



JLAB AUDIO  
FLEX SPORT  
HEADPHONES

**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](https://jlabaudio.com/guarantee)



#### YOUR WARRANTY

You may register your product at [jlabaudio.com/register](https://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.

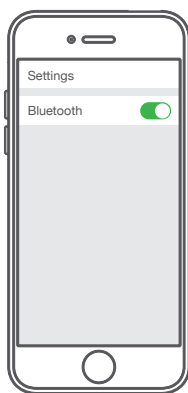


#### CONTACT US

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

## FIRST TIME SETUP: BLUETOOTH PAIRING

- 1 Turn on the Bluetooth in your device settings.

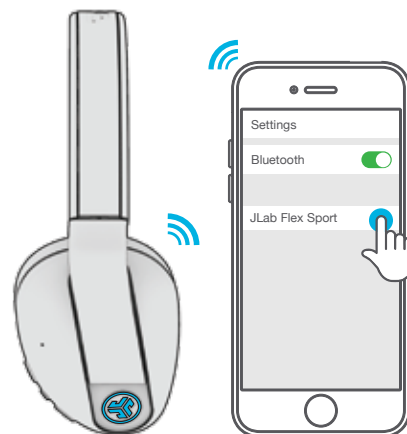


- 2 Press and hold the Power Button for 10+ seconds.

The logo will **flash blue and white** indicating the headphone is ready to pair to your Bluetooth device.



- 3 Select "JLab Flex Sport" in your device settings.  
Voice prompt "You are connected" followed by a **solid blue light** indicates you are connected.



## BLUETOOTH PAIRING NEW / ADDITIONAL DEVICES:

Follow the FIRST TIME SETUP with each additional device. The Flex Sport will remember up to 8 devices and will automatically connect to the last device that was previously paired. If multiple devices have been previously paired, simply turn OFF Bluetooth from unwanted devices and turn ON Bluetooth from chosen device to connect for next use.

#### Notes:

- Bluetooth is a wireless radio technology, which means it is sensitive to objects between the headphone and the connected device. The headphone is designed to be used within 33 feet (10 meters) of a connected device, with no major objects in between (walls, etc.).
- Once successfully connected, the headphone will memorize your device and automatically pair when turned on in the future. Only one device may be connected at a time. To pair a different device, first unpair the current one through its Bluetooth settings.
- If for any reason Bluetooth connection is lost, manually reconnect your Bluetooth device.

## ACCESSORIES



2 TENSION  
BANDS



1 HEADBAND  
PAD

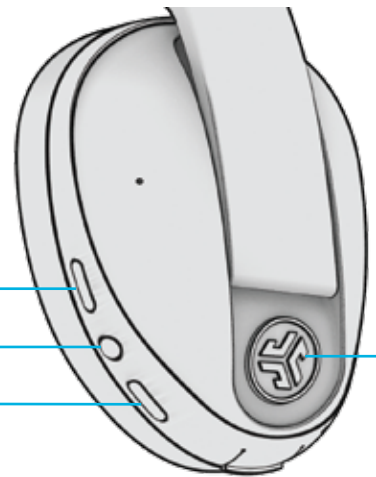


USB-C  
CABLE



TRAVEL  
CASE

## BUTTON FUNCTIONS



**VOLUME UP:** 1 click.

**TRACK FORWARD:**  
Press & hold 1+ seconds.

**TURN ON / OFF:**  
Press & hold 3+ seconds.

**PLAY / PAUSE / ANSWER / HANG UP:**  
1 click.

**SIRI (IOS) OR "OK GOOGLE" (ANDROID):** 2 clicks.

**BLUETOOTH PAIRING:**  
(Follow First Time Setup)

**VOLUME DOWN:** 1 click.

**TRACK BACK:**  
Press & hold 1+ seconds.

**AMBIENT NOISE ON / OFF:** 1 click.  
(Flex Sport will open surrounding noise when active)

**EQ CHANGE:** Press & hold 2+ seconds.  
(Flex Sport will cycle 3 EQ settings)

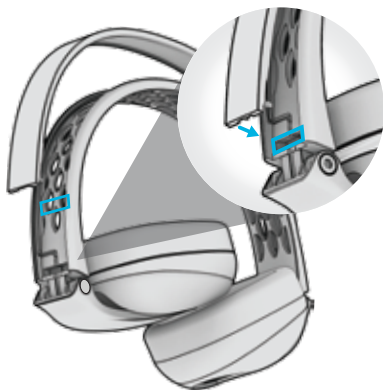
**JLab SIGNATURE**  
JLab C3™ signature sound with amplified vocals and bass

**BALANCED**  
Even sound with no additional sound enhancements

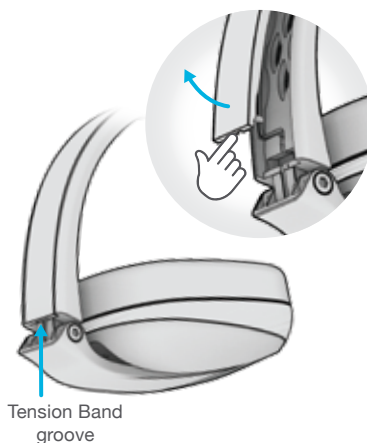
**BASS BOOST**  
Amplified bass and sub-bass

## FITTING: TENSION BANDS

**1 INSTALLING:** Fold in the hinges and locate the locking channels on the headphone. Snap in the Tension Band on both sides. (Under each band lists FLEXFIT or FIRMFIT.)

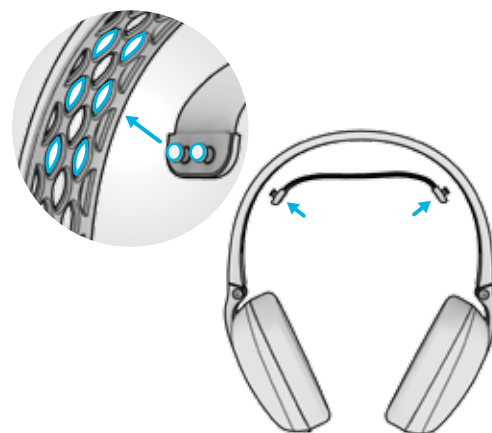


**2 REMOVING:** Fold in the hinges and locate the Tension Band groove. Pull outward with your finger to unlock.



## OPTIONAL HEADBAND PAD

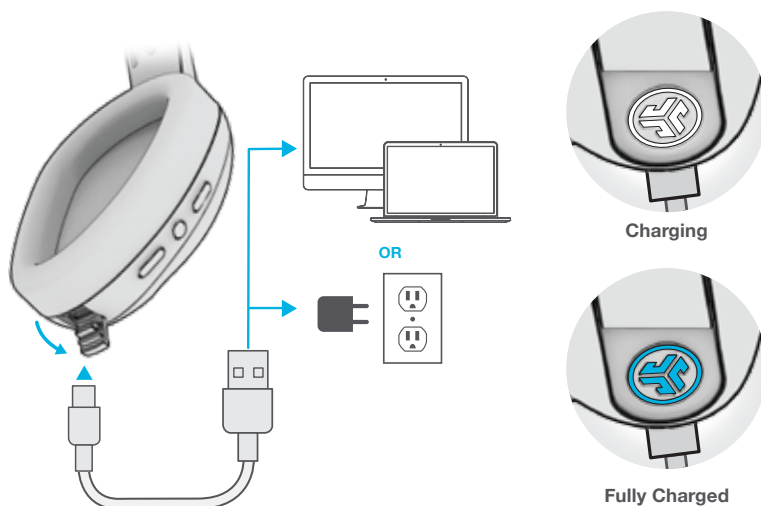
Plug in the dual-lock on one of the dual channels from the inside headband. Repeat same location for other side.



## CHARGING

**Note:** Flex Sport is capable of charging when powered on or off. Open the door below on the Flex Sport to connect to USB-C and charge from a USB input.

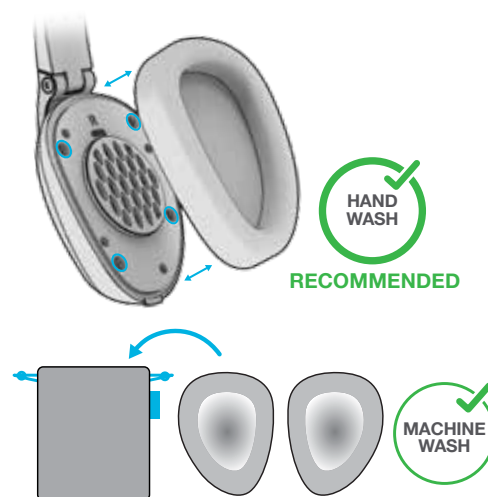
**White light** will indicate charging and **turn blue** once fully charged.



## REMOVABLE EAR PADS

Remove by holding the cushion and pull straight outward.

If you machine wash, place ear pads in the provided travel case before cycle. **Machine Wash Gentle/Delicates. Tumble Dry, No Heat.**



## 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](https://jlabaudio.com/burnin)

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## CAUTIONS

- Avoid getting moisture or liquids on the headphone cups.
- Avoid extreme heat, cold, and humidity.
- Avoid dropping or crushing headphones, stressing the cable by rapid pulling or extreme force, or bending the cable at a sharp angle.
- Wax may build up in headphone cups, 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 headphones as you would a nice pair of sunglasses and keep them in safe location when not in use.