



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 WARRANTY

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](https://jlabaudio.com/contact)

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## FIRST TIME SETUP: BLUETOOTH PAIRING

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



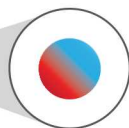
**2**



Press and hold button for **10 seconds**.

Release.

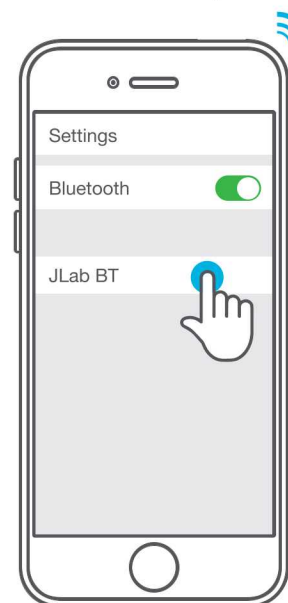
Light will **flash red and blue** to indicate pairing mode.



**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)

## BUTTON FUNCTIONS

**VOLUME UP:** Click once

**TRACK FORWARD:**  
Click & hold 2+ seconds

**POWER ON:**  
Click & hold 3 seconds

**POWER OFF:**  
Click & hold 5 seconds

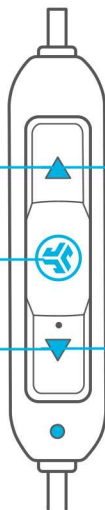
**PLAY / PAUSE:**  
**ANSWER / HANG UP CALLS:**  
Click once

**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"**

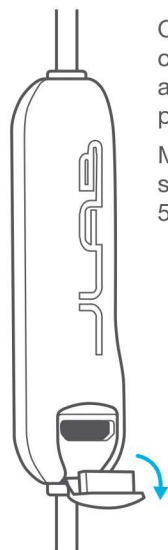
JLab BT earbuds are connected to  
your Bluetooth device and ready  
for use.

**"GOODBYE"**

Power turning OFF.

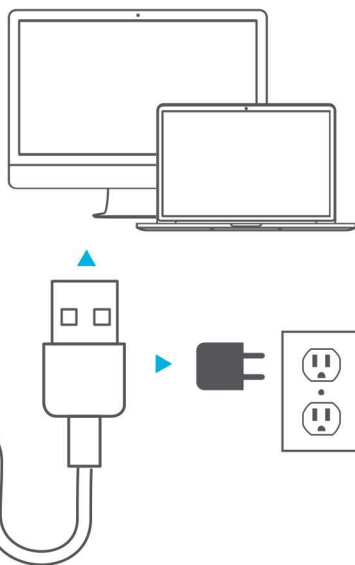
## CHARGING

1



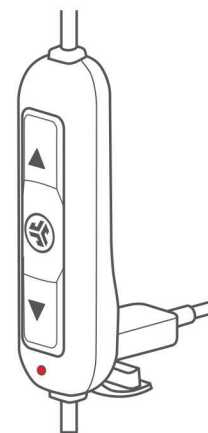
Open USB door and  
connect the cable to  
a computer or USB  
power source to charge.

Make sure the charging  
source is rated at  
5V or less.



2

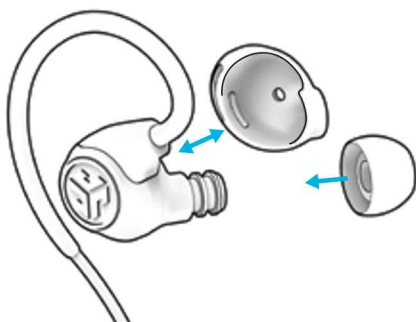
Light will **turn solid red** when charging  
and **turn blue** when fully charged.



## 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.



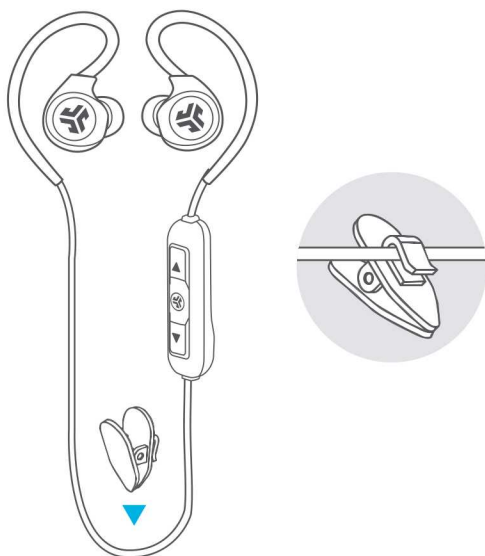
4

Secure cable in front,  
back + bottom.

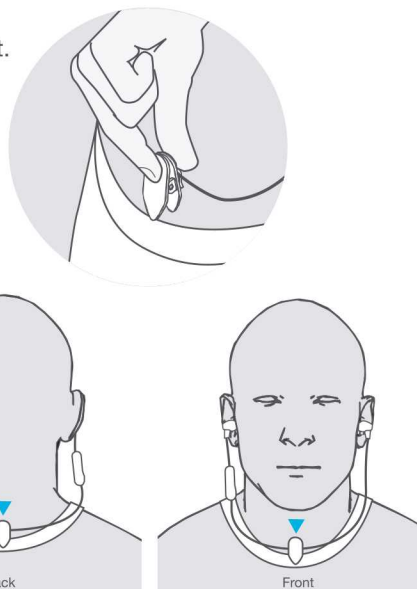


## CABLE CLIP USE

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



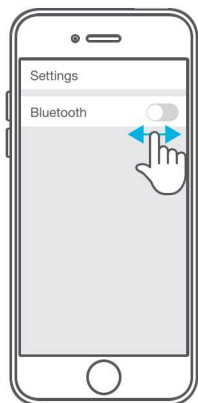
- 2 Clip in the back or front position of shirt.



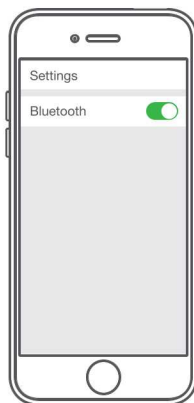
## CONNECTION TROUBLESHOOTING

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

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

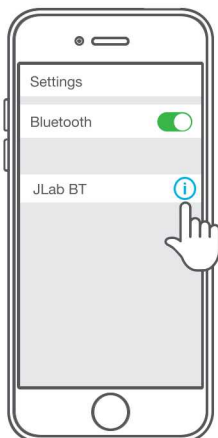


- 2 If you still do not see JLab BT, repeat **FIRST TIME SETUP: BLUETOOTH PAIRING** directions.

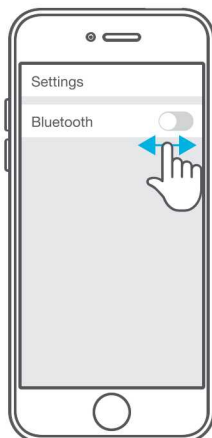


### JLAB BT DOES NOT RECONNECT TO MY DEVICE AFTER POWERING ON

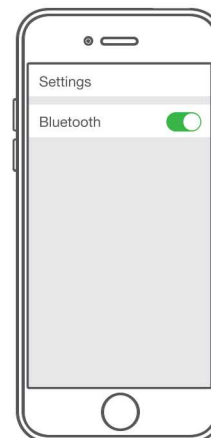
- 1 In device settings, forget the JLab BT.



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



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

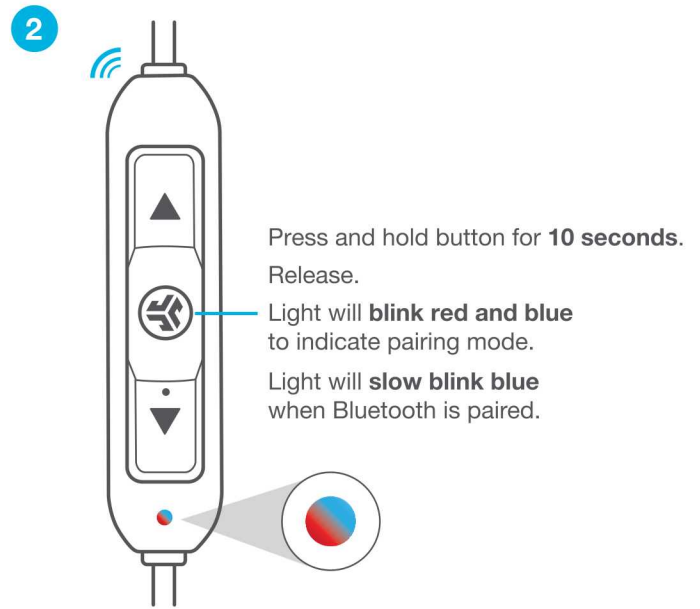
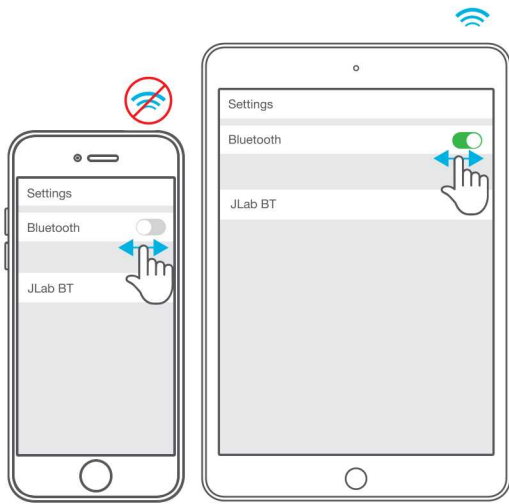


## CONNECTION TROUBLESHOOTING (CONTINUED)

### 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.

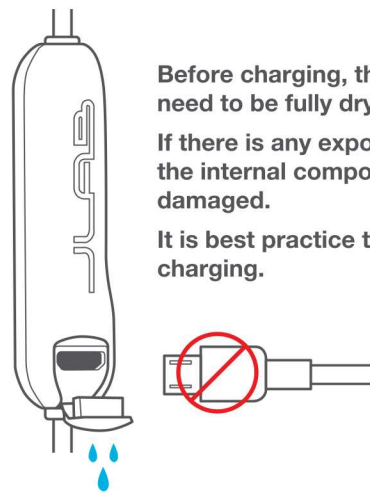
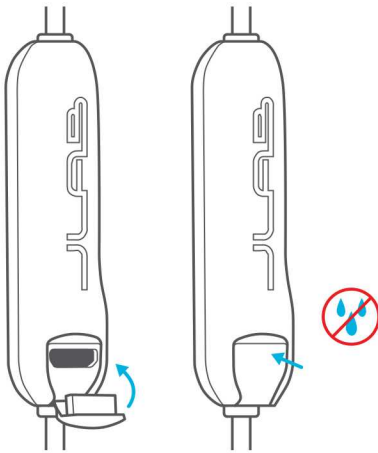
- 1 If you have more than one device that was connected to JLab BT, turn OFF Bluetooth on unwanted devices and turn ON Bluetooth on chosen device.



## 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.

## 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.



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JLab Audio + Burn-in Tool

