

A close-up, high-angle photograph of a person's arms and hands as they exercise on a stationary bike. The person is wearing a red WHOOP fitness tracker on their left wrist. Their hands are gripping the black handlebars of the bike. The background is a dimly lit gym with other exercise equipment visible. The lighting is warm and focused on the person's arms.

REGULATORY INFORMATION

WHOOP®



IMPORTANT SAFETY & PRODUCT INFORMATION



Warning

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using an athletic tracking device such as a WHOOP device.
- Always consult your physician before beginning or modifying any exercise program.
- The WHOOP device, apparel, accessories, and related data are intended to be used only for general informational purposes, not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- Heart rate, heart rate variability, and other data and insights provided are for reference only, and may be inaccurate under certain circumstances, including due to the user's physical characteristics, fit of the device, and type and intensity of activity.
- Data and insights from WHOOP products should not be relied on for any health, safety or other critical applications.
- Inadequate washing of the WHOOP device can lead to dermatitis. Please refer to support.whoop.com for information on how to wash your WHOOP device.

Battery Warnings

- Lithium-ion polymer batteries are used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, or injury.
- Do not use a charging cable that is not approved or supplied by WHOOP.
- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.
- Do not expose the device or batteries to fire, explosion, or other hazard.
- Do not immerse or expose battery pack to water beyond 1 meter for 2 hours, or to other liquids.
- The charging port of the battery pack must be dried completely before charging after exposure to water.
- Do not use a sharp object to remove the battery pack off of the device.
- Charge the devices every 2 months
- **KEEP BATTERIES AWAY FROM CHILDREN.**
- **NEVER PUT BATTERIES IN MOUTH.** Swallowing can lead to chemical burns, perforation of soft tissue, and death. Severe burns can occur within 2 hours of ingestion. Seek medical attention immediately.
- Do not operate the device outside of the temperature range of -10 to 60 C.
- Do not charge the device or battery pack outside the temperature range of 0 to 45 C.
- When storing the device or battery pack for an extended time period, store within the temperature range of 0 to 35 C and charge at least every two months.
- Contact your local waste disposal department to dispose of the device/ batteries in accordance with applicable local laws and regulations.



WHOOP® // USER MANUAL

PRODUCT SAFETY INFORMATION

WHOOP Strap 4.0

Model : WS40

Bluetooth Qualification Declaration ID: D056704

Working Frequency Range:

BLE: 2401-2480MHz

Maximum RF Output Power of the Product:

BLE: -6.93 dBi

FCC ID: 2AJ2X-WS40

IC: 22056-WS40

WHOOP Charger 4.0

Model: WP40

Working Frequency Range:

NFC: 13.56 MHz

Maximum RF Output Power of the Product:

NFC: -9.5 dB(uA/m) @ 10m

FCC ID: 2AJ2X-WP40

IC: 22056-WP40

FCC Compliance statements

This device complies with the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Changes or modifications to this product not authorized by WHOOP could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, televisions, and other electronic devices.



WHOOP® // USER MANUAL

PRODUCT SAFETY INFORMATION

ISED Canada Compliance statements

This device complies with ISED Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

FCC Supplier's Declaration of Conformity

WHOOP Model WP40

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**WHOOP
1325 Boylston Street
Suite 401
Boston, MA 02215
(617)670-1074**

Requirements for exposure to radio waves

The WHOOP device is a radio transmitter and receiver designed and manufactured not to exceed the emission limits for exposure to radiofrequency (RF) energy set by the FCC and ISED Canada. The exposure standard for wireless devices employs a unit of measurement known as the Specific Absorption Rate, or SAR. The SAR limit set by the FCC and ISED Canada is 1.6W/kg.

L'appareil WHOOP est un émetteur-récepteur radio conçu et fabriqué pour ne pas dépasser les limites d'émission pour l'exposition à l'énergie radiofréquence (RF) fixées par la FCC et ISED Canada. La norme d'exposition régissant les dispositifs sans fil utilise une unité de mesure connue sous le nom de débit d'absorption spécifique (DAS). La limite DAS fixée par la FCC et ISED Caanda est de 1,6 W/kg.



WHOOP® // USER MANUAL

PRODUCT SAFETY INFORMATION

Disposal and Recycling Information

Information for users on collection and disposal of old equipment and used batteries:



1. In the European Union

- This symbol on the products, packaging and/or accompanying documents means that used electrical and electronics equipment and batteries should not be mixed with general household waste.
- Used electrical/electronic equipment and batteries must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of these products.
- By disposing of these products correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

For more information about collection and recycling of used products, please contact your local authorities, your waste disposal services or the point of sale where you purchased the products.

2. In other countries outside the EU

- This symbol is only valid in the European Union. If you wish to discard used products, please contact your local authorities or dealer and ask for the correct method of disposal.



WHOOP complies with Directive 2014/53/EU and other EU Directives. WHOOP complies with BS 62368-1 and other UK Regulations. A copy of the EU and UK Declarations of Conformity are available at support.whoop.com.