



JLAB AUDIO

FIT SPORT 3  
WIRELESS EARBUDS

We love that you are rocking JLab Audio!  
We take pride in our products and fully stand behind them.



**YOUR SATISFACTION IS GUARANTEED**

You may exchange or return merchandise within 30 days of the purchase date.  
Learn more at [jlabaudio.com/guarantee](http://jlabaudio.com/guarantee)



**YOUR WARRANTY**

You may register your product at [jlabaudio.com/register](http://jlabaudio.com/register). All warranty claims are subject to JLab Audio authorization and at our sole discretion. Retain your proof of purchase to ensure warranty coverage.

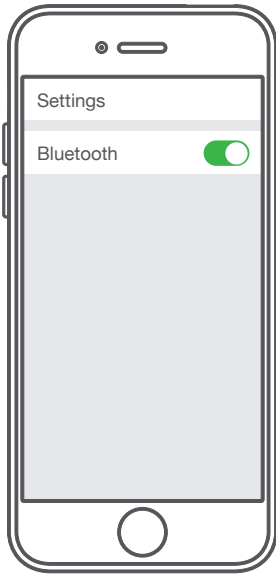


**CONTACT US**

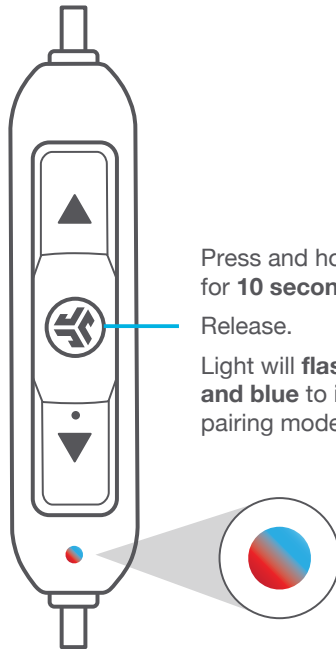
Reach out to us at [support@jlabaudio.com](mailto:support@jlabaudio.com) or visit [jlabaudio.com/contact](http://jlabaudio.com/contact)

**FIRST TIME SETUP: BLUETOOTH PAIRING**

**1** Turn on the Bluetooth in your device settings.



**2**

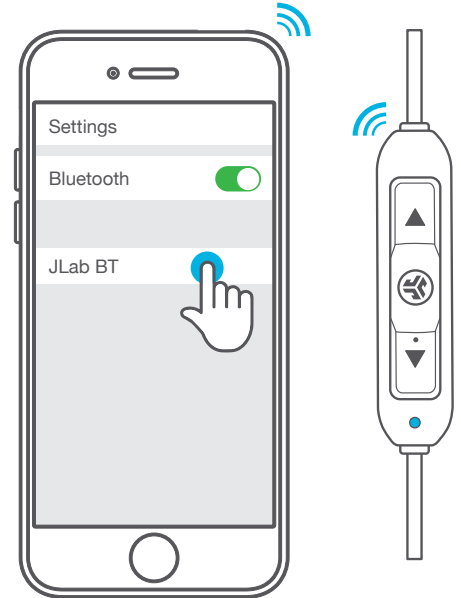


Press and hold button for **10 seconds**.  
Release.  
Light will **flash red and blue** to indicate pairing mode.

**3**

Select "JLab BT" in your device settings to connect.

Light will **slow blink blue** when Bluetooth is paired.



**RECURRING USE**

Once JLab Fit Sport 3 has initially paired to your device, the earbuds will auto-connect to your Bluetooth device when powered back ON.  
(Follow **BUTTON FUNCTIONS** instructions)

**ACCESSORIES**



4 GEL TIPS  
+ 1 PAIR OF  
CLOUD FOAM  
EAR TIPS

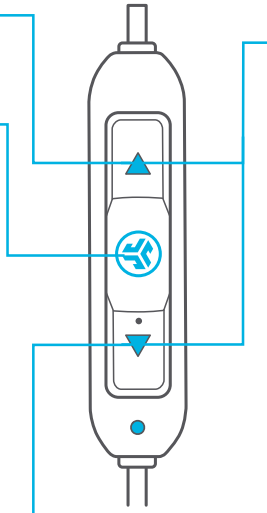
1 PAIR OF  
CUSH FINS™

SHIRT  
CABLE CLIP

MICRO USB  
CABLE

## BUTTON FUNCTIONS

- VOLUME UP:** Click once.  
**TRACK FORWARD:** Click & hold 2+ seconds.
- POWER ON:** Click & hold 3 seconds.  
**POWER OFF:** Click & hold 5 seconds.
- PLAY / PAUSE:** Click once.  
**ANSWER / HANG UP CALLS:** Click once.
- ACTIVATE SIRI (iOS) OR "OK GOOGLE" (ANDROID):** Click twice.
- BLUETOOTH PAIRING:** (Follow First Time Setup: Bluetooth Pairing)
- VOLUME DOWN:** Click once.  
**TRACK BACKWARD:** Click & hold 2+ seconds.



## EQUALIZER MODES

Quick press both buttons for different EQ settings (Fit Sport 3 will cycle 3 EQ settings)

**JLab SIGNATURE (One Beep)**

JLab C3™ signature sound with amplified vocals and bass

**BALANCED (Two Beeps)**

Even sound with no additional sound enhancements

**BASS BOOST (Three Beeps)**

Amplified bass and sub-bass

## VOICE PROMPTS

**"HELLO"**

Power is ON.

**"READY TO PAIR"**

JLab BT earbuds are ready to connect to your Bluetooth device.

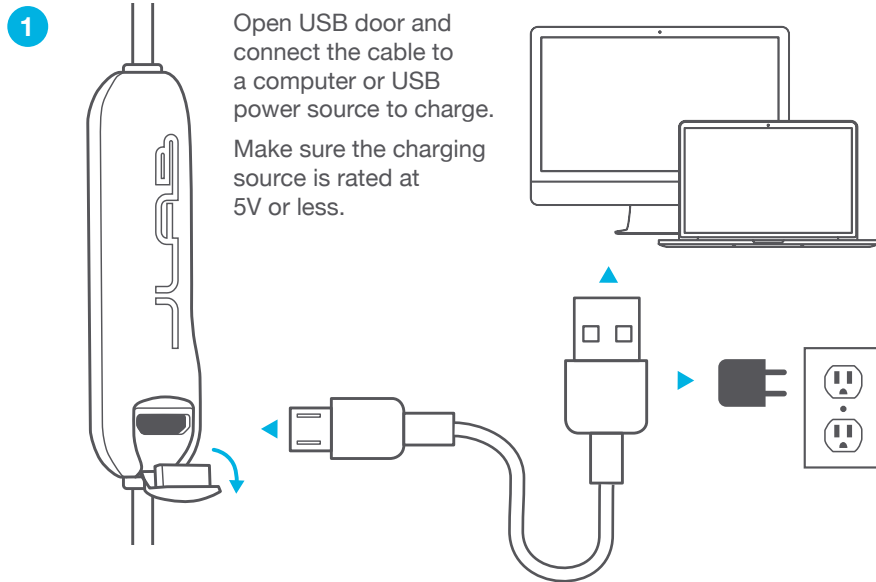
**"YOU'RE CONNECTED"**

JLab BT earbuds are connected to your Bluetooth device and ready for use.

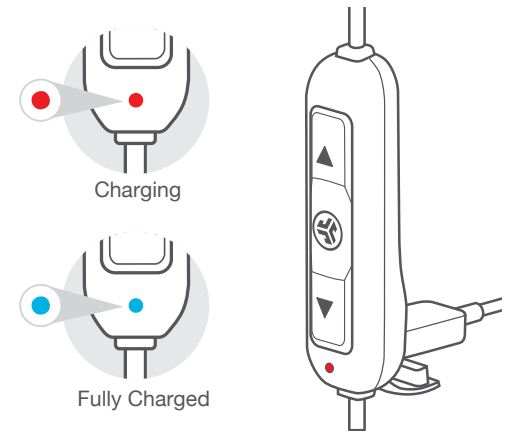
**"GOODBYE"**

Power turning OFF.

## CHARGING

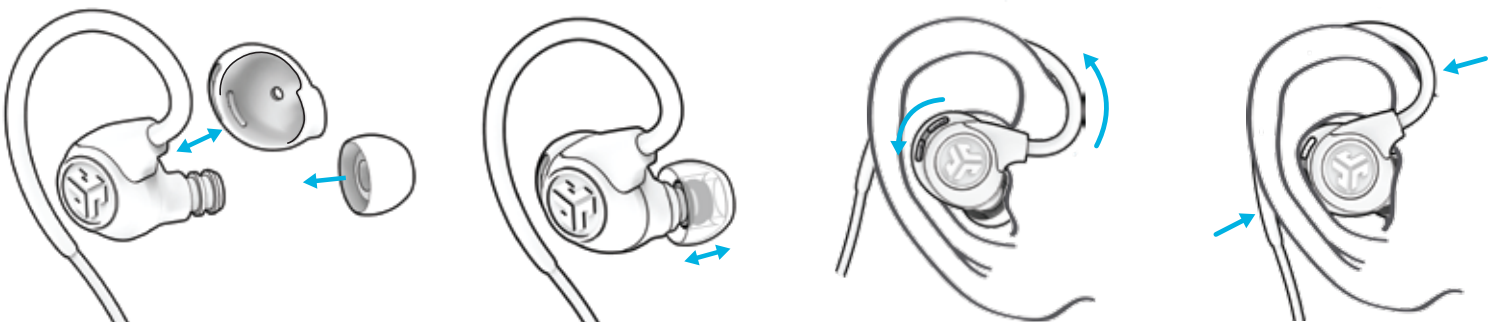


**2** Light will **turn solid red** when charging and **turn blue** when fully charged.



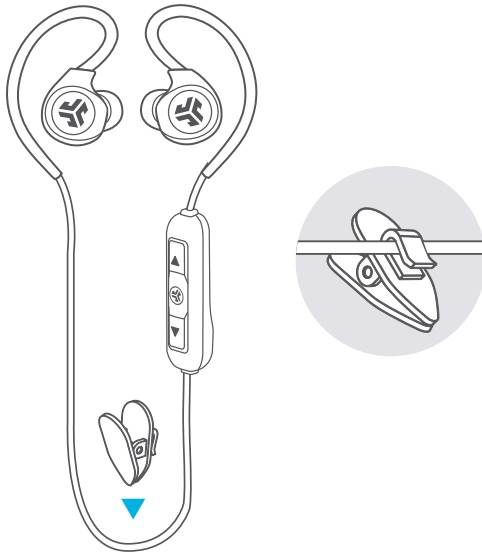
## FITTING

- 1** Choose ear tip size and optional Cush Fin. Try various ear tips to find the best fit.
- 2** Move the earbud to desired location from the Adjustable Tip Placement.
- 3** Start from the back + rotate around the ear.
- 4** Secure cable in front, back + bottom.

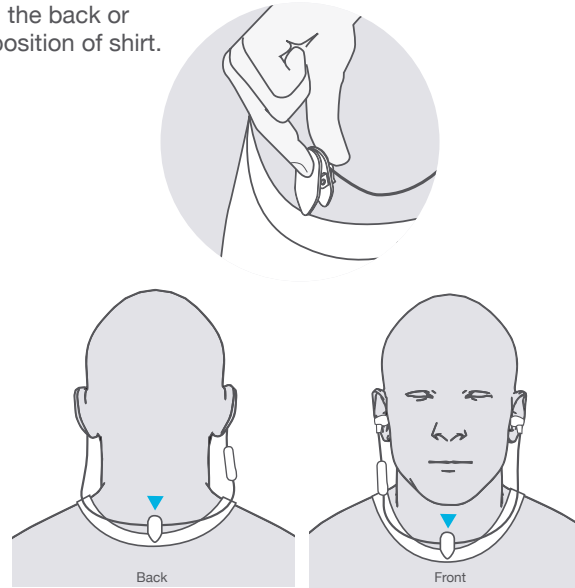


## CABLE CLIP USE

- 1 Attach the cable clip near the center of the cable.



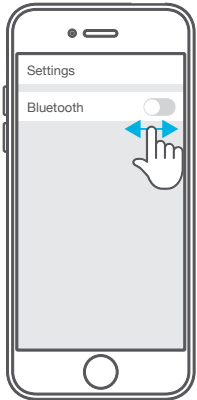
- 2 Clip in the back or front position of shirt.



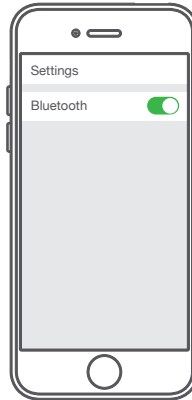
## CONNECTION TROUBLESHOOTING

### I DO NOT SEE JLAB BT IN MY DEVICE

- 1 Turn Bluetooth off and then back on in device settings.

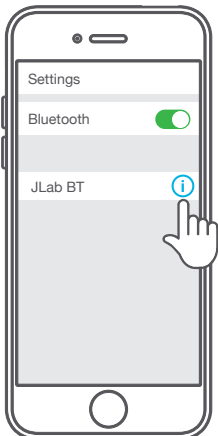


- 2 If you still do not see JLab BT, repeat **FIRST TIME SETUP: BLUETOOTH PAIRING** directions.

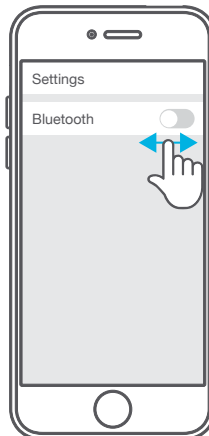


### JLAB BT DOES NOT RECONNECT TO MY DEVICE AFTER POWERING ON

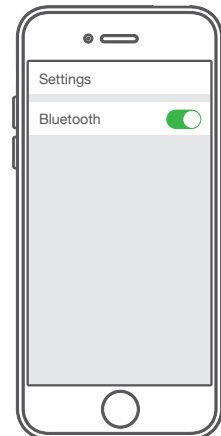
- 1 In device settings, forget the JLab BT.



- 2 Turn Bluetooth off then back on in device settings.



- 3 Repeat **FIRST TIME SETUP: BLUETOOTH PAIRING** directions.

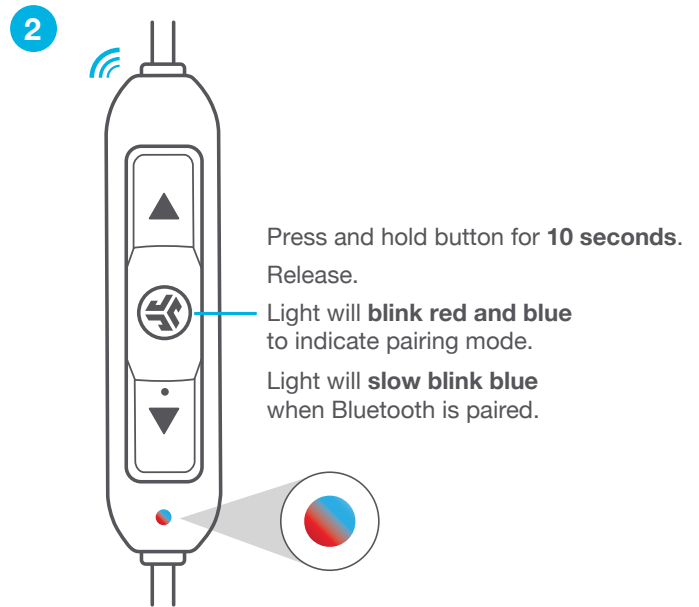
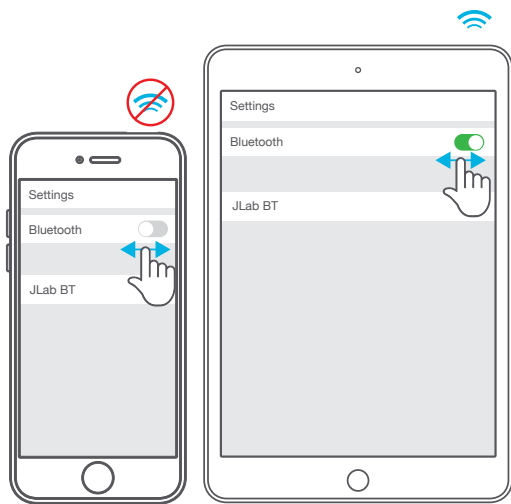


## CONNECTION TROUBLESHOOTING (CONTINUED)

### BLUETOOTH IS CONNECTING TO AN UNWANTED DEVICE

**Note:** The JLab BT can remember up to 8 devices. It will try to auto-connect to last device used.

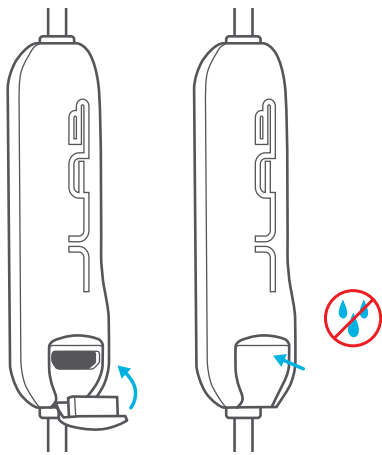
- 1 If you have more than one device that was connected to JLab BT, turn OFF Bluetooth on unwanted devices and turn ON Bluetooth on chosen device.



## WARNING

Make sure USB door is closed and fastened.

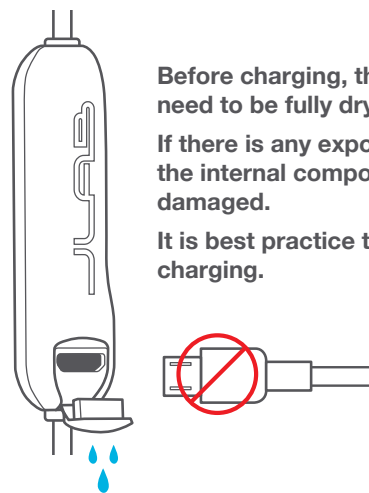
This will protect against sweat and water damage.



Before charging, the Fit Sport 3 earbuds need to be fully dry.

If there is any exposure to moisture, the internal components may become damaged.

It is best practice to air dry before charging.



## WARM-UP YOUR HEADPHONES

Optional: Burn-in is the process for exercising new audio equipment. We recommend 40 hours of burn-in time for most headphones to reach optimal performance. The main purpose of the process is to loosen the diaphragm of a newly crafted headphone and to stress the headphone driver. Normal, everyday use can also burn-in the headphones though JLab's proprietary burn-in provides an ideal mix of sounds and frequency sweeps to achieve this.

 Burn-in your audio equipment with the JLab Audio app available on the App Store and Google Play. Or access the burn-in method at: [jlabaudio.com/burnin](http://jlabaudio.com/burnin)

## CAUTIONS

- Avoid getting moisture or liquids into the tip of the earbuds or charging port.
- Avoid extreme heat, cold, and humidity.
- Avoid dropping or crushing the earbuds, stressing the cable by rapid pulling or extreme force, or bending the cable at a sharp angle.
- Wax may build up in the earbud tips, lowering the sound quality. Carefully remove the wax with a cotton swab or other small tool to improve the sound quality.
- If you experience discomfort or pain, try lowering the volume or discontinuing use temporarily.
- If you experience regular discomfort while using this product, discontinue use and consult your physician.
- We recommend you treat your earbuds as you would a nice pair of sunglasses and keep them in safe location when not in use.