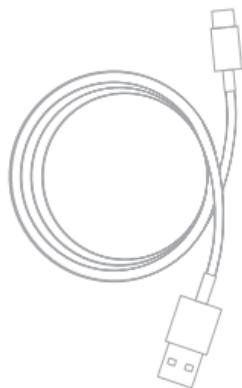
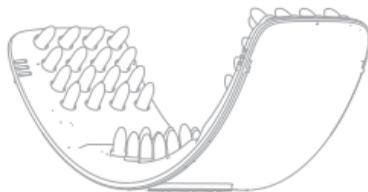
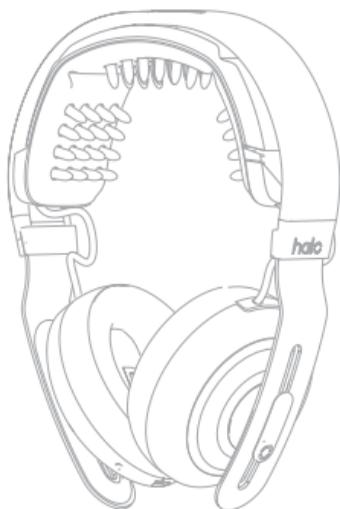




Quick Start Guide

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.





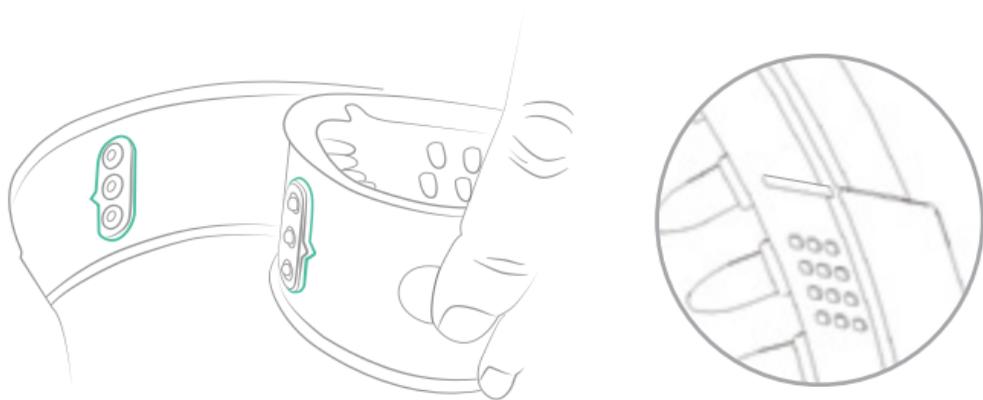
Prepare your Primer band

Remove your Primer Band. Saturate the foam tips (“nibs”) under running water for 45 seconds until the nibs are all dark gray and very wet. You can gently press on the nibs to help them absorb water. After wetting, shake off any excess water from the Primer Band.



Insert your Primer band

Using your thumb and pointer finger, pinch the Primer Band from the textured circles. While pinching, insert your Primer Band by lining up the green arrow on the back of your Primer Band with the corresponding arrow on your headset. Use the alignment lines to verify that your Primer Band is inserted properly.





Pick a session

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



Start your session

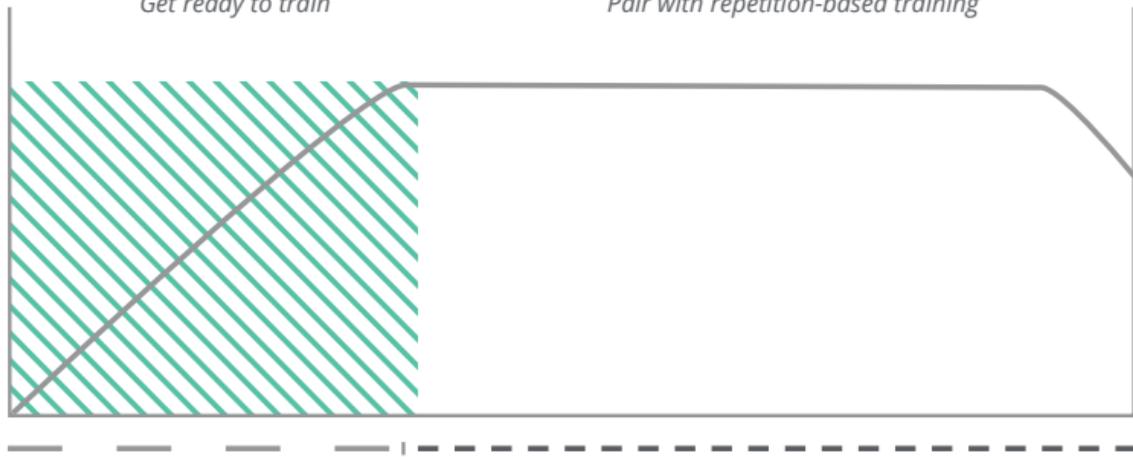
A Halo Sport training session has two parts — a Neuropriming phase and a hyperplasticity training phase. See the graph for details.

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.

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 for troubleshooting tips and more. Still having trouble? Reach out to us directly at 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.

Questions?
We're here to help!

support.haloneuro.com

support@haloneuro.com

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