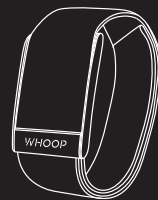




SET UP. GET UP. GO.

Download the WHOOP app to get started.

BACK -
NO DESIGN

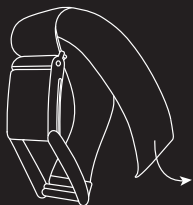


UNBOX. UNLOCK. UNLEASH.

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



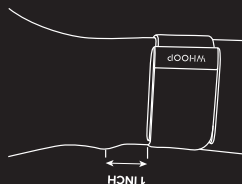
Your WHOOP 4.0
should feel tight
enough to ensure
that the sensor is
pressed firmly
against your skin.

3. FIT



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

2. POSITION

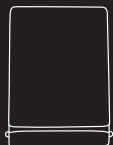


Open the clasp firmly
and slide your WHOOP
4.0 onto either wrist—
preferably on your
non-dominant arm.

1. OPEN



WHOOP 4.0: WHAT'S INCLUDED



4.0
DEVICE



BATTERY
PACK



SUPERKNIT
BAND



USB
CABLE

FOLLOW US

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



@whoop



WEAR IT WITH WHOOOP 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 WHOOOP 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.