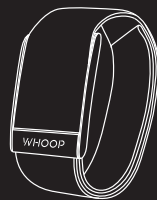




SET UP. GET UP. GO.

Download the WHOOP app to get started.

BACK - NO DESIGN

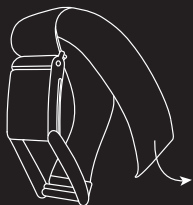


UNBOX. UNLOCK. UNLEASH.

Meet WHOOP® 4.0. Know yourself with 24/7 actionable recovery, sleep, and training insights.

It should be hard to fit a finger underneath the sensor. Too tight? Open the clasp and readjust band length as needed.

4. ADJUST



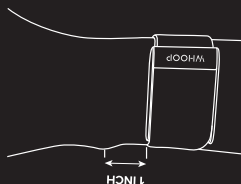
Your WHOOP 4.0 should feel tight enough to ensure that the sensor is pressed firmly against your skin.

3. FIT



Place the device approximately 1 inch above your wrist bone—at the start of your forearm. Close the clasp.

2. POSITION

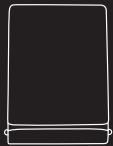


Open the clasp firmly and slide your WHOOP 4.0 onto either wrist—preferably on your non-dominant arm.

1. OPEN



WHOO 4.0: WHAT'S INCLUDED



4.0
DEVICE



BATTERY
PACK



SUPERKNIT
BAND



USB
CABLE

FOLLOW US

WHOO 4.0 is constantly evolving, just like you. Stay in the know by following us on Twitter, Instagram, Facebook, and more.



@whoop



WEAR IT WITH WHOO BODY

Capture your data with WHOOP Body featuring Any-Wear™ technology. Insert device into apparel or accessories and wear it on the go. Available only for WHOOP 4.0 at shop.whoop.com.



CUSTOMIZE WHOO 4.0

Shop WHOOP 4.0 bands, Hydrosleeves, and more. Plus, personalize your device with thousands of color combinations from WHOOP Your Way.



STAY CONNECTED

There's power in numbers. Join the WHOOP Community, create teams, and stay motivated with like-minded members.



CHARGE ON THE GO

Get continuous data for days. Slide on the waterproof* battery pack to charge. Use the included USB cable to recharge battery pack.

Have questions or need help?
Chat us in the app or visit support.whoop.com.

*Battery pack is IP68 dustproof and water-resistant up to 1 meter for 2 hrs.