, and the fully charged case offers an additional 10 hours. A full charge for the earbuds takes approximately 2 hours.



Image: Bose SoundSport Free earbuds resting in their open charging case. The case has LED indicators showing its charge level. The earbuds are securely held by built-in magnets.



Image: The compact, closed charging case for the Bose SoundSport Free earbuds, featuring the Bose logo on top.

Pairing with Your Device

The earbuds utilize Bluetooth technology for wireless connection. To pair, ensure your device's Bluetooth is enabled. Open the charging case, and the earbuds will enter pairing mode. Select "Bose SoundSport Free" from your device's Bluetooth settings. For detailed pairing instructions, refer to the Bose Connect app.



Image: A close-up view of one Bose SoundSport Free earbud, highlighting its design and the Bose logo.

Operating

Wearing the Earbuds

The StayHear+ Sport tips are designed for a comfortable and secure fit, ensuring the earbuds remain in place during vigorous activities. Choose the tip size that best fits your ears for optimal sound and stability.



Image: A person wearing a Bose SoundSport Free earbud, demonstrating its secure and comfortable fit during physical activity.

Controls and Calls

You can play or pause tracks and access your phone's Siri or Google Assistant directly from the earbud. For phone calls, the integrated dual microphone array on the right earbud allows you to use them for conversations. Call audio will be heard only in the right earbud.

Bose Connect App Features

The Bose Connect app enhances your earbud experience. Use the "Find My Buds" feature to locate lost earbuds by showing their last connected location or by emitting an audio signal. The app also provides firmware updates to improve audio-video synchronization for compatible Bluetooth devices (AVDTP version 1.3 or later).

Maintenance

The SoundSport Free earbuds are designed to be sweat and weather resistant with an IPX4 rating. Water-repellent materials inside the earbuds help protect them from moisture. After workouts or exposure to moisture, it is recommended to wipe the earbuds clean with a dry cloth before placing them back in the charging case.

Troubleshooting

Lost Earbuds

If you misplace an earbud, use the "Find My Buds" feature within the Bose Connect app. This feature can show you the last known location where the earbuds were connected to your phone. If they are nearby and connected, you can also trigger an audio signal from the earbuds to help you locate them.

Connectivity Issues

If you experience connectivity issues, ensure your device's Bluetooth is on and the earbuds are charged. Try restarting both your device and the earbuds. If problems persist, consult the full user manual or Bose support for advanced troubleshooting steps.

Specifications

Feature	Detail
Model Name	SoundSport Free
Connectivity Technology	Wireless
Wireless Communication Technology	Bluetooth
Bluetooth Version	5.0
Bluetooth Range	10 Meters
Battery Life (Earbuds)	Up to 5 hours
Charging Case Playtime	Additional 10 hours
Charging Time (Earbuds)	2 Hours
Water Resistance Level	IPX4 (Sweat and Weather Resistant)
Item Weight	0.634 ounces
Product Dimensions	1.2 x 1 x 1.25 inches
Material	Plastic
Color	Midnight Blue / Citron
Ear Placement	In Ear
Control Type	Call Control, App
Audio Driver Type	Dynamic Driver
Impedance	32 Ohm
Manufacturer	Bose Corporation
UPC	017817748025

Warranty and Support

For detailed warranty information and comprehensive support, please refer to the official Bose website or the full user manual.

- Official User Guide (PDF): [Download PDF](#)
- Visit the Bose Store: [Bose Store on Amazon](#)

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Example: How do I reset this device or fix this error?

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Model number, symptoms, what you tried, or the section of the manual you are using.

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