



Quick start guide





Welcome to the future of physical training.

You're about to join thousands of athletes, musicians, and military personnel across the globe who are using Halo Sport to perfect their craft. We are thrilled to be a part of your journey.

This booklet contains the information you need to get started with Halo Sport. For the full Owner's Guide, visit haloneuro.com/halosportguide.

QUICK START

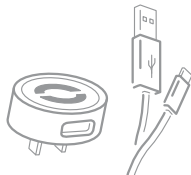
Halo Sport System



Halo Sport headset
(with open earpads)



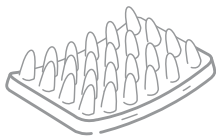
Quick-dry case



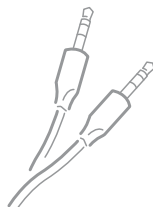
Charger + USB cable



Recharge kit



Primers (3)



Audio cable



Spray bottle



Closed earpads

QUICK START

Headset Detail



- A Primer pockets
- B Interchangeable earpads
- C Micro-USB charging port
- D Power button
- E Indicator light
- F Audio jack

STEP 1

Install the free Halo Sport app

To get started with Halo Sport, grab your phone or tablet.* Go to the app store (iOS or Android), search for “Halo Sport,” and download the app.

*See haloneuro.com/support/compatibility for a list of compatible devices.

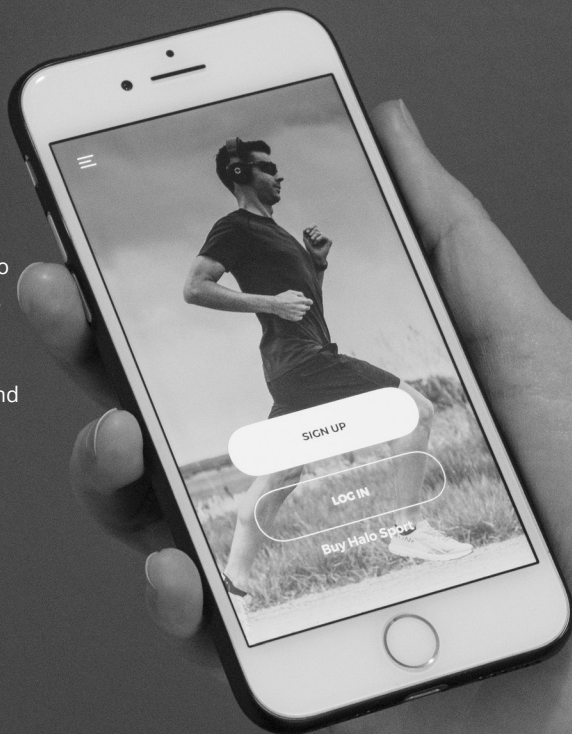


STEP 2

Create your account

Open the app and select “Sign Up” to create your Halo Sport app account.

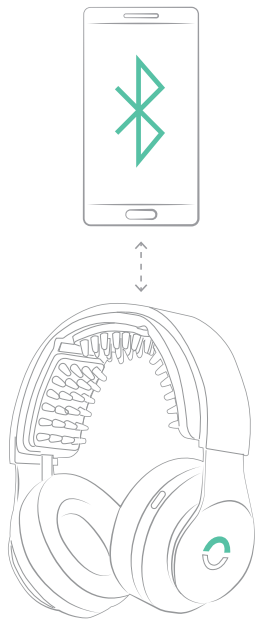
Once you’re logged in, the app will walk you through how to connect and set up your headset. Everything you need is in the app, but the steps are also listed in this guide.



STEP 3

Connect your headset to your phone

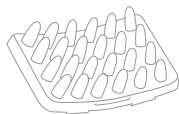
- **Turn on Halo Sport:** Press the silver power button once.
- **Enable pairing mode:** A rapidly-flashing LED means Halo Sport is in pairing mode. If necessary, hold the silver power button for about 7 seconds to enable.
- **Pair to Halo Sport:** Use the Halo Sport app to pair with your headset (don't use your phone's Bluetooth menu).



STEP 4

Get ready to Neuroprime

Before Neuropriming, you'll need to wet your Primers with tap water and correctly position the headset on your head:



Wet the Primers:

The goal here is to get the foam tips ("nibs") of the Primers soaking wet. Use a faucet or the included spray bottle to soak the nibs on all three Primers. You'll know they're wet enough when the nibs turn dark gray.



Insert the Primers:

Each Primer has 3 prongs that slide into the 3 slots in each Primer pocket. It doesn't matter which Primer you insert into each pocket.



Position the headset:

Place the headset on your head as you would with a normal pair of headphones. The headset's band should be perpendicular to the ground.

STEP 5

Establish good contact

Halo Sport needs good contact with your head to start Neuropriming. The app will show a “poor contact” screen if the headset is not yet making solid contact. If necessary, you can try these steps to improve contact:



1. Re-wet the Primers by holding each one under running water for 10 seconds. Make sure all sides of the Primer nibs are dark gray (thoroughly soaked), and then re-insert them.
2. Once the headset is on your head, tighten it by retracting the sides.
3. Wiggle the Primers down through your hair so that the nibs are resting on your skin rather than your hair.

STEP 6

Select a Neuropriming session

The app has several session options — each session emphasizes a different muscle group. The headset will stimulate specific parts of your motor cortex depending on which session you choose.

Choose the session that relates most to the muscle groups you want to train. For more information on selecting a session, visit haloneuro.com/support/sessions.

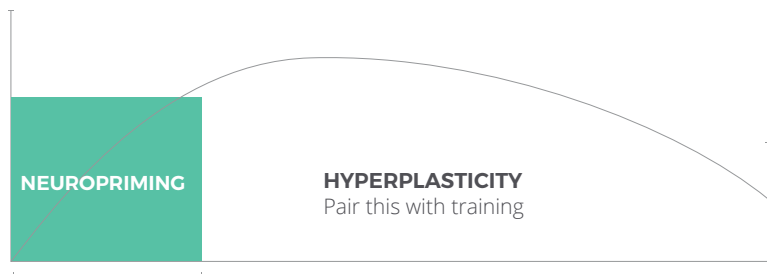




STEP 7

Start Neuropriming!

A Halo Sport training session has two parts — a Neuropriming phase and a hyperplasticity training phase.



20 MIN

Benefits begin during this period. Stretch, do light warm-ups, or relax before your training.

Benefits continue for about an hour after the Neuropriming session ends. Use this time to train hard and focus on quality training repetitions.

Once your Neuropriming phase is complete, you can remove the headset or keep it on — either way, you'll get the full benefits of Halo Sport.

FAQ

How often should I use Halo Sport?

Our experience shows that using Halo Sport once per day at least 3-4 times per week produces optimal results. If you train more than once per day, we recommend pairing Halo Sport with your most intense training session.

How soon should I see results?

It depends on your training regimen and your current performance level. Elite athletes will typically see results in 3-4 weeks, while amateurs may see them faster.

How do I fix a Bluetooth connection issue?

If you're unable to connect, restarting the app and/or restarting your phone may help. For more Bluetooth troubleshooting steps, go to:

haloneuro.com/support/bluetooth.

How do I charge Halo Sport?

The included USB cable and wall adapter can be used to charge your Halo Sport. A full charge requires 3-4 hours of charge time, and should last for about 8 Neuropriming sessions. An orange light indicates that your headset is charging; a green light indicates a full charge.

FAQ - continued

How do I store my Halo Sport?

When storing your headset, remove the Primers from the Primer pockets. Clean and dry the headset with a light cloth. Halo Sport should be stored in a clean, dry environment inside of the provided quick-dry case.

What is the Recharge Kit for?

After many uses, your Primers may not absorb water as well, which may make it harder to get good contact. If you notice this happening, use the provided recharge kit to restore their absorberency. In normal cases, this won't be necessary until after many sessions. To learn how to recharge your Primers, visit: haloneuro.com/support/recharge.

How old do you need to be to use Halo Sport?

Halo Sport is for individuals age 18 and over. For full details on who should and should not use Halo Sport, visit: haloneuro.com/support/who.

Where can I buy new Primers?

You can purchase additional Primers — and other accessories like recharge kits and Bluetooth audio adapters — in our online store. You can get to the store from the Halo Sport app by selecting “Halo Store” in the left-hand menu, or by visiting: haloneuro.com/store/accessories.

A man with a beard and mustache is wearing large over-ear headphones and safety goggles. He is holding a hockey stick and looking down at it. He is wearing a green sports jacket with a 'CRAFT' logo and a 'SAITAMA' patch. The background is a blurred outdoor setting. The text 'Welcome to' is overlaid in white.

Welcome to



the team.

Questions?

We're here to help.



support.haloneuro.com



support@haloneuro.com



(415) 745-1115

Check out our website for the latest news, usage tips, and technical support.

For warranty information, visit haloneuro.com/warranty.



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