A Supplementary Proofs

A.1 Exp2 Regret Proofs

First, we directly analyze Exp2's regret for the two kinds of feedback.

A.1.1 Full Information

Lemma 19. Let $L_t(X) = X^{\top} l_t$. If $|\eta L_t(X)| \leq 1$ for all $t \in [T]$ and $X \in \{0,1\}^n$, the Exp2 algorithm satisfies for any X:

$$\sum_{t=1}^{T} p_t^{\top} L_t - \sum_{t=1}^{T} L_t(X) \le \eta \sum_{t=1}^{T} p_t^{\top} L_t^2 + \frac{n \log 2}{\eta}$$

Proof. (Adapted from [11] Theorem 1.5) Let $Z_t = \sum_{Y \in \{0,1\}^n} w_t(Y)$. We have:

$$Z_{t+1} = \sum_{Y \in \{0,1\}^n} \exp(-\eta L_t(Y)) w_t(Y)$$

= $Z_t \sum_{Y \in \{0,1\}^n} \exp(-\eta L_t(Y)) p_t(Y)$

Since $e^{-x} \leq 1 - x + x^2$ for $x \geq -1$, we have that $\exp(-\eta L_t(Y)) \leq 1 - \eta L_t(Y) + \eta^2 L_t(Y)^2$ (Because we assume $|\eta L_t(X)| \leq 1$). So,

$$Z_{t+1} \leq Z_t \sum_{Y \in \{0,1\}^n} (1 - \eta L_t(Y) + \eta^2 L_t(Y)^2) p_t(Y)$$

= $Z_t (1 - \eta p_t^\top L_t + \eta^2 p_t^\top L_t^2)$

Using the inequality $1 + x \leq e^x$,

$$Z_{t+1} \le Z_t \exp(-\eta p_t^\top L_t + \eta^2 p_t^\top L_t^2)$$

Hence, we have:

$$Z_{T+1} \le Z_1 \exp(-\sum_{t=1}^T \eta p_t^\top L_t + \sum_{t=1}^T \eta^2 p_t^\top L_t^2)$$

For any $X \in \{0,1\}^n$, $w_{T+1}(X) = \exp(-\sum_{t=1}^T \eta L_t(X))$. Since $w(T+1)(X) \leq Z_{T+1}$ and $Z_1 = 2^n$, we have:

$$\exp(-\sum_{t=1}^{T} \eta L_t(X)) \le 2^n \exp(-\sum_{t=1}^{T} \eta p_t^{\top} L_t + \sum_{t=1}^{T} \eta^2 p_t^{\top} L_t^2)$$

Taking the logarithm on both sides manipulating this inequality, we get:

$$\sum_{t=1}^{T} p_t^{\top} L_t - \sum_{t=1}^{T} L_t(X) \le \eta \sum_{t=1}^{T} p_t^{\top} L_t^2 + \frac{n \log 2}{\eta}$$

Theorem 3. In the full information setting, if $\eta = \sqrt{\frac{\log 2}{nT}}$, Exp2 attains the regret bound:

$$E[\mathcal{R}_T] \le 2n^{3/2}\sqrt{T\log 2}$$

Proof. Using $L_t(X) = X^{\top} l_t$ and applying expectation with respect to the randomness of the player to definition of regret, we get:

$$E[\mathcal{R}_T] = \sum_{t=1}^T \sum_{X \in \{0,1\}^n} p_t(X) L_t(X) - \min_{X^* \in \{0,1\}^n} \sum_{t=1}^T L_t(X^*)$$
$$= \sum_{t=1}^T p_t^\top L_t - \min_{X^* \in \{0,1\}^n} \sum_{t=1}^T L_t(X^*)$$

Applying Lemma 19, we get $E[\mathcal{R}_T] \leq \eta \sum_{t=1}^T p_t^\top L_t^2 + n \log 2/\eta$. Since $|L_t(X)| \leq n$ for all $X \in \{0,1\}^n$, we get $\sum_{t=1}^T p_t^\top L_t^2 \leq Tn^2$.

$$E[\mathcal{R}_T] \le \eta T n^2 + \frac{n \log 2}{\eta}$$

Optimizing over the choice of η , we get the regret is bounded by $2n^{3/2}\sqrt{T\log 2}$ if we choose $\eta = \sqrt{\frac{\log 2}{nT}}$.

To apply Lemma 19, $|\eta L_t(X)| \leq 1$ for all $t \in [T]$ and $X \in \{0,1\}^n$. Since $|L_t(X)| \leq n$, we have $\eta \leq 1/n$. \Box

A.1.2 Bandit

Lemma 20. Let $\tilde{L}_t(X) = X^{\top} \tilde{l}_t$, where $\tilde{l}_t = P_t^{-1} X_t X_t^{\top} l_t$. If $|\eta \tilde{L}_t(X)| \leq 1$ for all $t \in [T]$ and $X \in \{0,1\}^n$, the Exp2 algorithm with uniform exploration satisfies for any X

$$\sum_{t=1}^{T} q_t^{\top} L_t - \sum_{t=1}^{T} L_t(X) \le \eta \mathbb{E}[\sum_{t=1}^{T} q_t^{\top} \tilde{L}_t^2] + \frac{n \log 2}{\eta} + 2\gamma nT$$

Proof. We have that:

$$\sum_{t=1}^{T} q_t^{\top} \tilde{L}_t - \sum_{t=1}^{T} \tilde{L}_t(X) = (1 - \gamma) (\sum_{t=1}^{T} p_t^{\top} \tilde{L}_t - \sum_{t=1}^{T} \tilde{L}_t(X)) + \gamma (\sum_{t=1}^{T} \mu^{\top} \tilde{L}_t - \sum_{t=1}^{T} \tilde{L}_t(X))$$

Since the algorithm essentially runs Exp2 using the losses $\tilde{L}_t(X)$ and $|\eta \tilde{L}_t(X)| \leq 1$, we can apply Lemma 19:

$$\sum_{t=1}^{T} q_t^{\top} \tilde{L}_t - \sum_{t=1}^{T} \tilde{L}_t(X) \le (1-\gamma) \left(\frac{n \log 2}{\eta} + \eta \sum_{t=1}^{T} p_t^{\top} \tilde{L}_t^2\right) + \gamma \left(\sum_{t=1}^{T} \mu^{\top} \tilde{L}_t - \sum_{t=1}^{T} \tilde{L}_t(X)\right)$$

Apply expectation with respect to X_t . Using the fact that $\mathbb{E}[\tilde{l}_t] = l_t$ and $\mu^{\top} L_t - L_t(X) \leq 2n$:

$$\sum_{t=1}^{T} q_t^{\top} L_t - \sum_{t=1}^{T} L_t(X) \le (1-\gamma) \left(\frac{n\log 2}{\eta} + \eta \mathbb{E}\left[\sum_{t=1}^{T} p_t^{\top} \tilde{L}_t^2\right]\right)$$
$$+ \gamma \left(\sum_{t=1}^{T} \mu^{\top} L_t - \sum_{t=1}^{T} L_t(X)\right)$$
$$\le \eta \mathbb{E}\left[\sum_{t=1}^{T} q_t^{\top} \tilde{L}_t^2\right] + \frac{n\log 2}{\eta} + 2\gamma nT$$

Theorem 4. In the bandit setting, if $\eta = \sqrt{\frac{\log 2}{9n^2T}}$ and $\gamma = 4n^2\eta$, Exp2 with uniform exploration on $\{0,1\}^n$ attains the regret bound:

$$\mathbb{E}[\mathcal{R}_T] \le 6n^2 \sqrt{T \log 2}$$

Proof. Applying expectation with respect to the randomness of the player to the definition of regret, we get:

$$\mathbb{E}[\mathcal{R}_T] = \mathbb{E}[\sum_{t=1}^T L_t(X_t) - \min_{X^* \in \{0,1\}^n} L_t(X^*)]$$
$$= \sum_{t=1}^T q_t^\top L_t - \min_{X^* \in \{0,1\}^n} \sum_{t=1}^T L_t(X^*)$$

Applying Lemma 20

$$\mathbb{E}[\mathcal{R}_T] \le \eta \mathbb{E}[\sum_{t=1}^T q_t^\top \tilde{L}_t^2] + \frac{n \log 2}{\eta} + 2\gamma nT$$

We follow the proof technique of [6] Theorem 4. We have that:

$$\begin{aligned} q_t^{\top} \tilde{L}_t^2 &= \sum_{X \in \{0,1\}^n} q_t(X) (X^{\top} \tilde{l}_t)^2 \\ &= \sum_{X \in \{0,1\}^n} q_t(X) (\tilde{l}_t^{\top} X X^{\top} \tilde{l}_t) \\ &= \tilde{l}_t^{\top} P_t \tilde{l}_t \\ &= l_t^{\top} X_t X_t^{\top} P_t^{-1} P_t P_t^{-1} X_t X_t^{\top} l_t \\ &= (X_t^{\top} l_t)^2 X_t^{\top} P_t^{-1} X_t \\ &\leq n^2 X_t^{\top} P_t^{-1} X_t = n^2 \text{Tr}(P_t^{-1} X_t X_t^{\top}) \end{aligned}$$

 $\begin{array}{ll} \text{Taking} & \text{expectation,} & \text{we} & \text{get} & E[q_t^\top \tilde{L}_t^2] & \leq \\ n^2 \text{Tr}(P_t^{-1} \mathbb{E}[X_t X_t^\top]) = n^2 \text{Tr}(P_t^{-1} P_t) = n^3. \text{ Hence,} \end{array}$

$$\mathbb{E}[\mathcal{R}_T] \le \eta n^3 T + \frac{n \log 2}{\eta} + 2\gamma n T$$

However, in order to apply Lemma 20, we need that $|\eta X^{\top} \tilde{l}_t| \leq 1$. We have that

$$|\eta X^{\top} \tilde{l}_t| = \eta |(X_t^{\top} l_t) X^{\top} P_t^{-1} X_t| \le 1$$

As $|X_t^{\top} l_t| \leq n$ and $|X_t^{\top} X| \leq n$, we get $\eta n |X^{\top} P_t^{-1} X_t| \leq \eta n |X^{\top} X_t| ||P_t^{-1}|| \leq \eta n^2 ||P_t^{-1}|| \leq 1$. The matrix $P_t = (1 - \gamma) \Sigma_t + \gamma \Sigma_\mu$. The smallest eigenvalue of Σ_μ is 1/4[8]. So $P_t \succeq \frac{\gamma}{4} I_n$ and $P_t^{-1} \preceq \frac{4}{\gamma} I_n$. We should have that $\frac{4n^2\eta}{\gamma} \leq 1$. Substituting $\gamma = 4n^2\eta$ in the regret inequality, we get:

$$\mathbb{E}[\mathcal{R}_T] \le \eta n^3 T + 8\eta n^3 T + \frac{n \log 2}{\eta}$$
$$\le 9\eta n^3 T + \frac{n \log 2}{\eta}$$

Optimizing over the choice of η , we get $\mathbb{E}[\mathcal{R}_T] \leq 2n^2\sqrt{9T\log 2}$ when $\eta = \sqrt{\frac{\log 2}{9n^2T}}$. \Box

A.2 Lower Bounds

A.2.1 Full Information Lower bound

In the game between player and adversary, the players strategy is to pick some probability distribution $p_t \in \Delta(\{0,1\}^n)$ for $t = 1 \dots T$. The adversary picks a density q_t over loss vectors $l \in [-1,1]^n$ for $t = 1 \dots T$. So player picks $X_t \sim p_t$ and adversary picks $l_t \sim q_t$. The min max expected regret is:

$$\inf_{p_1\dots p_T} \sup_{q_1\dots q_t} \mathbb{E}_{l_t \sim q_t} \mathbb{E}_{X_t \sim p_t} \left[\sum_{t=1}^T l_t^\top X_t - \min_X \sum_{t=1}^T l_t^\top X \right]$$

Let $\mathbb{E}_{X_t \sim p_t} = x_t$.

$$\inf_{p_1...p_T} \sup_{q_1...q_t} \mathbb{E}_{l_t \sim q_t} \left[\sum_{t=1}^T l_t^\top x_t - \min_X \sum_{t=1}^T l_t^\top X \right]$$

Theorem 12. For any learner there exists an adversary producing L_{∞} losses such that the expected regret in the full information setting is:

$$\mathbb{E}\left[\mathcal{R}_T\right] = \Omega\left(n\sqrt{T}\right).$$

Proof. We choose q_t to be the density such that $l_{t,i}$ is a Rademacher random variable, ie, $l_{t,i} = +1$ w.p. 1/2 and $l_{t,i} = -1$ w.p 1/2 for all $t = 1 \dots T$ and i = [n]. So,

$$\inf_{p_1\dots p_T} \sup_{q_1\dots q_t} \mathbb{E}_{l_t \sim q_t} \left[\sum_{t=1}^T l_t^\top x_t - \min_X \sum_{t=1}^T l_t^\top X \right]$$
$$\geq \inf_{p_1\dots p_T} \mathbb{E}_{l_t} \left[\sum_{t=1}^T l_t^\top x_t - \min_X \sum_{t=1}^T l_t^\top X \right]$$

For our choice of q_t , we have $\mathbb{E}_{l_t}[l_t^{\top} x_t] = 0$. So,

$$\inf_{p_1...p_T} \mathbb{E}_{l_t} \left[\sum_{t=1}^T l_t^\top x_t - \min_X \sum_{t=1}^T l_t^\top X \right]$$
$$= \inf_{p_1...p_T} \mathbb{E}_{l_t} \left[-\min_X \sum_{t=1}^T l_t^\top X \right]$$
$$= \mathbb{E}_{l_t} \left[\max_X \sum_{t=1}^T l_t^\top X \right]$$

Simplifying this, we get:

$$\mathbb{E}_{l_t}[\max_X \sum_{t=1}^T l_t^\top X] = \mathbb{E}_{l_t}[\max_{X_1 \dots X_n} \sum_{t=1}^T \sum_{i=1}^n l_{t,i} X_i]$$
$$= \mathbb{E}_{l_t}[\sum_{i=1}^n \max_{X_i} \sum_{t=1}^T l_{t,i} X_i]$$
$$= \sum_{i=1}^n \mathbb{E}_{l_{t,i}}[\max_{X_i} \sum_{t=1}^T l_{t,i} X_i]$$
$$= n\mathbb{E}_Y[\max_x \sum_{t=1}^T Y_t x]$$

Here Y is a Rademacher random vector of length T and $x \in \{0, 1\}$. We have that

$$\max_{x} \left[\sum_{t=1}^{T} Y_{t} x \right] = \begin{cases} 0 & \text{If } \sum_{t=1}^{T} Y_{t} \leq 0 \\ \sum_{t=1}^{T} Y_{t} & \text{otherwise} \end{cases}$$

 So

$$\mathbb{E}_{Y}\left[\max_{x}\sum_{t=1}^{T}Y_{t}x\right] = \mathbb{E}_{Y}\left[\sum_{t=1}^{T}Y_{t}|\sum_{t=1}^{T}Y_{t}>0\right]$$
$$= \frac{1}{2}\mathbb{E}_{Y}\left|\sum_{t=1}^{T}Y_{t}\right|$$

Using Khintchine's inequality, we have positive constants A and B such that:

$$A\left(\sum_{t=1}^{T} |1|^{2}\right)^{1/2} \leq \mathbb{E}_{Y}\left|\sum_{t=1}^{T} Y_{t}\right| \leq B\left(\sum_{t=1}^{T} |1|^{2}\right)^{1/2}$$

Hence, the regret is lower bounded by $\Omega(n\sqrt{T})$. \Box

A.2.2 Bandit Lower bound

Theorem 13. For any learner there exists an adversary producing L_{∞} losses such that the expected regret in the Bandit setting is:

$$\mathbb{E}\left[\mathcal{R}_T\right] = \Omega\left(n^{3/2}\sqrt{T}\right).$$

Proof. We consider 2^n stochastic adversaries indexed by $X \in \{0, 1\}^n$. Adversary X draws losses as follows:

$$l_{t,i} = \begin{cases} +1 \text{ w.p } \frac{1}{2} + \epsilon & \text{ if } X_i = 0\\ -1 \text{ w.p } \frac{1}{2} - \epsilon & \\ +1 \text{ w.p } \frac{1}{2} - \epsilon & \\ -1 \text{ w.p } \frac{1}{2} + \epsilon & \text{ if } X_i = 1 \end{cases}$$

Let $\tilde{l}_t = [X_1^{\top} l_1, X_2^{\top} l_2, \dots, X_t^{\top} l_t]$. We consider deterministic algorithms, ie X_t is a deterministic function of \tilde{l}_{t-1} . So, the only the adversary's randomness remains. The obtained result can be extended to randomized algorithms via application of Fubini's Theorem. Let E_X denote the expectation conditioned on adversary X. When playing against adversary X, the vector X is the best action in expectation. The expected regret when playing against adversary X.

$$\mathbb{E}_{X}[\mathcal{R}_{T}] = \mathbb{E}_{X}\left[\sum_{t=1}^{T} l_{t}^{\top} X_{t} - \min_{X^{\star}} \sum_{t=1}^{T} l_{t}^{\top} X^{\star}\right]$$
$$\geq \mathbb{E}_{X}\left[\sum_{t=1}^{T} l_{t}^{\top} X_{t} - \sum_{t=1}^{T} l_{t}^{\top} X\right]$$
$$= 2\epsilon \sum_{i=1}^{n} \mathbb{E}_{X}\left[\sum_{t=1}^{T} \mathbf{1}(X_{i,t} \neq X_{i})\right]$$
$$= 2\epsilon T \sum_{i=1}^{n} \left(1 - \frac{\mathbb{E}_{X}\left[\sum_{t=1}^{T} \mathbf{1}(X_{i,t} = X_{i})\right]}{T}\right)$$

 $\sum_{t=1}^{T} \mathbf{1}(X_{i,t} = X_i)/T \text{ is the empirical mean of playing } X_i. \text{ Let } J_i \text{ be a Bernoulli random drawn according to this mean. Hence,}$

$$\mathbb{E}_X[\mathcal{R}_T] \ge 2\epsilon T \sum_{i=1}^n \left(1 - \mathbb{P}_X(J_i = X_i)\right)$$

Taking the average over adversaries:

$$\mathbb{E}[\mathcal{R}_T] = \frac{1}{2^n} \sum_X \mathbb{E}_X[\mathcal{R}_T]$$

$$\geq 2\epsilon T \sum_{i=1}^n \left(1 - \frac{1}{2^n} \sum_X \mathbb{P}_X(J_i = X_i) \right)$$

Let $X^{\oplus i}$ be the vector X with the *i*'th bit flipped. Using Pinsker's inequality, we have that:

$$\mathbb{P}_X(J_i = X_i) \le \mathbb{P}_{X^{\oplus i}}(J_i = X_i) + \sqrt{\frac{1}{2}KL(\mathbb{P}_{X^{\oplus i}} \| \mathbb{P}_X)}$$

Taking the summation, and using the concavity of square root:

$$\frac{1}{2^n} \sum_X \mathbb{P}_X(J_i = X_i) \le \frac{1}{2} + \sqrt{\frac{1}{2} \frac{1}{2^n} \sum_X KL(\mathbb{P}_{X^{\oplus i}} \| \mathbb{P}_X)}$$

The sequence of observed losses $\tilde{l}_T \in \{-n, \ldots, +n\}^T$ determines the empirical distribution of plays. Let \mathbb{P}_X^T be the law of \tilde{l}_T when playing against adversary X. So, using the chain rule of Kullback Leibler divergence:

$$\begin{split} &KL(\mathbb{P}_{X^{\oplus i}} \| \mathbb{P}_{X}) \leq KL(\mathbb{P}_{X^{\oplus i}}^{T} \| \mathbb{P}_{X}^{T}) \\ &= KL(\mathbb{P}_{X^{\oplus i}}^{1} \| \mathbb{P}_{X}^{1}) \\ &+ \sum_{t=2}^{T} \sum_{\tilde{l}_{t-1}} \mathbb{P}_{X^{\oplus i}}^{t-1} (\tilde{l}_{t-1}) KL(\mathbb{P}_{X^{\oplus i}}^{t} (\cdot | \tilde{l}_{t-1}) \| \mathbb{P}_{X}^{t} ((\cdot | \tilde{l}_{t-1}))) \\ &= KL(\mathcal{B}_{0} \| \mathcal{B}'_{0}) \mathbf{1}(X_{1,i} = X_{i}) \\ &+ \sum_{t=T}^{t} \sum_{\tilde{l}_{t-1}: X_{t,i} = X_{i}} \mathbb{P}_{X^{\oplus i}}^{t-1} (\tilde{l}_{t-1}) KL(\mathcal{B}_{\tilde{l}_{t-1}} \| \mathcal{B}'_{\tilde{l}_{t-1}}) \end{split}$$

Here, $\mathcal{B}_{\tilde{l}_{t-1}}, \mathcal{B}'_{\tilde{l}_{t-1}}$ are sums of at most *n* Bernoulli random variables such that their means agree on all coordinates except *i*. Using Lemma 24 from [2], we get that:

$$KL(\mathcal{B}_{\tilde{l}_{t-1}} \| \mathcal{B}'_{\tilde{l}_{t-1}}) \le \frac{16\epsilon^2}{n}$$

Substituting this back into the previous expression, we get:

$$KL(\mathbb{P}_{X^{\oplus i}} \| \mathbb{P}_X) \leq \frac{16\epsilon^2}{n} \sum_{t=1}^T \sum_{\tilde{l}_{1:t-1}:X_{t,i}=X_i} \mathbb{P}_{X^{\oplus i}}^t(\tilde{l}_{1:t-1})$$
$$\leq \frac{16\epsilon^2}{n} \sum_{t=1}^T \mathbb{E}_{X^{\oplus i}}(\mathbf{1}(X_{i,t}=X_i))$$
$$= \frac{16\epsilon^2}{n} T\mathbb{P}_{X^{\oplus i}}(J_i=X_i)$$

Taking the summation, we have:

$$\frac{1}{2^n} \sum_X KL(\mathbb{P}_{X^{\oplus i}} \| \mathbb{P}_X) \le \frac{8\epsilon^2}{n} T$$

Substituting this in the regret inequality:

$$\mathbb{E}[\mathcal{R}_T] \ge 2\epsilon T \sum_{i=1}^n \left(1 - \frac{1}{2} - \sqrt{\frac{4\epsilon^2 T}{n}} \right)$$
$$= 2\epsilon T n \left(\frac{1}{2} - 2\epsilon \sqrt{\frac{T}{n}} \right)$$

Optimizing over ϵ , we get that $\mathbb{E}[\mathcal{R}_T] = \Omega(n^{3/2}\sqrt{T})$

A.3 $\{-1,+1\}^n$ Hypercube Case

Lemma 21. Exp2 on $\{-1,+1\}^n$ with losses l_t is equivalent to Exp2 on $\{0,1\}^n$ with losses $2l_t$ while using the map $2X_t - \mathbf{1}$ to play on $\{-1,+1\}^n$.

Proof. Consider the update equation for Exp2 on $\{-1, +1\}^n$

$$p_{t+1}(Z) = \frac{\exp(-\eta \sum_{\tau=1}^{t} Z^{\top} l_{\tau})}{\sum_{W \in \{-1,+1\}^n} \exp(-\eta \sum_{\tau=1}^{t} W^{\top} l_{\tau})}$$

 $Z \in \{-1, +1\}^n$ can be mapped to a $X \in \{0, 1\}^n$ using the bijective map X = (Z + 1)/2. So:

$$p_{t+1}(Z) = \frac{\exp(-\eta \sum_{\tau=1}^{t} (2X - \mathbf{1})^{\top} l_{\tau})}{\sum_{Y \in \{0,1\}^n} \exp(-\eta \sum_{\tau=1}^{t} (2Y - \mathbf{1})^{\top} l_{\tau})}$$
$$= \frac{\exp(-\eta \sum_{\tau=1}^{t} X^{\top} (2l_{\tau}))}{\sum_{Y \in \{0,1\}^n} \exp(-\eta \sum_{\tau=1}^{t} Y^{\top} (2l_{\tau}))}$$

This is equivalent to updating the Exp2 on $\{0,1\}^n$ with the loss vector $2l_t$.

Theorem 14. Exp2 on $\{-1, +1\}^n$ using the sequence of losses l_t is equivalent to PolyExp on $\{0, 1\}^n$ using the sequence of losses $2\tilde{l}_t$. Moreover, the regret of Exp2 on $\{-1, 1\}^n$ will equal the regret of PolyExp using the losses $2\tilde{l}_t$.

Proof. After sampling X_t , we play $Z_t = 2X_t - 1$. So $\Pr(X_t = X) = \Pr(Z_t = 2X - 1)$. In full information, $2\tilde{l}_t = 2l_t$ and in the bandit case $\mathbb{E}[2\tilde{l}_t] = 2l_t$. Since $2\tilde{l}_t$ is used to update the algorithm, by Lemma 21 we have that $\Pr(X_{t+1} = X) = \Pr(Z_{t+1} = 2X - 1)$. By equivalence of Exp2 to PolyExp, the first statement follows immediately.

Let $Z^{\star} = \min_{Z \in \{-1,+1\}^n} \sum_{t=1}^T Z^{\top} l_t$ and $2X^{\star} = Z^{\star} + \mathbf{1}$. The regret of Exp2 on $\{-1,+1\}^n$ is:

$$\sum_{t=1}^{T} l_t^{\top} (Z_t - Z^*) = \sum_{t=1}^{T} l_t^{\top} (2X_t - 1 - 2X^* + 1)$$
$$= \sum_{t=1}^{T} (2l_t)^{\top} (X_t - X^*)$$