

# IN THE ZONE - REMASTERED

## EXERCISING WITH HOLOSYNC

**Welcome to In the Zone - Remastered, the only soundtrack designed to supercharge your exercise routine with Holosync!**

What if you could exercise your brain while you exercise your body? Now you can!

Whether you're a runner, cyclist, tennis player, or someone who just enjoys a brisk walk to stay in shape, you can boost the benefits of your workout routine just by listening to **In the Zone - Remastered!**

Originally released in 2002, **In the Zone - Remastered** is totally new, improved, and completely remastered, with a musical track to get you moving, and an even more powerful gamma-based Holosync listening session designed to boost your energy!

Simply lace up your running shoes, pop in your earbuds, cue up **In the Zone - Remastered**, and listen during your workout!

**In the Zone - Remastered** elevates your brain waves into the gamma state, the highest of the brain wave patterns and is associated with increased energy, happiness, and vitality. Listening will help you get into "The Zone" - that perfect state of flow where time passes quickly and you feel extra strong and in sync with your body and mind.

### **Soundtrack Details:**

- 30 Minutes
- Light Neural Driving Effect
- Use headphones or earbuds
- Includes a peak gamma state of 40 Hz
- Includes a 120 beat-per-minute musical soundtrack ideally paced for exercise
- Listen during your workout or exercise routine (or anytime you want a boost of energy!)

**Bonus Tip: In the Zone - Remastered** is not just for exercise. It's great to listen to when you need a boost of energy for anything from answering your email, straightening up the house, or tackling that home improvement project!

### **Some Important Things to Remember About Holosync Listening Sessions:**

- **Check with your doctor or health care specialist before beginning any exercise routine.**
- **When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.**
- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.
- You do not need highly expensive audio gear to listen, (although the higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the mp3 format. (Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit [centerpointe.com](http://centerpointe.com) for details or call **503-672-7117**)
- All soundtracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.

# FREQUENTLY ASKED QUESTIONS

## **Q) “I hear a faint hum or buzz on my soundtracks”**

That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your hearing, what soundtrack you’re listening to, how loudly you’re listening, etc). Again, it doesn't matter whether or not you can consciously hear Holosync – it will still work.

## **Q) “Will the soundtracks work better at a louder volume?”**

No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. Louder isn’t better. We recommend listening at a comfortably low volume.

## **Q) “I’m also doing The Holosync Solution™ program. Can I do both?”**

Absolutely! The In The Zone - Remastered soundtrack is completely compatible with your Holosync Solution tracks or any other Holosync products.

## **Q) “Can children listen to these soundtracks?”**

Due to the potency of some soundtracks, we don't recommend that children younger than 13 listen to In The Zone - Remastered. While there is no known risk to younger children listening, Holosync can sometimes produce catharsis or bring up challenging mental and emotional material for some children. For more information be sure to contact our Support Team.

## **Q) “I need more help. Who can I talk to?”**

You can speak with a real, live person! Our Support & Accelerated Results Coaching Team is here to help!

**Our telephone support line is open from  
9:00am - 4:30pm Monday - Friday, Pacific Time  
503-672-7117  
Or you can email [support@centerpointe.com](mailto:support@centerpointe.com)**