haogenplast
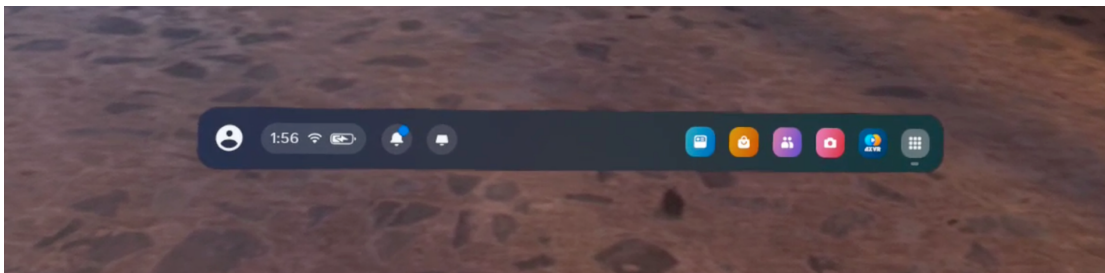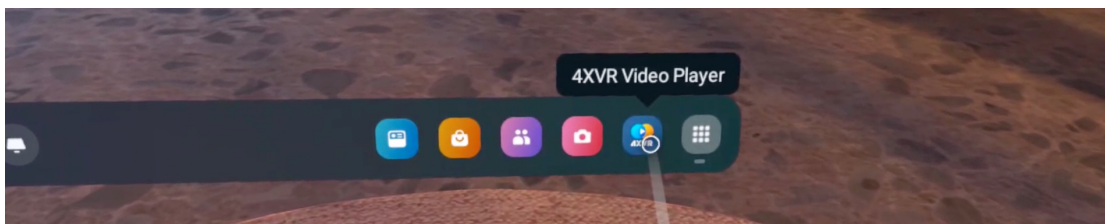# Meta Quest 2 Guide

1. To turn on the VR headset for the first time, push the button on the side of the headset for 3 seconds until the light turns on. After the headset is on, only a short single press is needed to turn on and off.

2. Once the device is on, locate the menu bar. Look around if needed.

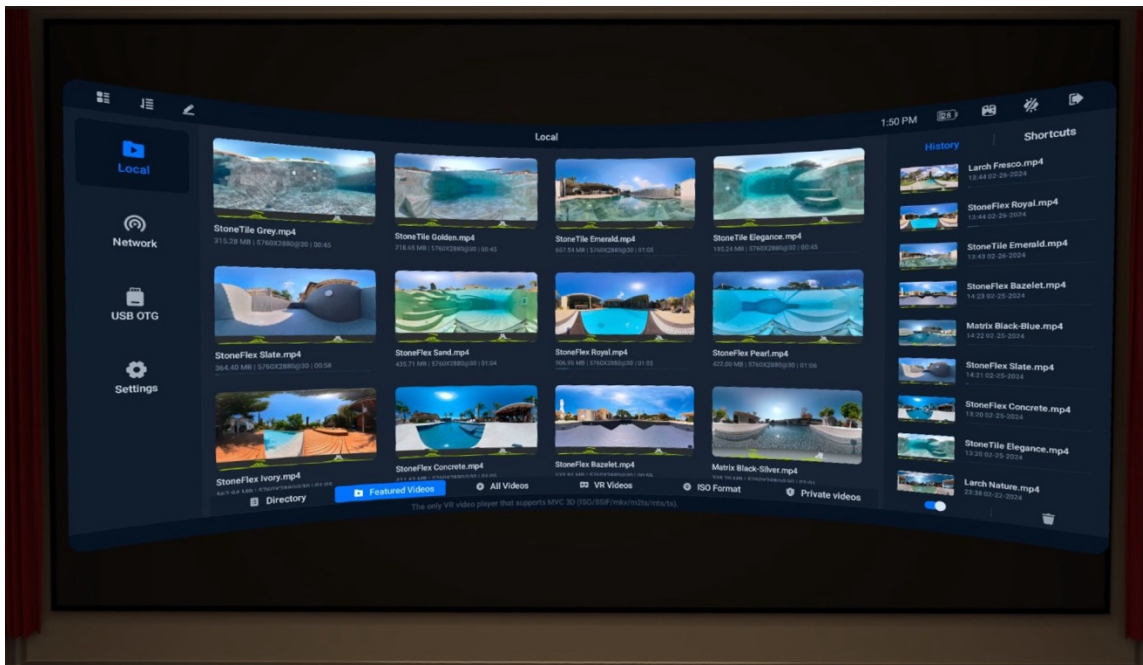3. Point the remote at the blue icon named: " 4XVR Video Player"

4. To select the icon, press the **trigger button** on the remote. The button is located at top-back of the remote.

5. The application will load and show all of Haogenplast 3D Premium designs. If you don't see this image, look around until it is visible.

6. To scroll through all the designs, use the **joystick** on the remote. Move it up and down while pointing at the designs to scroll.
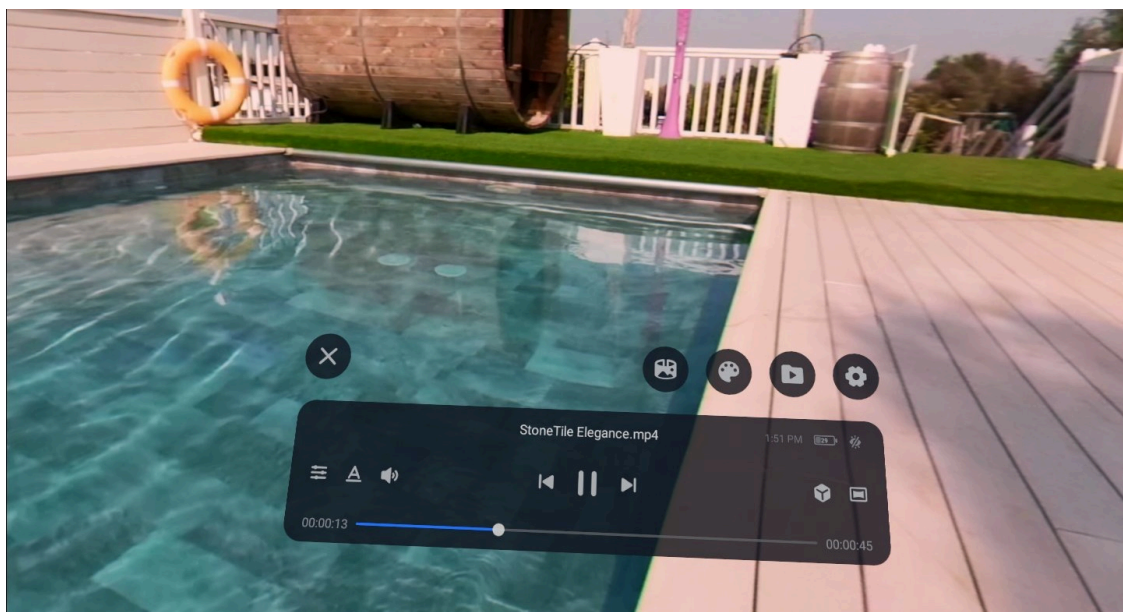
7. To select a video, point the remote to the design you want to view. Press the **trigger button** or press the **A button**. The video will begin to play around you.

8. Once inside the video, continue looking around to experience the design from all angles. To exit the video, you can either press the **B button** on the remote, or press the **trigger button** to view the controls.

9. Point the remote towards the X icon in the top-left corner of the controls. Select it by pressing the **trigger button**. This should take you back to see all of the designs.

Troubleshooting

If the VR headset is not acting accordingly, try one of these solutions:

- To control volume of the video, use the **joystick** up or down. You can also press the volume buttons on the bottom of the headset.

- If you want to fast forward or rewind the video, move the **joystick** left or right.

- If the screen is too high, too low or far away – press and hold the **Meta button**. This will reorient and bring the screen towards you.

Meta Button

- If you are having issues with the playback or if you are lost, press the **B button** twice to close the app. Return to **Step 3** to open the app again.

- If you are still having issues, press and hold the side button on the headset. This will allow you to restart it if needed.