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JBL JBLREFFLPROPBLKAM

# JBL Reflect Flow Pro+ Wireless Sports Earbuds User Manual

Model: JBLREFFLPROPBLKAM

## PRODUCT OVERVIEW

The JBL Reflect Flow Pro earbuds are designed for enhanced performance and secure fit, featuring PowerFins™ for stability. They deliver JBL Signature Sound and offer up to 30 hours of playtime. Key features include Adaptive Noise Cancelling, a 6-microphone array for clear calls, and Smart Ambient technology. These earbuds are built with IP68 protection, making them resistant to sweat, rain, and dust, suitable for various environments and activities.



Image: Front view of the JBL Reflect Flow Pro+ Wireless Sports Earbuds in black, showcasing their design and the charging case.

## WHAT'S IN THE BOX

Your JBL Reflect Flow Pro+ package includes the following components:

- 1 x JBL Reflect Flow Pro TWS earbuds
- 1 x Type-C to Type-A charging cable
- 1 x 3 sizes of ear tips
- 1 x 4 sizes of POWERFINS stabilizers
- 1 x Charging case
- 1 x Quick start guide
- 1 x Google Assistant set up guide
- 1 x Amazon Alexa set up guide
- 1 x Warranty / Warning
- 1 x Safety Sheet



Image: All included accessories, including various sizes of ear tips and POWERFINS stabilizers, and the charging cable.

## SETUP

## 1. Charging the Earbuds and Case

Before first use, fully charge the earbuds and the charging case. Connect the provided Type-C to Type-A charging cable to the charging case and a power source. The LED indicator on the case will show charging status. Ensure both earbuds are properly seated in the case for charging.



Image: The JBL Reflect Flow Pro+ earbuds placed inside their charging case, with the case open and showing the charging indicator light.

## 2. Pairing with Your Device

1. Open the charging case. The earbuds will automatically enter pairing mode.
2. On your device (smartphone, tablet, etc.), go to Bluetooth settings.
3. Select "JBL Reflect Flow Pro+" from the list of available devices.
4. Once connected, you will hear an audible confirmation, and the LED indicator on the earbuds may change.

## 3. Choosing the Right Fit

For optimal sound quality and secure fit, it is crucial to select the correct ear tips and POWERFINS stabilizers. Experiment with the different sizes provided to find the best seal and comfort for your ears. A proper seal enhances noise cancellation and bass performance.



Image: Close-up view of the earbuds, highlighting the ear tips and the POWERFINS designed for a secure fit.

## OPERATING INSTRUCTIONS

### Touch Controls

The JBL Reflect Flow Pro+ earbuds feature intuitive touch controls on the back of each earbud. These controls allow you to manage playback, calls, and noise control modes.

Action	Left Earbud	Right Earbud
Play/Pause	Single Tap	Single Tap
Next Track	Double Tap	N/A
Previous Track	Triple Tap	N/A
Answer/End Call	Single Tap	Single Tap
Reject Call	Press and Hold (2s)	Press and Hold (2s)
Activate Voice Assistant	N/A	Press and Hold (2s)
Noise Control Mode	Single Tap (configurable via app)	Single Tap (configurable via app)

For advanced customization of touch controls and sound settings, download the JBL Headphones App from your device's app store.

### Noise Control Features

- **Adaptive Noise Cancelling:** Reduces external distractions, allowing for focused listening. This feature can be adjusted automatically or manually via the JBL Headphones App.
- **Smart Ambient:** Allows you to hear your surroundings while still enjoying your audio. This is useful for

situational awareness, such as during walks, runs, or conversations.

- **TalkThru:** Lowers music volume and amplifies voices, enabling quick conversations without removing your earbuds.

## MAINTENANCE

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### Cleaning Your Earbuds

Regular cleaning helps maintain sound quality and hygiene. Use a soft, dry, lint-free cloth to wipe the earbuds and charging case. For ear tips, remove them and clean with a mild soap solution, then rinse thoroughly and dry completely before reattaching. Avoid using harsh chemicals or abrasive materials.

### Water and Dust Resistance (IP68)

The JBL Reflect Flow Pro+ earbuds are IP68 rated, meaning they are protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. This makes them suitable for workouts in various weather conditions and allows for rinsing after use. However, ensure the charging port is dry before charging to prevent damage.



Image: A man in a wetsuit, suggesting the earbuds' suitability for water-related activities due to their IP68 rating.

## TROUBLESHOOTING

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If you encounter issues with your JBL Reflect Flow Pro+ earbuds, try the following common troubleshooting steps:

- **No Sound/Low Volume:** Ensure earbuds are properly seated in your ears for a good seal. Check device volume and earbud volume. Clean ear tips and speaker grilles.
- **Pairing Issues:** Ensure Bluetooth is enabled on your device. Turn off and on the earbuds/case. Forget the device in your Bluetooth settings and re-pair.
- **Charging Issues:** Ensure the charging cable is securely connected and the power source is active. Clean charging contacts on both earbuds and case.
- **Unresponsive Controls:** Ensure earbuds are clean and dry. Try resetting the earbuds (refer to the full user guide for specific reset instructions).

For more detailed troubleshooting, please refer to the official [Troubleshooting Guide \(PDF\)](#) or the [User Guide \(PDF\)](#) available online.

## SPECIFICATIONS

Feature	Detail
Model Name	REFLECT FLOW PRO
Item Model Number	JBLREFFLPROPBLKAM
Brand	JBL
Color	Black
Ear Placement	In Ear
Form Factor	In Ear
Connectivity Technology	Bluetooth
Bluetooth Version	5.0
Bluetooth Range	10 Meters
Noise Control	Active Noise Cancellation
Audio Driver Type	Dynamic Driver
Audio Driver Size	6.8 Millimeters
Frequency Range	20 Hz - 20,000 Hz
Impedance	16 Ohm
Battery Life (Earbuds)	10 Hours
Charging Time (Total with Case)	30 Hours
Water Resistance Level	IP68 (Water Resistant)
Item Weight	0.5 Ounces
Product Dimensions	0.79 x 1.18 x 1.38 inches
Material	Plastic
Control Method	Voice, Touch
Recommended Uses	Calling, Running, Sports and Exercise
UPC	050036382557

## WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the "Warranty / Warning" document included in your product package. For additional support, frequently asked questions, or to contact customer service, please visit the official JBL support website or refer to the full [User Guide \(PDF\)](#).

Official User Guide (PDF): [JBL Reflect Flow Pro+ User Guide](#)

Official Troubleshooting Guide (PDF): [JBL Reflect Flow Pro+ Troubleshooting Guide](#)