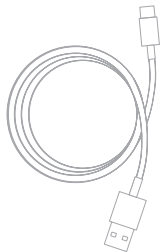
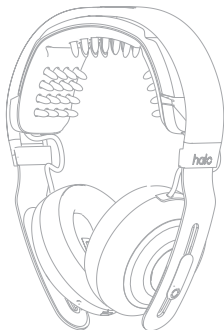




# Quick Start Guide

Welcome to the future of training.

## In this box



Here's your Halo Sport headset, Primer band, and USB-C charging cable. Let's get started.



## Download the Halo Sport app

The app will walk you through pairing your headset and getting set up for your first Neuropriming session. If it's your first time using the app, you'll need to create an account.





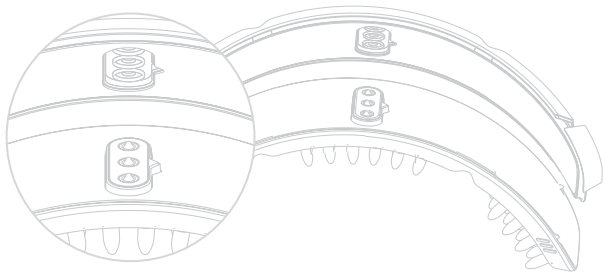
## Prepare your Primer band

Remove your Primer band. Soak the foam tips (“nibs”) under running water for 60 seconds until they are all dark gray and very wet. If it’s your first session, press on the nibs to help them absorb water.



## Insert your Primer band

Insert your Primer band into your headset by lining up the circles and arrow on the back of your Primer band with the corresponding area on your headset. Press the left and right side of your Primer band against the headset.





## Pick a session

Open the app and choose the session that focuses on the muscle group most important for your training.



## Start your session

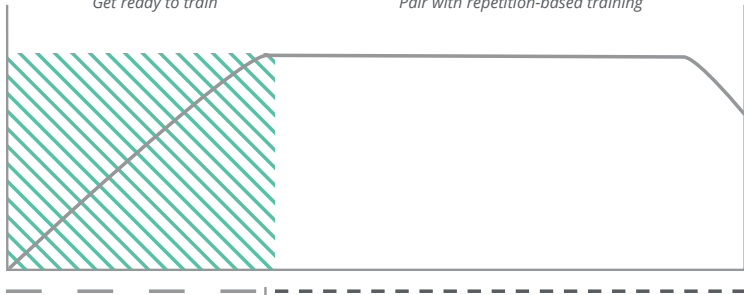
A Halo Sport training session has two parts — a Neuropriming phase and a hyperplasticity training phase. See the graph for details.

## NEUROPRIMING

*Get ready to train*

## HYPERPLASTICITY

*Pair with repetition-based training*



**20 MIN**

**60 MIN**

Put on your headset and start your session. Stretch, warm up, or relax before training. Benefits begin during this period.

Remove your headset and start training. Benefits continue for about an hour after your Neuropriming session ends.

## How should I use Halo Sport to train for my specific activity?

Train as you would normally, with a focus on quality repetitions. You can find training guides and tips at [info.haloneuro.com/workout-guides](http://info.haloneuro.com/workout-guides).

## How often should I use Halo Sport?

We recommend using Halo Sport as often as you train (but not more than once per day).



## How do I know that Halo Sport is working for me?

Track your performance in some way, whether through time trials, max lifts, or time needed to learn a new song or skill. Compare your rate of progress before and after introducing Halo Sport into your training routine.

## How soon will I see results?

Experts typically see results in 2-3 weeks or 8-10 sessions, while beginners see results in less time.

## I'm having a technical issue! What should I do?

Visit [support.haloneuro.com](https://support.haloneuro.com) for troubleshooting tips and more. Still having trouble? Reach out to us directly at [support@haloneuro.com](mailto:support@haloneuro.com).

## How can I get better contact between the headset and my head?

Get great contact by soaking your Primer nibs and tightening the headset on your head. When you tighten your headset, retract the sides and wiggle the Primers down through your hair so that the nibs rest on your skin, not your hair.

## How do I store my Halo Sport?

When storing your headset, remove the Primer band and wipe off any moisture with a cloth.

Store your headset and Primer band separately in a clean, dry environment.

## Where can I buy new accessories for my headset?

You can purchase replacement Primer bands, ear pads, and more in our online store. You can get to the store from the Halo Sport app, or by visiting [haloneuro.com/store/accessories](https://haloneuro.com/store/accessories).

Questions?  
We're here to help!

**support.haloneuro.com**

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