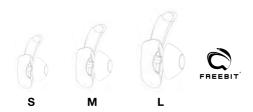


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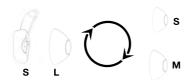


Customizing your fit

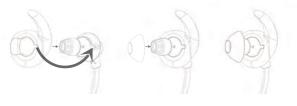
For the most secure fit and accurate heart rate reading, try each of the different ear tips to find your optimal size combination.



a) Mix and match for a custom fit.



b) Installation



Step 1

```
Step 2
```

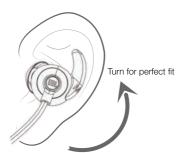
Align the winged piece with the notch, and then gently clip the oval ear tip onto the earphone.

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2 Wearing Instructions

a) Insert the ear tip and turn for perfect fit.





Power on/off



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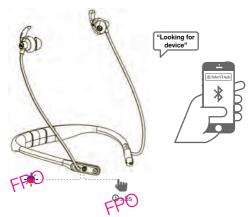






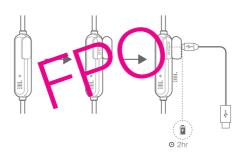
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Charging



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Heart Rate

Your JBL Reflect Fit is compatible with fitness apps that support heart rate sensors, like MapMyRun™, Endomondo and

- 1. Go to your phone's settings menu and enable Bluetooth.
- With the headphones powered ON and your device in search mode, select JBL Reflect Fit Audio to connect.
- After pairing JBL Reflect Fit Audio, follow the app instructions to connect the heart rate sensor.*

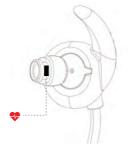


* Premium membership may be required for in-app heart rate function.

"To manually power on/off the built-in heart rate sensor, press and hold the heart rate button for 3 seconds"



4.1 Sensor is located inside the RIGHT earbud, inside the sound tunnel.

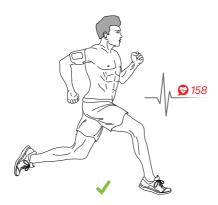


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For accurate heart rate reading, please keep your head still during the calibration phase (approximately 3 seconds).



⊙=3s



Quick Start Guide Guide de démarrage rapide

4.3 Tap the heart rate button on the right side of the neckband control for an instant audible heart rate BPM reading.



Quick Start Guide

Guide de démarrage rapide







Estado	Comportamentos LED	Status	LED- Verhalten
Nenhum dispositivo ligado		k in verät verbunden	-).
Modo de emparelhamento	*	Furing Modus 🛛 🐇	*
Dispositivo ligado		Gerät verbe. Ver	- ` ∳- X 2
Pouca bateria 🛛 🕅	*	Batteriestand niedrig	- ``
A carregar a bateria	•	Batterie wird geladen	•

Stato	Comportamenti LED	Status	LED gedrag
Nessun dispositivo connesso	* -	een opparaat aangesluen	
Modalità di accoppiamento		V /bin en modus 🛛 🖇	- ``
Dispositivo connesso	- ₩ - X2	Apparaat, opeslote	- ` , X 2
Batteria quasi scarica 🛛 🕅		Accu bijna leeg 📃	- `
Batteria in carica	•	Accu wordt geladen 🛛 🔊	•

Tilstand	LED virkemåter	Tila	LED-valojen merkitykset
Ingen enhet tilkoblet	*	aitet ei ole kytkettyn.	- ``
Paringsmodus 🕴		P itu la	* 🔆
Enhet tilkoblet	- ` , × 2	Laite kyv tty	- ` , × 2
Lavt batterinivâ 🗾		Alhainen virtataso [- 🔆
Batterilading	•	Lataa akkua [•

Quick Start Guide

Guide de démarrage rapide







狀態	LED 行為	Stat		Warna LED
未連接裝置	*	essun dispositivi p	onnesso	*
配對模式		ode Pairing	*	*
已連接裝置	÷ (2	Dis, psitivo connusso	>	` ≹ X2
電池電力不足	*	Baterai lemah		*
正在為電池充電	I) • •	Mengisi baterai		•

Quick Start Guide Guide de démarrage rapide

EN

- Premium 5.8mm Dynamic Driver
- Frequency Response: 20Hz-20kHz
- Connection: Micro USB cable for charging
- Support: BT 4.1 A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Bluetooth transmitter frequency range: 2.402 -2.480GHz
- Bluetooth transmitter power: < 4dBm
- Bluetooth transmitter modulation: GFSK, π/4 DQPSK, 8DPSK
- Battery type: Rechargeable Lithium Ion rectangle Cell (3.7V 200mAh)

FR

- Haut-parleur dynamique haut de gamme 5,8 mm
- Réponse en fréquence : 20 Hz - 20 kHz
- Connexion : câble de charge micro USB
- Support : BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Plage de fréquences de l'émetteur Bluetooth : 2,402-2,480 GHz
- Puissance de l'émetteur Bluetooth : < 4 dBm
- Modulation de l'émetteur Bluetooth : GFSK π/4 DQPSK 8DPSK
- Type de batterie : Cellule rectangulaire lithium-ion rechargeable (3,7 V, 200 mAh)

ES

- Transductor dinámico premium de 5,8 mm
- Respuesta de frecuencia: 20 Hz - 20 kHz
- Conexión: Cable de carga micro USB
- Compatibilidad: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Alcance de frecuencia del transmisor Bluetooth: 2.402 - 2.480 GHz
- Potencia del transmisor Bluetooth: < 4dBm
- Modulación del transmisor Bluetooth: GFSK π/4 DQPSK 8DPSK
- Tipo de batería: Celda rectangular de ion litio recargable (3,7 V 200 mAh)

РТ

- Driver dinâmico de 5,8 mm de qualidade superior
- Resposta em frequência: 20 Hz - 20 kHz
- Conexão: Cabo de carregamento micro USB
- Suporte: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Gama de frequências do transmissor Bluetooth: 2,402 - 2,480 GHz
- Potência do transmissor Bluetooth: < 4 dBm
- Modulação do transmissor Bluetooth: GFSK, π/4 DQPSK, 8DPSK
- Tipo de bateria: Bateria de íon de lítio recarregável tipo célula retangular (3,7 V 200 mAh))

Quick Start Guide

Guide de démarrage rapide

DE

- Hochwertiger 5,8mm-Dynamik-Lautsprecher
- Frequenzbereich: 20Hz-20kHz
- Anslutning: Micro USBladdningskabel
- Unterstützung: BT 4.1, A2DP v1.2, AVRCP v1.6, HFP v1.6, HSP v1.2
- Frequenzbereich f
 ür die BluetoothÜbertragung: 2,402 -2,480GHz
- Bluetooth-Übertragungsleistung:
 < 4dBm
- Bluetooth-Übertragungsmodulation: GFSK, π/4 DQPSK, 8DPSK
- Batterietyp: Rechteckige wiederaufladbare Lithiumlonen-Zelle (3,7V, 200mAh)

IT

- Driver Dinamico Premium da 5.8mm
- Risposta in frequenza: 20Hz-20kHz
- Collegamento: cavo di ricarica Micro USB
- Supporta: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Gamma di frequenza trasmettitore Bluetooth: 2.402 -2.480GHz
- Potenza trasmettitore Bluetooth: < 4dBm
- Modulazione trasmettitore Bluetooth: GFSK, π/4 DQPSK, 8DPSK
- Tipo di batteria: Cella rettangolare agli ioni di litio ricaricabile (3,7V 200 mAh)

NL

- Hoofwaardige 5.8mm
 Dynamic Driver
- Frequentiebereik: 20Hz-20kHz
- Micro USB-oplaadkabel
- Ondersteund: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Bluetooth transmitter frequentiebereik: 2.402 -2.480GHz
- Bluetooth transmitter vermogen: < 4dBm
- Bluetooth transmitter modulatie: GFSK, π/4 DQPSK, 8DPSK
- Type batterij: Oplaadbare rechthoekige lithium-ion knoopcel batterij (3.7V 200mAh)

NO

- Premium 5,8 mm dynamisk driver
- Frekvensområde: 20 Hz-20k Hz
- Tilkobling: kabel for lading via Mikro-USB
- Støtter: BT 4.1, A2DP v1.3, AVRCP v1.6, HSP v1.2, HFP v1.6
- Bluetooth-senderens frekvensområde: 2,402–2,480 GHz
- Bluetooth-senderens effekt:
 < 4 dBm
- Bluetooth-senderens modulering: GFSK, π/4 DQPSK, 8DPSK
- Batteritype: Oppladbart Lithium Ion rektangulær celle (3,7V 200mAh)

Quick Start Guide

Guide de démarrage rapide

FI

- Ensiluokkainen 5,8 mm:n dynaaminen elementti
- Taajuusvaste: 20Hz-20kHz
- Liitäntä: Mikro-USB-lataus kaapeli
- Tuki: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Bluetooth-lähettimen taajuusalue: 2,402 -2,480GHz
- Bluetooth-lähettimen teho: < 4 dBm
- Bluetooth-lähettimen modulaatio: GFSK, π/4 DQPSK, 8DPSK
- Paristotyyppi: Ladattava Lithium lon suorakulmainen kenno (3.7V 200mAh)

sv

- Premium 5,8 mm dynamiskt element
- Frekvensomfång: 20 Hz - 20 kHz
- Anslutning: Micro USB-laddningskabel
- Stöd för: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Bluetooth-sändarens frekvensomfång: 2.402 -2.480 GHz
- Bluetooth-sändarens effekt: < 4 dBm
- Bluetooth-sändarens modulering: GFSK, π/4 DQPSK, 8DPSK
- Batterityp: Uppladdningsbart litiumjon rektangulärt cellbatteri (3,7 V 200 mAh)

RU

- Высококачественная 5,8-мм динамическая мембранаг
- Частотная характеристика: 20 Гц-20 КГц
- Соединения: Micro-USB кабель для зарядки
- Поддерживаемые протоколы: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Частотный диапазон передатчика Bluetooth: 2402-2480 ГГц
- Мощность передатчика Bluetooth: макс. 4 дБ/мВт
- Модуляция передатчика Bluetooth: гаусс. част. модул. т/4 относ. квадрат. фаз. модул. относ. восьмер. фаз. модул.
- Тип аккумулятора: перезаряжаемый ионно-литиевый цилиндрический элемент (3,7 В, 200 мА*ч)

DA

- 5,8 mm dynamiske enheder af premiumkvalitetr
- Frekvensområde:
 20 Hz 20 kHz
- Tilkobling: kabel for lading via Mikro-USB
- Support: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- Frekvensområde for Bluetooth-transmitter: 2.402-2.480GHz
- Bluetooth-sendeeffekt:
 < 4 dBm
- Bluetooth-sendemodulation: GFSK, π/4 DQPSK, 8DPSK
- Batteritype: Genopladelig rektangulær Li-ioncelle (3,7 V 200 mAh)

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JP

- 高品質の5.8mmダイナミック ドライバー
- 周波数特性:20Hz~20kHzHz
- 接続:マイクロUSB充電ケー ブル
- サポート:BT4.1、A2DP v1.3、 AVRCP v1.6、HFP v1.6、 HSP v1.2
- Bluetoothトランスミッター 周波数帯域:2.402~
 2.480GHz
- Bluetooth対応トランスミッ ター 出力:<4dBm
- Bluetooth対応トランスミッ ター 変調:GFSK、π/4 DQPSK、8DPSK
- バッテリーの種類:再充電可能 リチ ウムイオン角形電池 (3.7V 200mAh)

ко

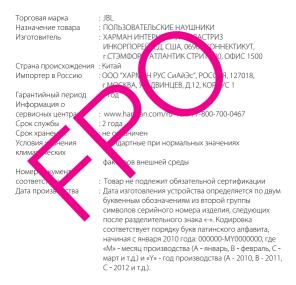
- 프리미엄 5.8mm 다이내믹 드라이버
- 주파수 응답: 20Hz -20kHz
- 연결: 마이크로 USB 충전 케이블
- 지원: BT 4.1, A2DP v1.3, AVRCP v1.6, HFP v1.6, HSP v1.2
- 블루투스 트랜스미터 주파수 범위: 2.402-2.480GHz
- 블루투스 트랜스미터 전력:
 <4dBm
- · 블루투스 트랜스미터 변조: GFSK, π/4 DQPSK, 8DPSK
- バッテリーの種類:再充電可 能リチウムイオン角形電池 (3.7V 200mAh)

CHS

- 优质的 5.8mm 动态驱动器
- 频率响应:20Hz-20kHz
- 连接: Micro USB 充电电线
- 支持:BT 4.1、A2DP v1.3、 AVRCP v1.6、HFP v1.6、 HSP v1.2
- 蓝牙发射器频率范围: 2.402-2.480GHz
- 蓝牙发射器功率:< 4dBm
- ・
 広牙发射器调制:GFSK,π/4
 DQPSK,8DPSK
- 电池类型:长方形锂离子充电
 电池(3.7V 200mAh)

Quick Start Guide

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Este equipamento opera em caráter secundário, isto é, não tem direito a proteção contra interferência prejudicial, mesmo de estações do mesmo tipo, e não pode causar interferência a sistemas operando em carater primario"

Este produto está homologado pela ANATEL, de acordo com os procedimentos regulamentados pela Resolução 242/2000, e atende aos requisitos técnicos aplicados.

Para maiores informações, consulte o site da ANATEL - www.anatel.gov.br



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FCC WARNING

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception,

which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- -- Reorient or relocate the receiving antenna.
- -- Increase the separation between the equipment and receiver.
- -- Connect the equipment into an outlet on a circuit different

from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help. The device has been evaluated to meet general RF exposure requirement. T he device can be used in portable exposure condition without restriction. FCC ID: APIJBLFIT