

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



YOUR WARRANTY

All warranty claims are subject to JLab authorization and at our sole discretion. Retain your proof of purchase to ensure warranty coverage.



CONTACT US

Reach out to us at support@jlab.com or visit jlab.com/contact

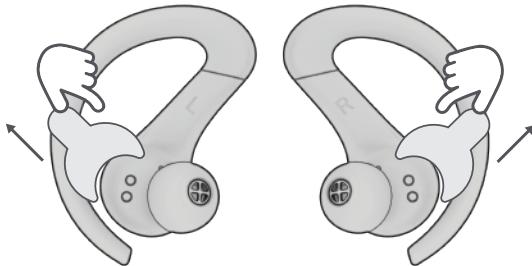
REGISTER TODAY

jlab.com/register

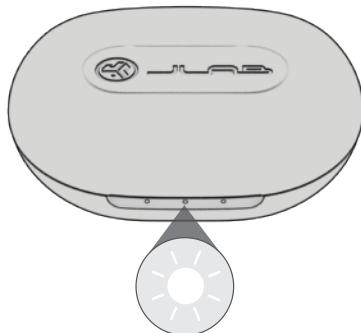
Product updates | How-to tips
FAQs & more

BLUETOOTH PAIRING

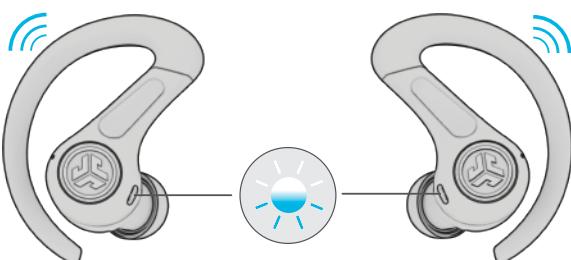
1 Take earbuds out of case and remove stickers.
Place back in case and close door.



2 White light on case indicates charge.
Remove earbuds from case.

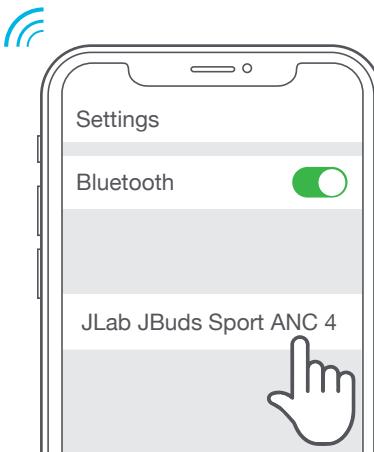


3 One earbud will blink blue/white indicating ready to pair to your device.



4 Select “JLab JBuds Sport ANC 4” in your device's Bluetooth settings.

Voice prompt “Bluetooth connected” followed by **blinking white lights** will indicate you are connected.



ADDING DEVICES FOR MULTIPONT:

Turn OFF Bluetooth from any previously connected device. Earbuds will automatically enter Bluetooth Pairing mode.

Turn ON Bluetooth from new device. Select “JLab JBuds Sport ANC 4” in device settings to connect.

Turn ON Bluetooth on previous device. Audio will switch automatically between devices.

GO AHEAD, PUSH THE BUTTON

Touch controls are fully L/R Symmetrical

VOLUME UP/DOWN: Swipe Up/Down

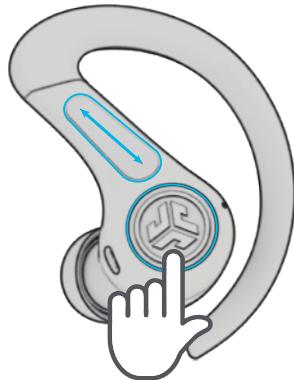
PLAY/PAUSE ● 1x Tap

TRACK FORWARD ●● 2x Tap

TRACK BACK ●●● 3x Tap

NOISE CONTROL — Press Hold

EQ CHANGE — Press Hold
Both Earbuds



ANSWER CALL ● 1x Tap

HANG UP ●● 2x Tap

REJECT INCOMING CALLS — Press Hold

THE RIGHT SOUND FOR EVERY MOMENT

We get it, sound is personal. Choose your sound preferences from our EQ3 settings and customize your sound style to match exactly what you're doing.

EQUALIZER MODES



JLab SIGNATURE
JLab C3™ signaturesound
with amplified bass and vocals



BALANCED
Even sound with no
additional enhancements



BASS BOOST
Amplified bass
and sub-bass



CUSTOM
Personalize your EQ
through the JLab App.

BEST FOR

Best option for most music
Pop, rock, country, electronic and more

BEST FOR

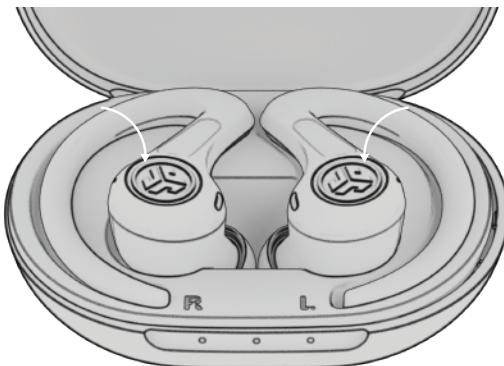
Podcasts, Audiobooks
Classical music

BEST FOR

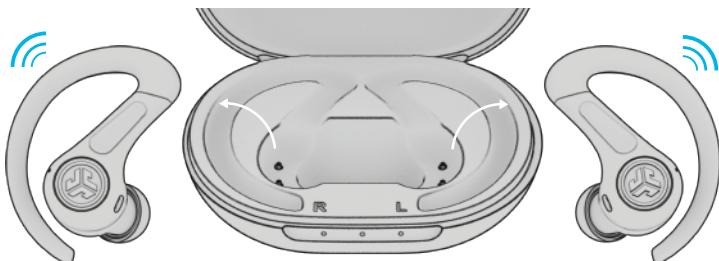
Working out, sport and fitness
Hip hop, rap, electronic

GET CHARGED (EARBUDS)

1 Earbuds will power off and start charging when placed in the case.

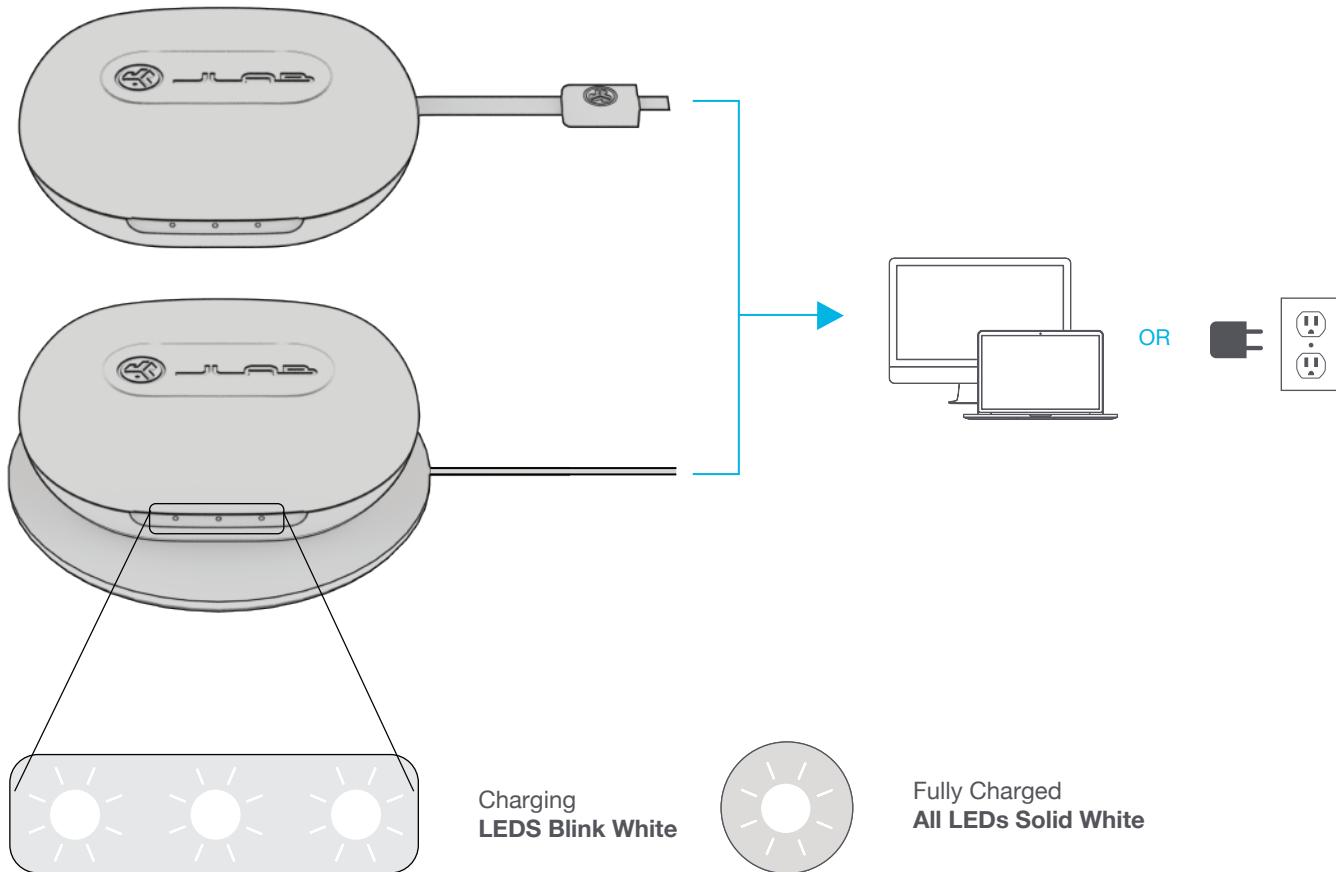


2 Earbuds will auto power on and connect to your device when removed.



CHARGING CASE

Connect the JBuds Sport ANC 4 into a computer or USB-C 5V 1A (or less) output device.

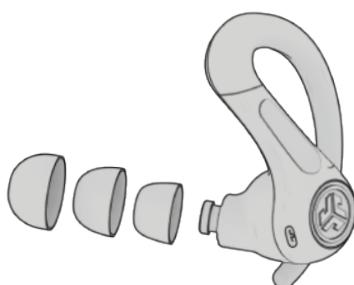


FIND YOUR FIT



Place hook behind ear.
Rotate and adjust for best fit.

Try all ear tips for best fit and proper seal.



VOICE PROMPTS

"JLab ON": Power ON
"JLab OFF": Power OFF
"Ready to Pair":
JLab JBuds Sport ANC 4 is ready to pair to Bluetooth device
"Bluetooth Connected":
Earbud is connected to device

"Battery Full": 100-80%
"Battery Medium": 70-30%
"Battery Low": Less than 25%
(When power decreases to 10%, "Battery Low" will play one time)

QUICK TIPS

- The left or right earbud can be used independently for music and phone calls. Simply choose one and take out of the case to connect.
- Fully dry off earbuds before putting in the charging case to avoid any damage to the case. The earbuds are sweat/water resistant but the case is not.

MANUAL RESET

CONNECTION FAILURE OR EARBUDS DISCONNECTED FROM EACH OTHER

- 1 Keep the earbuds in the charging case and forget “JLab JBuds Sport ANC 4” from your Bluetooth device setting.
- 2 Quick tap one earbud 7x while in charging case. Earbud blinks blue 4 times.
- 3 Quick tap 7x on other earbud in charging case. Earbud blinks blue 4 times.
- 4 Take both earbuds out of charging case. One earbud LED will shine solid white and other will blink blue/white indicating: ready to pair to your device.

Instructional videos at: JLAB.COM/SUPPORT/JBUDSSPORTANC4

DOWNLOAD THE APP

Customize JBuds Sport ANC 4 with features like an interval timer and update to the latest software.

Download the **JLab App** in Apple/Google Play Store.



[Shop products](#) | [Product alerts](#) | [Burn-in your headphones](#)

JLab Store + Burn-in Tool



JLAB.COM