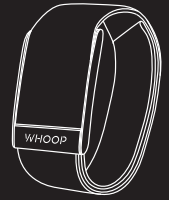




## SET UP. GET UP. GO.

Download the WHOOP app to get started.

## BACK - NO DESIGN

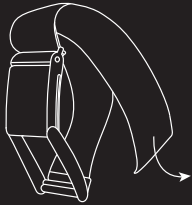


## UNBOX. UNLOCK. UNLEASH.

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



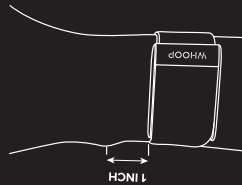
Your WHOOP 4.0 should feel tight enough to ensure that the sensor is pressed firmly against your skin.

### 3. FIT



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

### 2. POSITION

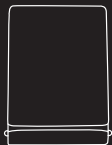


Open the clasp firmly and slide your WHOOP 4.0 onto either wrist—preferably on your non-dominant arm.

### 1. OPEN



## WHOOOP 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](http://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](http://support.whoop.com).

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