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**Bose 774373-0010**

# Bose SoundSport Free Wireless Sport Headphones User Manual

Model: 774373-0010



## INTRODUCTION

This manual provides detailed instructions for the Bose SoundSport Free Wireless Sport Headphones, designed for active lifestyles. These truly wireless earbuds offer clear, powerful sound and a secure, comfortable fit for various activities. Please read this manual thoroughly to ensure proper use and maintenance of your headphones.

## WHAT'S IN THE BOX

Upon unboxing your Bose SoundSport Free Wireless Sport Headphones, verify that all components are present:

- Bose SoundSport Free Wireless Sport Headphones (Left and Right earbuds)
- Portable Charging Case
- StayHear+ Sport Tips (Sizes S, M, L)
- USB Charging Cable



**Figure 1:** Included components of the Bose SoundSport Free Wireless Sport Headphones. This image displays the two earbuds, the charging case, multiple sizes of ear tips, and the USB charging cable.

## SETUP

### 1. Charging the Headphones

Before initial use, fully charge your SoundSport Free headphones and the charging case.

1. Place both earbuds into the charging case. Ensure they are seated correctly; the indicator lights on the earbuds will glow.
2. Connect the small end of the USB charging cable to the charging port on the case.
3. Connect the other end of the USB cable to a USB wall charger (not included) or a computer's USB port.

The charging case provides up to 10 hours of additional battery life, while the earbuds offer up to 5 hours of playtime on a single charge. A full charge typically takes approximately 2 hours.



Figure 2: Earbuds charging within the portable charging case. The LED indicators on the case show the current battery level.

## 2. Pairing with a Bluetooth Device

To connect your headphones to a smartphone or other Bluetooth-enabled device:

1. Remove both earbuds from the charging case. They will automatically enter pairing mode. The Bluetooth indicator on the right earbud will slowly pulse blue.
2. On your device, enable Bluetooth and search for available devices.
3. Select "Bose SoundSport Free" from the list of found devices.
4. Once connected, you will hear an audible confirmation from the headphones, and the Bluetooth indicator will glow solid white.

For optimal performance and to manage connections, download the [Bose Connect App](#).

## 3. Fitting the Earbuds

Proper fit is crucial for both comfort and sound quality. The SoundSport Free headphones come with three sizes of StayHear+ Sport tips (S, M, L).

1. Choose the ear tip size that feels most comfortable and creates a gentle seal in your ear canal.
2. Insert the earbud into your ear with the tip pointing towards your ear canal.
3. Rotate the earbud backward until the fin of the StayHear+ Sport tip tucks securely under your ear ridge.

Experiment with different sizes to find the best fit for each ear.



Figure 3: Correct placement of the earbud in the ear, showing the fin securely tucked.

## OPERATING THE HEADPHONES

### Controls

The controls are located on the right earbud:

- **Center Button:** Press once to play/pause audio or answer/end a call. Press twice to skip forward. Press three times to skip backward.
- **Volume Up (+):** Press to increase volume.
- **Volume Down (-):** Press to decrease volume.

### Bose Connect App

The Bose Connect App enhances your headphone experience by providing additional features:

- **Manage Bluetooth Connections:** Easily switch between paired devices.
- **"Find My Buds" Feature:** Locate misplaced earbuds by showing their last known location or playing an audible tone.
- **Software Updates:** Keep your headphones updated with the latest features and improvements.
- **Personalization:** Customize settings and view battery status.

## Making and Receiving Calls

When connected to a smartphone, you can use your SoundSport Free headphones for calls:

- **Answer a Call:** Press the center button on the right earbud once.
- **End a Call:** Press the center button once during a call.
- **Decline a Call:** Press and hold the center button for approximately 2 seconds.

## MAINTENANCE AND CARE

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To ensure the longevity and optimal performance of your Bose SoundSport Free headphones, follow these care guidelines:

- **Cleaning:** Regularly clean the earbuds and charging case with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Ear Tips:** The StayHear+ Sport tips can be removed and rinsed with water if necessary. Ensure they are completely dry before reattaching them to the earbuds.
- **Water Resistance:** The earbuds are sweat and weather resistant with an IPX4 rating. This means they can withstand splashes of water and sweat but should not be submerged in water. Dry them thoroughly after exposure to moisture.
- **Storage:** Always store the earbuds in their charging case when not in use to protect them and keep them charged.
- **Temperature:** Avoid exposing the headphones to extreme temperatures, either hot or cold, as this can affect battery life and overall performance.



**Figure 4:** The SoundSport Free headphones are designed to withstand sweat and light moisture during exercise.

## TROUBLESHOOTING

If you encounter issues with your Bose SoundSport Free headphones, refer to the following common problems and solutions:

Problem	Possible Solution
<b>Headphones do not turn on or charge.</b>	<ul style="list-style-type: none"><li>• Ensure earbuds are correctly seated in the charging case.</li><li>• Verify the charging cable is securely connected to both the case and a power source.</li><li>• Check if the charging case itself has power (LED indicators).</li><li>• Try a different USB cable or power adapter.</li></ul>

Problem	Possible Solution
<b>Cannot pair with a Bluetooth device.</b>	<ul style="list-style-type: none"> <li>• Make sure Bluetooth is enabled on your device.</li> <li>• Ensure the headphones are in pairing mode (pulsing blue light on right earbud).</li> <li>• Move the headphones closer to your device (within 10 meters).</li> <li>• Forget "Bose SoundSport Free" from your device's Bluetooth list and try pairing again.</li> <li>• Restart both your device and the headphones.</li> </ul>
<b>Sound cuts out or is intermittent.</b>	<ul style="list-style-type: none"> <li>• Reduce the distance between the headphones and your device.</li> <li>• Avoid placing obstacles (like your body or thick walls) between the headphones and the device.</li> <li>• Minimize interference from other wireless devices (Wi-Fi routers, other Bluetooth devices).</li> <li>• Ensure the earbuds are clean and free of debris.</li> <li>• Update headphone firmware via the Bose Connect App.</li> </ul>
<b>Poor sound quality or lack of bass.</b>	<ul style="list-style-type: none"> <li>• Ensure you have the correct size StayHear+ Sport tips for a proper seal in your ear.</li> <li>• Clean the ear tips and speaker grilles.</li> <li>• Adjust the volume on both your device and the headphones.</li> </ul>

## SPECIFICATIONS

Feature	Detail
<b>Model Name</b>	SoundSport Free
<b>Model Number</b>	774373-0010
<b>Connectivity Technology</b>	Wireless (Bluetooth)
<b>Bluetooth Version</b>	5.0
<b>Bluetooth Range</b>	Up to 10 meters (33 feet)
<b>Battery Life (Earbuds)</b>	Up to 5 hours per charge
<b>Charging Case Battery Life</b>	Up to 10 additional hours
<b>Charging Time</b>	Approximately 2 hours
<b>Water Resistance Level</b>	IPX4 (Sweat and weather resistant)
<b>Frequency Range</b>	20 Hz - 20,000 Hz
<b>Control Type</b>	Media Control, App Control
<b>Item Weight</b>	0.64 ounces (earbuds)
<b>Product Dimensions</b>	5 x 4 x 7 inches (packaging)
<b>Material</b>	Plastic, Silicone (ear tips)

## WARRANTY AND SUPPORT

As this product is listed as "Renewed," the warranty terms may differ from new products. Please refer to the specific warranty information provided by the seller at the time of purchase or check the Amazon Renewed program's warranty details.

For further assistance, technical support, or to access the full range of product documentation, please visit the official Bose support website:

[Bose SoundSport Free Wireless Support Page](#)

You can also contact the seller directly for any issues related to your renewed product purchase.

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## Related Documents - 774373-0010



## [Bose QuietComfort Earbuds: Quick Start Guide - Setup, Fit, and Control](#)

Get started with your Bose QuietComfort Earbuds. This guide provides instructions on setup, achieving the perfect fit, and mastering touch controls using the Bose Music app.