LIVE FLEX 4

True wireless Noise Cancelling earbuds



All-day companion.

Move through every moment of your day, effortlessly in tune with JBL Live Flex 4. JBL Signature Sound with Hi-Res audio accuracy and Spatial Sound makes every playlist, podcast, and voice call sound sharper, richer, and more alive. True Adaptive Noise Cancelling 2.0 automatically clears away distractions, while Smart Ambient keeps you connected to what's around you. Just tap the even more convenient display on the redesigned Smart Charging Case™ to adjust volume, skip tracks, or fine-tune your sound—while your phone stays in your pocket. Six microphones with AI-trained noise reduction keep your voice clear and natural, while the streamlined Flex-style design stays secure through commutes, light workouts, and late-night listens. With up to 50* hours of playtime and IP54 water- and dust-resistant durability, Live Flex 4 connects you seamlessly, from the responsibilities of your day to the soundtrack of your night. (*with ANC off)

Features

- JBL Signature Sound with Hi-Res Audio
- Smart Charging Case™ for a seamless experience
- True Adaptive Noise Cancelling 2.0, real time calibration
- 6-mic Perfect Calls 2.0 with AI-trained algorithm
- Up to 50 hours of playtime plus wireless charging
- Next-gen Bluetooth® with LE Audio
- IP54 water- and dust-resistant design
- Personi-Fi 3.0
- Stay in control with the JBL Headphones app
- Easy access to Google Finder and Audio Switch

Bluetooth®

LIVE FLEX 4

True wireless Noise Cancelling earbuds



Features and Benefits

JBL Signature Sound with Hi-Res Audio
12 mm drivers powered by JBL Signature Sound deliver crisp detail, deep bass, and natural balance. Hi-Res Audio Wireless brings out every nuance of your playlists, podcasts, and calls, making everything you hear sound more alive while JBL Spatial Sound transforms ordinary stereo into a natural, three-dimensional listening experience.

Smart Charging Case™ for a seamless experience
The redesigned Smart Charging Case™ doubles as your earbud controller with a simple interface that makes interaction easier than ever. Its intuitive display lets you adjust volume, switch tracks, manage ANC or Ambient Sound, and fine-tune your EQ—no phone or app required.

True Adaptive Noise Cancelling 2.0, real time calibration
Advanced adaptive processing monitors your surroundings in real time to block out distractions and unwanted noise. Stay immersed in silence, or use the JBL Headphones app to control how much of the outside world you want to let in. With fully adjustable Ambient Sound control, you can choose exactly when to stay focused and when to stay aware. Smart Talk automatically mutes your music whenever it hears you speak, so you can have a quick chat without reaching for the pause button. Use the JBL Headphones app to fine tune the Smart Talk settings.

6-mic Perfect Calls 2.0 with AI-trained algorithm
Six microphones with beamforming technology and intelligent noise reduction cut through background chatter so your voice stays clear and natural. You can even tailor call effects and levels to match your environment.

Up to 50 hours of playtime plus wireless charging
Get up to 10 hours in the earbuds and 40 more from the case*. A 10-minute speed charge via USB Type C delivers 4 hours of playback, and Qi wireless charging keeps you powered without cables.
(*ANC off)

Next-gen Bluetooth® with LE Audio
Enjoy lower-power streaming with higher quality and new ways to connect. Join independent unicast streams or tap into Auracast™ broadcasts directly through the JBL Headphones app. It's future-ready listening made simple.

IP54 water- and dust-resistant design
Water and dust-resistant durability lets you keep listening through workouts, commutes, and outdoor adventures with total confidence.

Personi-Fi 3.0
Hear and feel every note of your playlist. Shape your audio to match your personal listening profile with interactive customization tools that use precise information about you and your preferences to provide the exact sound curve that suits you best.

Stay in control with the JBL Headphones app
Personalize the soundtrack of your life. Just download the free JBL Headphones app to customize the way you listen. Adjust the Adaptive Noise Cancelling to your ears' shape, tweak your ambient sound control settings, create a Relax playlist to help you chill out or find your earbuds. You can also change how the earbuds behave through gesture customization, or adapt the sound output to audio or video to get the most out of your content—plus much more.

Easy access to Google Finder and Audio Switch
Locate your earbuds instantly through Google's network and switch connections effortlessly between phone, tablet, or laptop without missing a beat.

Technical Specifications

General Specifications
- Driver size: 12 mm / 0.47" Dynamic Driver
- Power supply: 5 V ⎓ 1 A
- Maximum operation temperature: 40 °C
- IP rating: IP54

Audio Specifications
- Frequency response: 20 Hz - 40 kHz
- Impedance: 16 ohm
- Sensitivity: 98 dB SPL@1 kHz
- Maximum SPL: 95 dB
- Microphone sensitivity: -38 dBV/Pa@1 kHz

Control and Connection Specifications
- Bluetooth version (Earbud): 6.0
- Bluetooth version (Charging Case): 6.0
- Bluetooth profile version: A2DP V1.4, AVRCP V1.6.3, HFP V1.8
- Bluetooth transmitter frequency range: 2.4 GHz - 2.4835 GHz
- Bluetooth transmitter power (Earbud): < 8 dBm (EIRP)
- Bluetooth transmitter power (Charging Case): < 15 dBm (EIRP)
- Bluetooth transmitter modulation (Earbud): GFSK, π/4-DQPSK
- Bluetooth transmitter modulation (Charging case): GFSK

Dimension Specifications
- Earbuds: 4.5 g per pc (9 g combined)/ 0.0099 lbs per pc (0.0198 lbs combined)
- Charging case: 67.1 g / 0.1479 lbs

Battery Specifications
- Earbud battery type: Lithium-ion battery (44 mAh / 3.85 V)
- Charging case battery type: Lithium-ion battery (580 mAh / 3.85 V)
- Charging time: 2 hrs from empty
- Music playtime with BT on and ANC off: Up to 10 hrs
- Music playtime with BT on and ANC on: Up to 7 hrs
- Music playtime with BT on and True Adaptive ANC on: Up to 6 hrs
- Talk time with ANC off: Up to 4 hrs
- Talk time with ANC on: Up to 3.5 hrs

What's in the Box

1 x JBL Live Flex 4 earbuds
1 x Charging Case
1 x Warranty / Warning (W / !)
1 x QSG / Safety Sheet (S / i)

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