

Enter Game and Calibration

Your trackers are connected and Excap Studio is running. Now for the fun part — let's jump into VR and calibrate your body so every movement feels natural. ☑

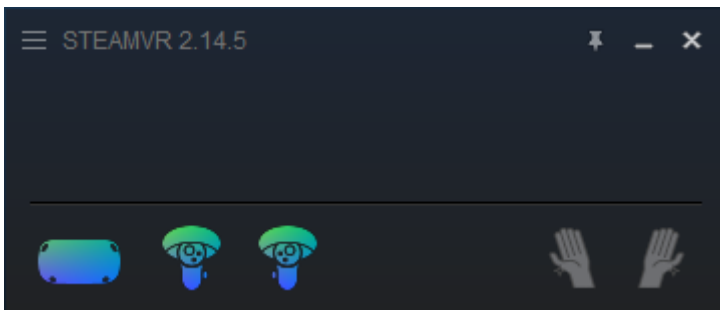
Choose Your Connection Mode

Select the mode that matches your headset in the top-right corner of Excap Studio.

- **SteamVR** — for PCVR headsets such as Index, Vive, or Pimax.
- **Standalone** — for Quest, Pico, or other standalone headsets running VRChat.

Make sure your headset has already connected to SteamVR or VRChat before you continue.

“ ☑ **Note:** Haven't installed Steam, SteamVR, or VRChat yet? Follow [Connect with SteamVR](#) or [Connect with Standalone](#) first, then come back here.



Reset Your Body Proportions

Click **Auto Reset**. Excap Studio will estimate your height from the headset position and calculate your body proportions. You can also type your actual height and then click **Manual Reset**.

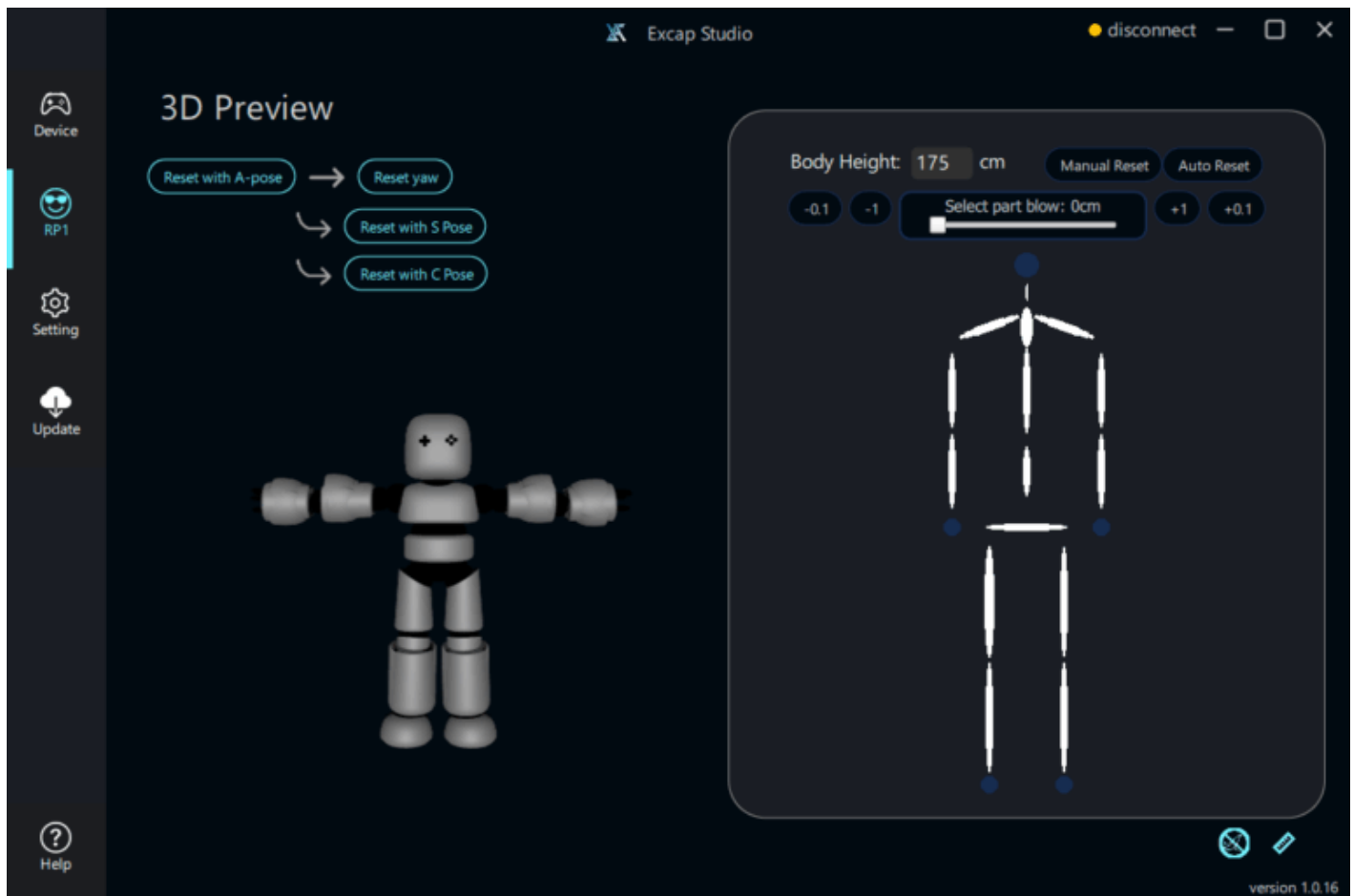
Calibrate with A-Pose

Because wearing positions vary from person to person, you should calibrate the trackers before each use.

A-Pose: Face forward, stand up straight, and keep your feet about a fist's width apart.

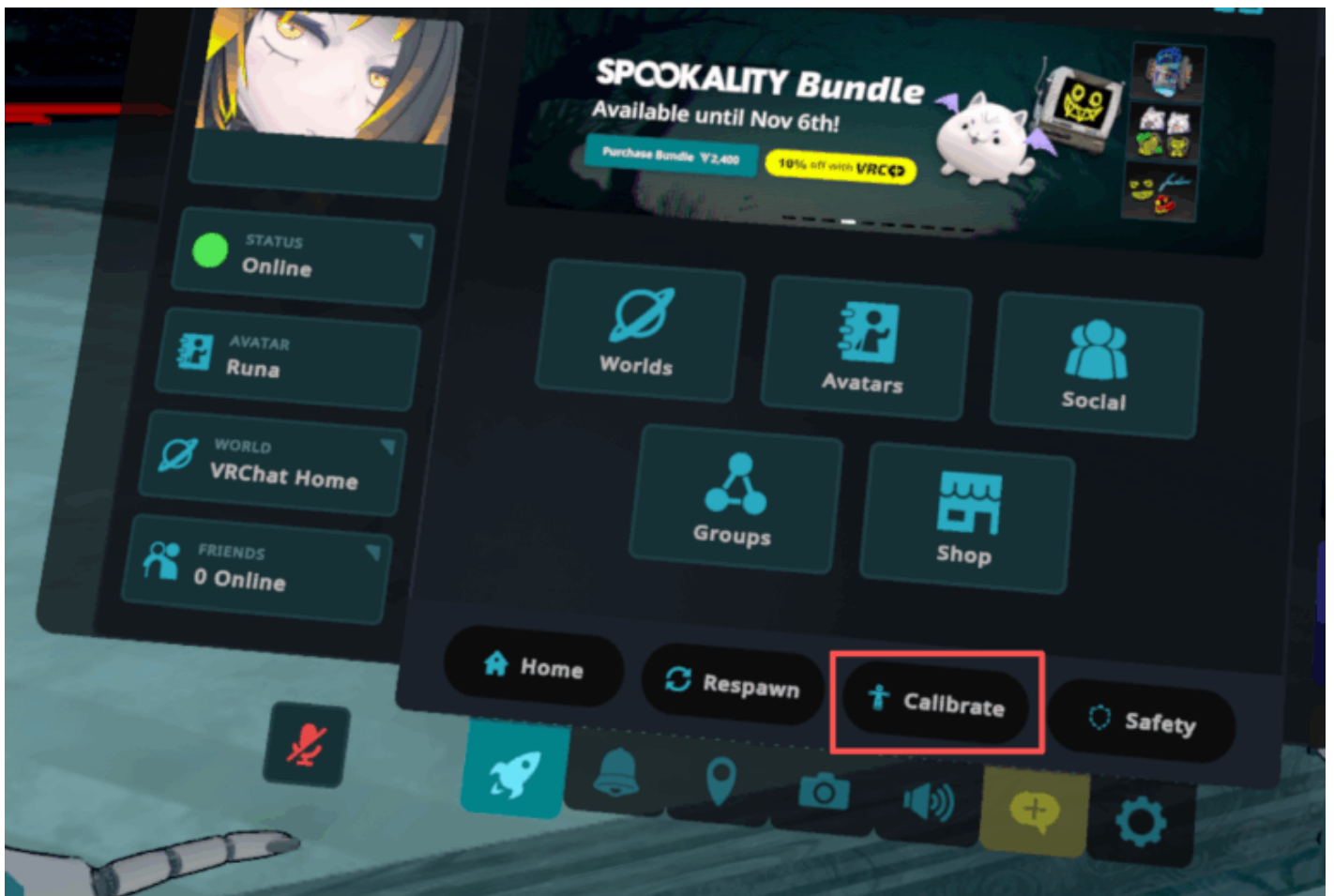
You can trigger the A-Pose reset in two ways:

1. Short-press the button on the **Chest** tracker (less than 1 second, or the tracker may turn off).
2. Click the **Reset with A-Pose** button in Excap Studio.



Calibrate Inside VRChat

1. Press the **Y button** on the left controller and select **Calibrate** from the menu.



2. Pull both controller triggers at the same time.



3. Enjoy full-body tracking in VRChat! ☐☐

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