LATEST AND GREATEST
Our team is constantly improving your product experience. This model may have new features or controls which are not detailed in this guide.

For the latest version of the manual, scan the QR code below.

This device meets the FCC and ISED radiation exposure requirements set forth for an uncontrolled environment. The requirements set a SAR limit of 1g 1.6 W/kg averaged over one gram of tissue. The highest SAR value reported under this standard during product certification for use when properly worn on the head. To maintain compliance with FCC and ISED RF exposure requirements, use accessories that maintain a separation distance of 0mm between the user's head and the back of the headset. The use of belt clips, holsters and similar accessories shall not contain metal parts in its assembly. Use of accessories that do not meet these requirements should comply with FCC and ISED RF exposure requirements and should be avoided.

FCC ID: 2AHYV-JBASP4
ID: 21316-JBASP4

WITH LOVE FROM THE LAB
We have lots of different ways to show we care.

GET STARTED + FREE GIFT
Product updates | How-to tips | FAQs & more
Go to jlab.com/register to unlock your customer benefits including a free gift.

Gift for US only. No APO/FPO/DPO addresses.

WE GOT YOUR BACK
We're obsessed with creating the best possible experience around owning our products. If you have any questions, concerns, or feedback, we're here for you. Contact a real human on our U.S.-based customer support team:
Website: jlab.com/contact
Email: support@jlab.com
Phone U.S.: +1 (405) 446-7219
Phone U.K./EU: +44 (20) 8142 9361 (Check hours jlab.com/hours)
Visit jlab.com/warranty to initiate a return or exchange.

THE RIGHT SOUND FOR EVERY MOMENT
We get it, sound is personal. Choose your sound preferences from our EQ3 settings and customize your sound style to match exactly what you're doing.

EQUALIZER MODES

"JLab SIGNATURE"
JLab C3™ signature sound with amplified vocals and bass
BEST FOR
Best option for most music
Pop, rock, country, electronic and more

"BALANCED"
Even sound with no additional sound enhancements
BEST FOR
Podcasts, Audiobooks
Classical music

"BASS BOOST"
Amplified bass and sub-bass
BEST FOR
Working out, sport and fitness
Hip hop, rap, electronic

"CUSTOM"
Personalize your EQ through the JLab App.

FIND YOUR FIT

Place hook behind ear. Rotate and adjust for best fit.

Try all ear tips for best fit and proper seal.

VOICE PROMPTS

"JLab ON": Power ON
"JLab OFF": Power OFF
"Ready to Pair":
JLab JBuds Sport ANC 4 is ready to pair to Bluetooth device
"Bluetooth Connected":
Earbud is connected to device

"Battery Full": 100-80%
"Battery Medium": 70-30%
"Battery Low": Less than 25% (When power decreases to 10%, "Battery Low" will play one time)

QUICK TIPS
The left or right earbud can be used independently for music and phone calls. Simply choose one and take out of the case to connect.

Fully dry off earbuds before putting in the charging case to avoid any damage to the case. The earbuds are sweat/water resistant but the case is not.

MANUAL RESET
CONNECTION FAILURE OR EARBUDS DISCONNECTED FROM EACH OTHER

1 Keep the earbuds in the charging case and forget "JLab JBuds Sport ANC 4" from your Bluetooth device settings.

2 Quick tap one earbud 7x while in charging case. Earbud blinks blue 4 times.

3 Quick tap 7x on other earbud in charging case. Earbud blinks blue 4 times.

4 Take both earbuds out of charging case. One earbud LED will shine solid white and other will blink blue/white indicating: ready to pair to your device.

For support please visit:
HELP.JLAB.COM

JBUDS
SPORTANC⁴
TRUE WIRELESS EARBUDS

QUICK START GUIDE

WELCOME TO THE LAB
The Lab is where you'll find real people, developing really great products, in a real place called San Diego.

PERSONAL TECH
DONE BETTER

Designed for You
We actually listen to what you want and we're always looking for ways to make everything easier and better for you.

Lab Quality Sound
Choose from different settings and customize your sound style to match exactly what you're doing.

Surprisingly Awesome Value
We always pack in the most functionality and fun into every product at a truly accessible price.

#yourkindoftech

PAIR UP

1 Take earbuds out of case and remove stickers. Place back in case and close door.

2 White light on case indicates charge. Remove earbuds from case.

3 One earbud will blink blue/white indicating ready to pair to your device.

4 Select "JLab JBuds Sport ANC 4" in your device's Bluetooth settings.

Settings
Bluetooth
JLab JBuds Sport ANC 4

Voice prompt "Bluetooth connected" will indicate connection.

ADDING DEVICES FOR MULTIPOINT:

Turn OFF Bluetooth from any previously connected device. Earbuds will automatically enter Bluetooth Pairing mode.

Turn ON Bluetooth from new device. Select "JLab JBuds Sport ANC 4" in device settings to connect.

Turn ON Bluetooth on previous device. Audio will switch automatically between devices

GO AHEAD, PUSH THE BUTTON
Touch controls are fully L/R Symmetrical

VOLUME UP/DOWN: Swipe Up/Down

PLAY/PAUSE ● 1x Tap
TRACK FORWARD ●● 2x Tap
TRACK BACK ●●● 3x Tap
NOISE CONTROL ▬ Press Hold
EQ CHANGE ▬ Press Hold Both Earbuds

ANSWER CALL ● 1x Tap
HANG UP ●● 2x Tap
REJECT INCOMING CALLS ▬ Press Hold

DOWNLOAD THE APP

Customize JBuds Sport ANC 4 with features like an interval timer and update to the latest software.

Download the **JLab App** in Apple/Google Play Store.

Download on the App Store
GET IT ON Google Play

JLab

GET CHARGED (EARBUDS)

1 Earbuds will power off and start charging when placed in the case.

2 Earbuds will auto power on and connect to your device when removed.

GET CHARGED (CASE)

Connect the JBuds Sport ANC 4 to a USB 5V 1A (or less) output device, or place on wireless charging dock

OR

Charging
LEDS Blink White

Fully Charged
All LEDs Solid White