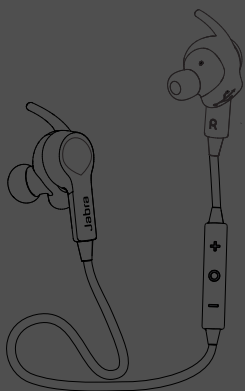


**Jabra®**

# JABRA SPORT PULSE WIRELESS



User Manual

[jabra.com/sportpulsewireless](http://jabra.com/sportpulsewireless)

A BRAND BY

**GN Netcom**

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MADE IN CHINA  
MODEL: OTE20



**Declaration of Conformity** can be found on [www.jabra.com/CP/US/declarations-of-conformity](http://www.jabra.com/CP/US/declarations-of-conformity)

# CONTENTS

1. WELCOME .....	4
2. HEADSET OVERVIEW .....	5
2.1 INCLUDED ACCESSORIES	
3. HOW TO WEAR.....	7
3.1 CHANGING EARGELS	
3.2 CHANGING EARWINGS	
3.3 USING THE FITCLIP	
3.4 HEART RATE DETECTION	
3.5 HOW-TO-WEAR VIDEOS	
4. HOW TO CHARGE THE EARPHONES	11
5. HOW TO CONNECT.....	12
5.1 CONNECT TO A NEW OR SECOND MOBILE PHONE	
6. JABRA SPORT LIFE APP.....	13
7. HOW TO USE .....	14
7.1 CALLS & MUSIC	
7.2 WORKOUT	
7.3 MULTIPLE CALL HANDLING	
7.4 LIST OF VOICE GUIDANCE	
7.5 ENABLE/DISABLE BLUETOOTH SMART	
8. SUPPORT .....	20
8.1 FAQ	
8.2 HOW TO CARE FOR YOUR HEADSET	
9. TECHNICAL SPECIFICATIONS .....	21

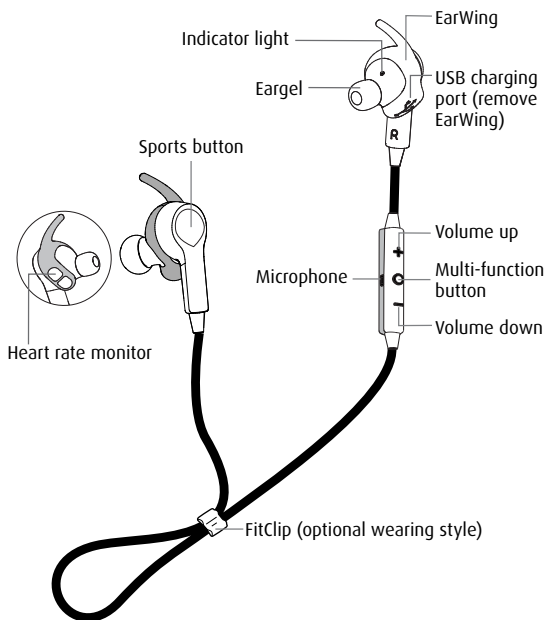
# 1. WELCOME

Thank you for using the Jabra Sport Pulse Wireless.  
We hope you will enjoy it!

## **JABRA SPORT PULSE WIRELESS FEATURES**

- Biometric in-Ear heart rate monitor
- Jabra Sport Life app for integrated training management
- Control music and calls directly from the headphones
- IP55 Certified, drop, strength, dirt, temperature & humidity tested
- Connects to all Bluetooth® Smart devices – phones, computers, tablets and more

## 2. HEADSET OVERVIEW



## 2.1 INCLUDED ACCESSORIES

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### Eargels



Large



Medium



Small



Extra small



Fitclips



Micro-USB cable

### Earwings



Large



Medium plus



Medium

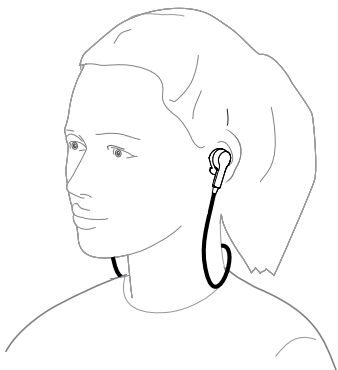


Small



Protective pouch

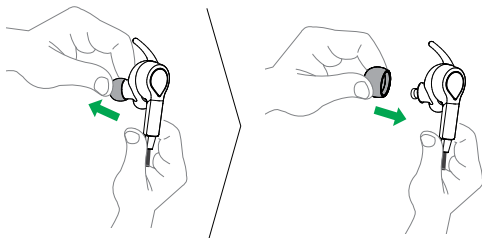
## 3. HOW TO WEAR



### 3.1 CHANGING EARGELS

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For the optimal audio experience, try the different eargel sizes. The fit should feel tight and secure in your ear.

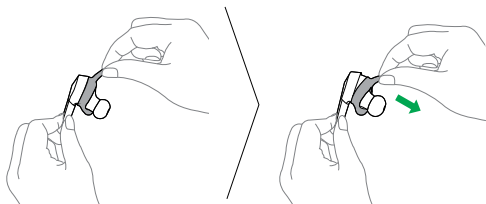


## 3.2 CHANGING EARWINGS

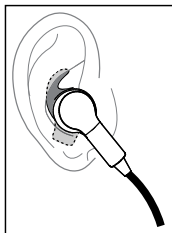
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For the most secure fit during your workout, try each of the different EarWing styles.

1. Remove the current EarWing and pull the new EarWing onto the earbud, as shown. You may have to stretch the EarWing into position.



2. The top of the EarWing should fit tight into the ridge of the ear.



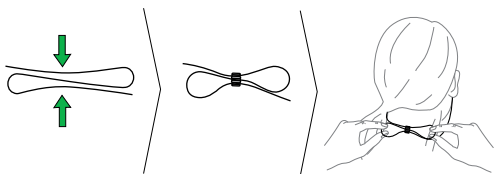


### 3.3 USING THE FITCLIP

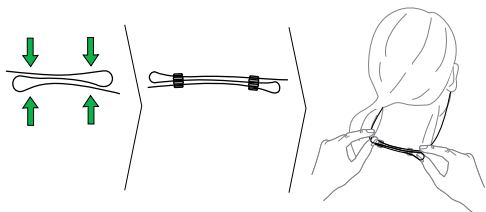
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Attach the Fitclip to the cable, and adjust for optimal fit.

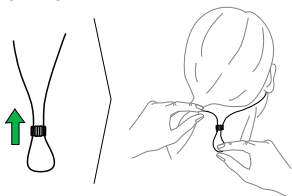
#### REGULAR FITCLIP STYLE



#### OPTIMAL FITCLIP STYLE



#### SIMPLE FITCLIP STYLE



## 3.4 HEART RATE DETECTION

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The heart rate sensor is located in the left earphone.

For accurate monitoring, it is essential the earphones are fitted correctly and that you are wearing the correct eargels and EarWings for your ear. It is highly recommended to try all eargels and EarWings.

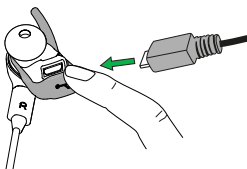
## 3.5 HOW-TO-WEAR VIDEOS

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You can watch how-to-wear videos on [jabra.com/sportpulsewireless](http://jabra.com/sportpulsewireless).

## 4. HOW TO CHARGE THE EARPHONES

Pull back the EarWing on the right earphone to expose the USB charging port. Plug any USB cable or charger into the USB charging port and connect to power to begin charging.



It takes approx. 2 hours to fully charge the earphones.

**NOTE:** When charging the earphones using a PC, ensure the PC supports USB charging.

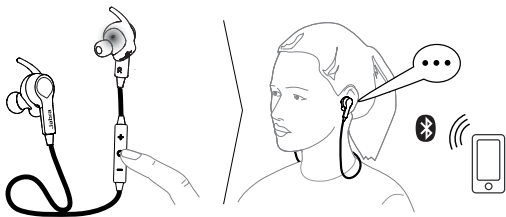
## 5. HOW TO CONNECT

The first time the Jabra Sport Pulse Wireless is turned on it will automatically attempt to connect to any mobile phone that has Bluetooth turned on.

### 5.1 CONNECT TO A NEW OR SECOND MOBILE PHONE

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1. Turn on Bluetooth on your mobile phone.
2. Press and hold the **Multi-function** button on the controller until the indicator light on the right earbud flashes blue. Release the button.
3. Follow the voice-guided connection instructions to connect to your mobile phone.



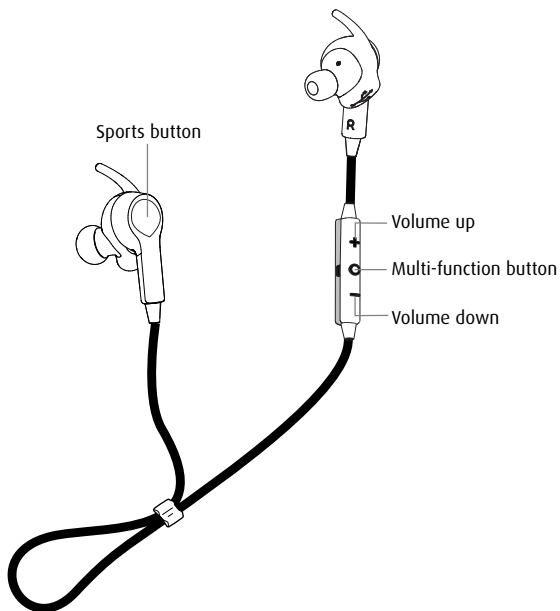
**NOTE:** If two mobile phones have been connected to the Jabra Sport Pulse Wireless, you may need to select which phone will be used for calls/music/workout. Simply open the Bluetooth menu on the mobile phone you wish to use and select the Jabra Sport Pulse Wireless from the list of devices.

## 6. JABRA SPORT LIFE APP

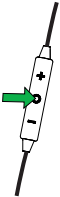
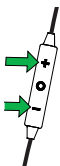
The Jabra Sport Life app is a free app that enables you to create, track and personalize your workouts, listen to on-the-go workout status updates, monitor your heart rate and much more.

**Android download - Google Play**  
**iOS download - App Store**

## 7. HOW TO USE



## 7.1 CALLS & MUSIC

	FUNCTION	ACTION
	Turn on/off	Press and hold (3 sec) the <b>Multi-function</b> button until the indicator light flashes
	Play/pause music	Tap the <b>Multi-function</b> button
	Answer/end call	Tap the <b>Multi-function</b> button
	Reject call	Double-tap the <b>Multi-function</b> button
	Redial last number	When not on a call, double-tap the <b>Multi-function</b> button
	Adjust volume	Tap the <b>Volume up</b> or <b>Volume down</b> button
	Mute	Tap both the <b>Volume up</b> and <b>Volume down</b> button at the same time
	Skip track	Press and hold (2 secs) the <b>Volume up</b> or <b>Volume down</b> button
	Battery status	Tap the <b>Volume up</b> or <b>Volume down</b> button when not on a call or listening to music

## 7.2 WORKOUT

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When used with the Jabra Sport Life app (or your regular sport app) you can control your workout, monitor your heart rate, and listen to on-the-go updates.

### BEFORE WORKOUT



Start Sport app

Tap the **Sports** button

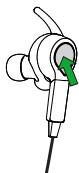
Start workout

Press and hold (1 sec) the **Sports** button

Enable/disable heart rate sensor

Press and hold (10 sec) the **Sports** button. The heart rate sensor is enabled by default.

### DURING WORKOUT



Pause/resume workout

Press and hold (1 sec) the **Sports** button

Listen to On-the-go updates

Tap the **Sports** button

Disable/enable On-the-go updates

Double-tap the **Sports** button

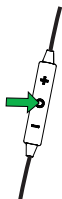


## 7.3 MULTIPLE CALL HANDLING

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The headset can accept and handle multiple calls at the same time.

FUNCTION	ACTION
End current call and answer incoming call	Tap the <b>Multi-function</b> button
Switch between held call and active call	Press and hold (2 secs) the <b>Multi-function</b> button
Put current call on hold and answer incoming call	Press and hold (2 secs) the <b>Multi-function</b> button
Reject incoming call, when on a call	Double-tap the <b>Multi-function</b> button



## 7.4 LIST OF VOICE GUIDANCE

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CLICK TO LISTEN	WHAT YOU HEAR
	To connect Jabra Sport Pulse Wireless, go to the Bluetooth menu on your phone and select it from the list
	Connected
	Two devices connected
	Disconnected
	Redialling
	Battery low
	Battery medium
	Battery full
	Muted
	Unmuted
	Connection cancelling
	Sound prompts on
	Sound prompts off

CLICK TO LISTEN

WHAT YOU HEAR

Bluetooth smart on

Bluetooth smart off

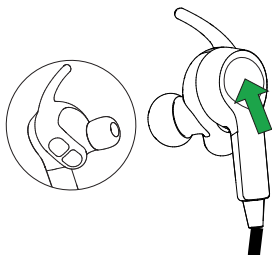
Bluetooth smart connected

Bluetooth smart disconnected

No device connected

## 7.5 ENABLE/DISABLE BLUETOOTH SMART

To enable/disable Bluetooth Smart, press and hold (10 secs) the **Sports** button on the earphones.



**NOTE:** When Bluetooth Smart is disabled, the heart rate monitor will only function with the Jabra Sport Life app.

# 8. SUPPORT

## 8.1 FAQ

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View the FAQs on [Jabra.com/sportpulsewireless](https://www.jabra.com/sportpulsewireless)

## 8.2 HOW TO CARE FOR YOUR HEADSET

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- Always store the headset with the power off and safely protected.
- Avoid storage at extreme temperatures (above 65°C/149°F or below -10°C/14°F). This can shorten battery life and may affect the headset.

## 9. TECHNICAL SPECIFICATIONS

JABRA SPORT PULSE WIRELESS	SPECIFICATION
Weight:	16g (0.56oz)
Dimensions:	H 18mm x W 21mm x D 32mm
Microphones:	MEMS microphone
Speaker:	6mm dynamic speaker
Operating range:	10m/33ft (phone dependent)
Bluetooth version:	4.0
Paired devices:	Up to 8, connected to two at the same time (MultiUse™)
Supported Bluetooth profiles:	A2DP (v1.2), Hands Free Profile (v1.6), Headset profile (v1.2), AVRCP (v1.4)
Talk/music time:	Up to 5 hours
Standby time:	Up to 10 days
Operating temperature:	-10°C to 55°C (14°F to 131°F)
Storage temperature:	-10°C to 65°C (14°F to 149°F)
Pairing passkey or PIN:	0000

