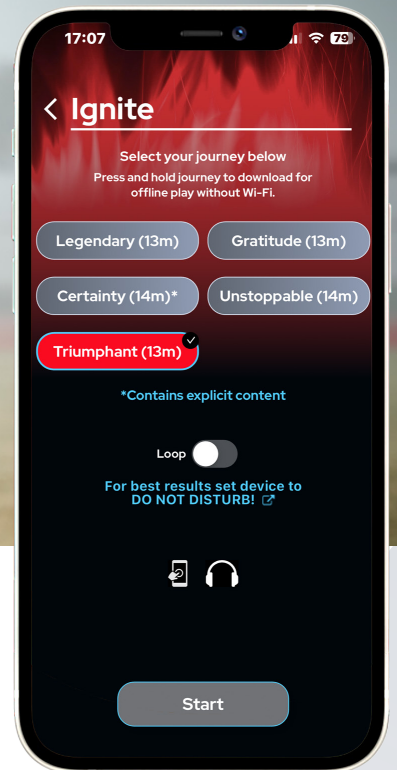


NuCalm®

HOW TO USE

Legendary: 13m
Gratitude: 13m
Certainty: 14m
Unstoppable: 14m
Triumphant: 13m



Ignite (GAMMA 39Hz – 41Hz)



Ignite is designed to optimize your physical, mental, and psychological performance so you can be unstoppable!

No matter what endeavor you are pursuing, you will improve your chances of success when you believe you are unstoppable. The Ignite tracks elevate your brain wave frequencies to gamma, where you activate your senses, intensify your mental clarity, and increase your strength and endurance. With Ignite you will push harder, go farther, and perform at your best, without distraction, self-doubt, insecurity, or worries.

How to Use Ignite

Ignite is simple to use. Put on your best headphones or in-ear buds, select any Ignite track on the NuCalm mobile app, press play, and enjoy an abundance of energy and inspiration.

When to Use Ignite

Use Ignite any time you want an energy boost or to increase your readiness and absolute certainty to accomplish any task. Many NuCalmers use Ignite immediately before a competition or workout and during a workout. You can loop Ignite, but stop listening to Ignite if you begin to feel agitated, as if you feel over caffeinated. Do not use Ignite within 3 hours of your bedtime because you may feel too energized to fall asleep.

What Ignite Feels Like

Listening to Ignite is empowering. Your focus sharpens as your body begins to rev up. The last 3 minutes of Ignite is pure intensity where your energy, self-awareness, and senses are all peaked for optimal performance.