

QUICK INTRODUCTION TO APPLAB

AppLab was introduced by Meta in 2021 as a new method of app distribution. With AppLab, Quest users and developers can use this platform as an easy way to distribute and install experimental and upcoming VR content before its final release on the Meta Quest Store.

INSTALLING APPLAB APPS

You can either install AppLab content to your Quest via the Meta Quest app or begin the installation manually inside the headset itself.

Here's a step-by-step guide on how to download and install EIR Training Lite from AppLab.

THROUGH META QUEST APP

1. [Direct URL Link](#). The link will take you to the AppLab page for the app.
2. Press the 'Get' (Blue button) to add EIR Training Lite to your library.
3. Click the 'Install on Headset' or 'Play Later' button, and choose the desired headset for installation. Provided your headset is charged and in idle sleep mode, you can install EIR Training Lite in the background.
4. Put on your Quest and navigate to the app library section. EIR Training Lite should be visible under the 'All' category, alongside your other Meta QuestStore content.



E I R

TRAINING LITE

THROUGH YOUR HEADSET:

1. Make sure your Meta Quest headset is set up, connected to the internet, and logged in with your Meta Quest account.
2. Put on your Meta Quest headset and navigate to the Meta Quest Browser. You can find the browser in the Meta Quest home menu.
3. Direct URL Link. Copy and paste the AppLab link into the Meta QuestBrowser's address bar and press Enter. The link will take you to the AppLab page for the app.
4. Click on the install or download option, and your Meta Quest will prompt you to confirm the installation. Confirm the installation to initiate the download and installation process. Meta Quest will start installing the app.
5. Once the installation is complete, you can find the newly installed app in your Meta Quest's library. Navigate to the Library in the Meta Quest home menu to find and launch the app.



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TRAINING LITE