

manuals.plus /

- › [JLab](#) /
- › [JLab Flex Sport Wireless Headphones User Manual](#)

JLab Flex Sport

JLab Flex Sport Wireless Headphones User Manual

Model: Flex Sport

Brand: JLab



INTRODUCTION

The JLab Flex Sport Wireless Headphones are designed for active lifestyles, offering a secure fit, long battery life, and customizable sound. This manual provides detailed instructions for optimal use and maintenance of your headphones.



Image: JLab Flex Sport Wireless Headphones, black, shown from a three-quarter angle.

Key Features

- **20-Hour Bluetooth Playtime:** Extended battery life for prolonged use.
- **Comfortable Fit:** Moisture-wicking ear pads and adjustable tension headbands for a secure fit during workouts.
- **Premium Sound Quality:** High-quality sound drivers deliver full-range audio with deep bass.
- **Universal Control:** Integrated microphone and controls for volume, track skipping, and call management.
- **Sweat-Proof Design:** Built to withstand intense workouts.

SETUP

1. Charging the Headphones

Before first use, fully charge your JLab Flex Sport headphones. Connect the provided USB Type-C cable to the charging port on the headphones and to a USB power source.

- Charging Time: Approximately 300 hours (as per product data)
- Battery Life: Up to 20 hours of Bluetooth playtime.

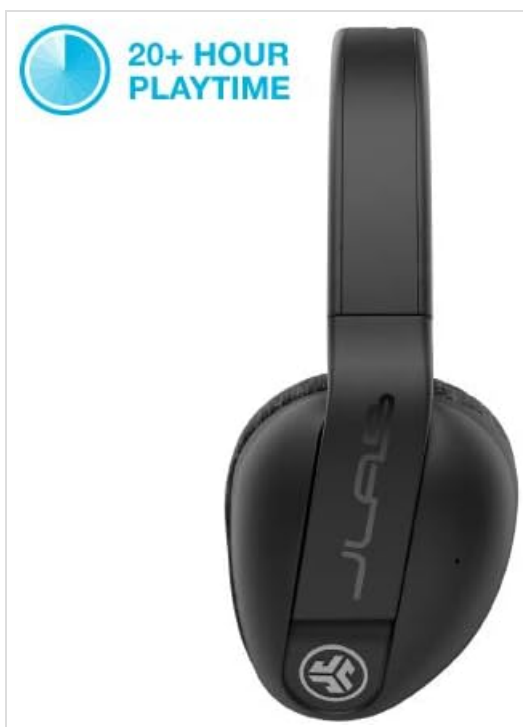


Image: The JLab Flex Sport headphones highlighting their 20+ hour playtime capability.

2. Adjusting the Fit

The JLab Flex Sport headphones come with adjustable tension headbands to ensure a custom and secure fit. You can choose between a looser fit without a tension band, a normal fit, or a tight fit for rigorous activities.



Image: The JLab Flex Sport headphones disassembled to show the adjustable tension headbands and headband pad.

3. Bluetooth Pairing

1. Ensure your headphones are charged.
2. Power on the headphones. They should automatically enter pairing mode (indicated by a flashing LED light, typically blue).
3. On your device (smartphone, tablet, computer), go to Bluetooth settings and enable Bluetooth.
4. Select "JLab Flex Sport" from the list of available devices.
5. Once connected, the LED indicator on the headphones will typically turn solid blue or off, depending on the model.

For optimal sound quality, some users recommend a "burn-in" period. Connect the headphones to a PC/laptop via Bluetooth, set the volume to low to medium, and let them play for 30 minutes to 1 hour without wearing them. A total of 30-40 hours of break-in time is suggested for best results.

OPERATING INSTRUCTIONS

Controls

The JLab Flex Sport headphones feature universal mic and music controls, allowing you to manage audio and calls directly from the headphones.

- **Play/Pause:** Press the multi-function button once.
- **Volume Up/Down:** Use the dedicated volume buttons.
- **Next Track:** Press and hold the volume up button.
- **Previous Track:** Press and hold the volume down button.
- **Answer/End Call:** Press the multi-function button once.
- **Reject Call:** Press and hold the multi-function button.
- **Activate Voice Assistant:** Double-press the multi-function button.

Custom EQ3 Sound

The headphones feature Custom EQ3 Sound settings, allowing you to adjust the audio profile to your preference. These settings are typically cycled by pressing a specific button (often the JLab logo button on the right earcup, as indicated in user reviews).



Image: A man wearing the JLab Flex Sport headphones, illustrating the Custom EQ3 Sound feature.

Be Aware Audio

The "Be Aware Audio" feature allows you to hear your surroundings while listening to music, enhancing safety during outdoor activities or when interacting with others. This feature can typically be toggled on or off via a button on the headphones (e.g., the JLab logo button).

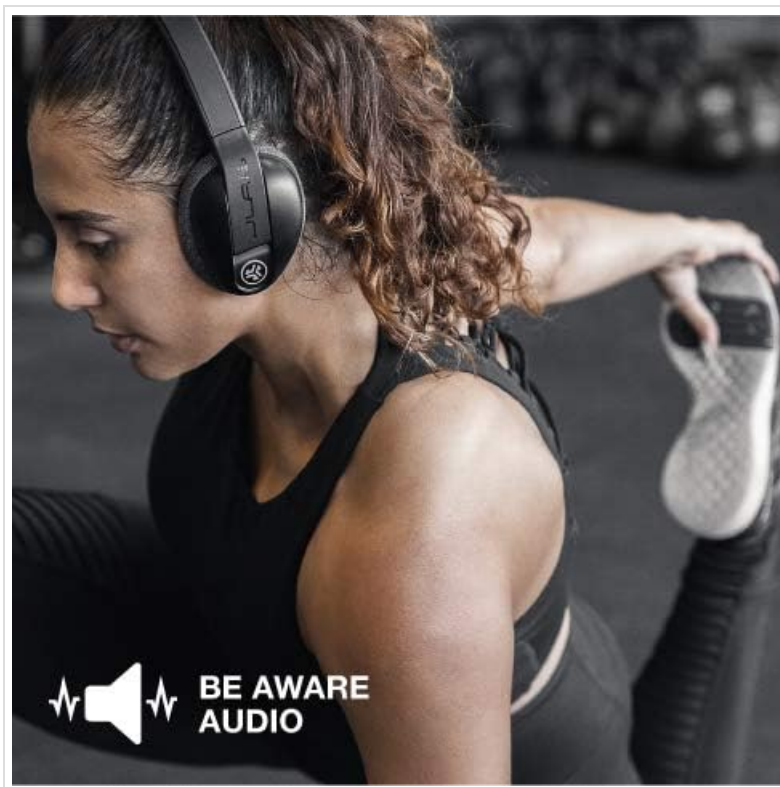


Image: A woman stretching while wearing the JLab Flex Sport headphones, demonstrating the "Be Aware Audio" feature.

Your browser does not support the video tag.

Video: An overview of the JLab Flex Sport Wireless Headphones, showcasing their features and use during workouts. This video highlights the adjustable fit, sound quality, and sweat-proof design.

MAINTENANCE

Cleaning Ear Pads

The JLab Flex Sport headphones are designed with removable earcups for easy cleaning. This helps maintain hygiene and comfort, especially after intense workouts.

1. Gently remove the ear pads from the headphone cups.
2. Hand wash the ear pads with mild soap and water, or machine wash on a light cycle.
3. Allow the ear pads to air dry completely before reattaching them to the headphones.



Image: A man working out, emphasizing the sweat-proof design of the JLab Flex Sport headphones.



Image: The JLab Flex Sport headphones highlighting their moisture-wicking properties.

TROUBLESHOOTING

- **No Sound or Poor Sound Quality:**
 - Ensure headphones are charged and properly paired.
 - Check the volume levels on both the headphones and your connected device.
 - Verify that the "Be Aware Audio" feature is not inadvertently activated, as it can sometimes affect perceived sound quality.
 - Consider performing the recommended "burn-in" process for optimal audio performance.
- **Headphones Not Pairing:**
 - Ensure Bluetooth is enabled on your device and the headphones are in pairing mode.
 - Turn off and on both the headphones and your device.
 - Clear previous Bluetooth connections on your device and attempt to pair again.
- **Controls Not Responding:**
 - Ensure the headphones are powered on and connected to your device.
 - Reboot the headphones and your connected device.

SPECIFICATIONS

Feature	Detail
Model Name	Flex Sport
Item Model Number	HBFLEXSPORTBLK4
Connectivity Technology	Wireless (Bluetooth)
Bluetooth Version	5.0
Battery Life	20 Hours
Charging Time	300 Hours (as per product data)
Earpiece Shape	On-ear
Water Resistance Level	Water Resistant
Item Weight	191 Grams (6.7 ounces)
Product Dimensions	7.5 x 5.38 x 3.63 inches
UPC	812887018029

WARRANTY AND SUPPORT

JLab offers a **Two-Year Limited Warranty** on the Flex Sport Wireless Headphones, covering manufacturing defects from the date of purchase. Additionally, a **30-Day Money-Back Guarantee** is provided to ensure customer satisfaction.

For support, warranty claims, or further assistance, please visit the official JLab website or contact their customer service.

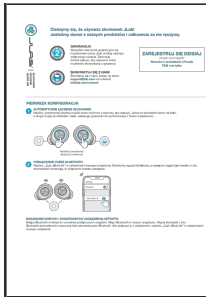
Note: Warranty terms and conditions may apply. Please refer to the official JLab documentation for complete details.



© 2024 JLab. All rights reserved.
This manual is for informational purposes only. JLab reserves the right to change specifications without notice.

Related Documents - Flex Sport

	<p>JLab JBuds Air Wireless Earbuds: User Manual and Setup Guide</p> <p>Get started with your JLab JBuds Air wireless earbuds. This guide covers initial setup, Bluetooth pairing, button functions, EQ modes, charging, fitting, and troubleshooting tips for a seamless audio experience.</p>
	<p>JLab GO Air Sport Wireless Earbuds: User Manual and Guide</p> <p>Comprehensive guide to the JLab GO Air Sport wireless earbuds, covering Bluetooth pairing, button functions, EQ modes, charging, placement, troubleshooting, and care instructions.</p>
	<p>JLab Headphones User Manual and Instructions</p> <p>Comprehensive guide to JLab headphones, covering usage instructions, button functions, microphone compatibility, important care and attention points, and warranty information. Learn how to get the most out of your JLab audio experience.</p>
	<p>JLab GO+ Wireless Sport Headphones Quick Start Guide</p> <p>Get started with your JLab GO+ Wireless Sport Headphones. This guide covers setup, pairing, fitting, call functions, charging, and detailed specifications for the GO+ model.</p>
	<p>JLab GO Air Sport Kasutusjuhend ja Sidumisjuhend</p> <p>Üksikasjalik juhend JLab GO Air Sport juhtmevabade kõrvaklappide kohta, mis hõlmab Bluetoothi sidumist, nuppude funktsioone, EQ-režiime, laadimist, tõrkeotsingut ja hooldusjuhiseid.</p>



[JLab JBuds Air Wireless Earbuds User Manual and Quick Start Guide](#)

Comprehensive guide for JLab JBuds Air wireless earbuds, covering setup, features, button controls, EQ modes, charging, fitting, and troubleshooting. Learn how to pair, use controls, and optimize your audio experience.