

iOS

USER MANUAL

Lorem ipsum

WHOOP



WELCOME TO WHOOP

WHOOP is committed to unlocking human performance. Designed for the 24-hour performance lifestyle, the award-winning WHOOP Strap 3.0 is worn by the most elite athletes in the world to positively change behavior, provide actionable recommendations and avoid overtraining.

WHOOP provides a continuous and personalized understanding of Strain, Recovery, and Sleep to balance training, reduce injuries, and predict performance.

By balancing your daily Recovery, Strain and Sleep, you will train optimally and unlock the secrets to your body's true potential.





WHOOP // USER MANUAL

THE WHOOP STRAP

ADJUSTING THE WHOOP STRAP

You can adjust the band of the WHOOP Strap by pulling the excess band through the bar at the end of the housing.

Note that the band should be threaded over and down through the inner slot, then back up through the outer slot. This allows the housing to sit closer to the surface of your skin and ensures the sensors make solid contact.





WHOOP // USER MANUAL THE WHOOP STRAP

POSITIONING THE WHOOP STRAP

The WHOOP Strap should be placed on the wrist, about 1 cm above the bone of your wrist.

The WHOOP Strap should be snug, but not too tight - just tight enough to ensure the sensors make solid contact with your skin and do not allow ambient light into the sensor. As a good rule of thumb, you should be able to slide no more than your pinky finger under the strap.





WHOOP // USER MANUAL

THE WHOOP STRAP

CHARGING THE BATTERY PACK

The Battery Pack should be plugged into the Micro USB for 150 minutes for a full charge.

The Battery Pack contains LEDs that will indicate when it is fully charged. The LED will change from Red to Green when fully charged.

When attached to the WHOOP Strap, the white LEDs on the Battery Pack will indicate the battery level of the WHOOP Strap.



Warning

High impact strikes, exposure to temperature extremes and or recharging below freezing (32°F / 0°C), may result in a serious lithium battery failure.





WHOOP // USER MANUAL

THE WHOOP STRAP

CHARGING THE WHOOP STRAP

Simply slide the fully charged Battery Pack onto the WHOOP Strap in the direction shown. The Battery Pack should slide along the slots on the sides of the device, just under the clasp, and will lock into place so that the Battery Pack engages with the side contacts of the WHOOP Strap.

The Battery Pack should be left on the WHOOP Strap for 90 minutes for a full charge. Once fully charged, the WHOOP Strap will last approximately 4 days before needing to be charged again.



* This is assuming a 100% charged battery and includes one 60 minute Activity and an 8 hour Sleep Activity.

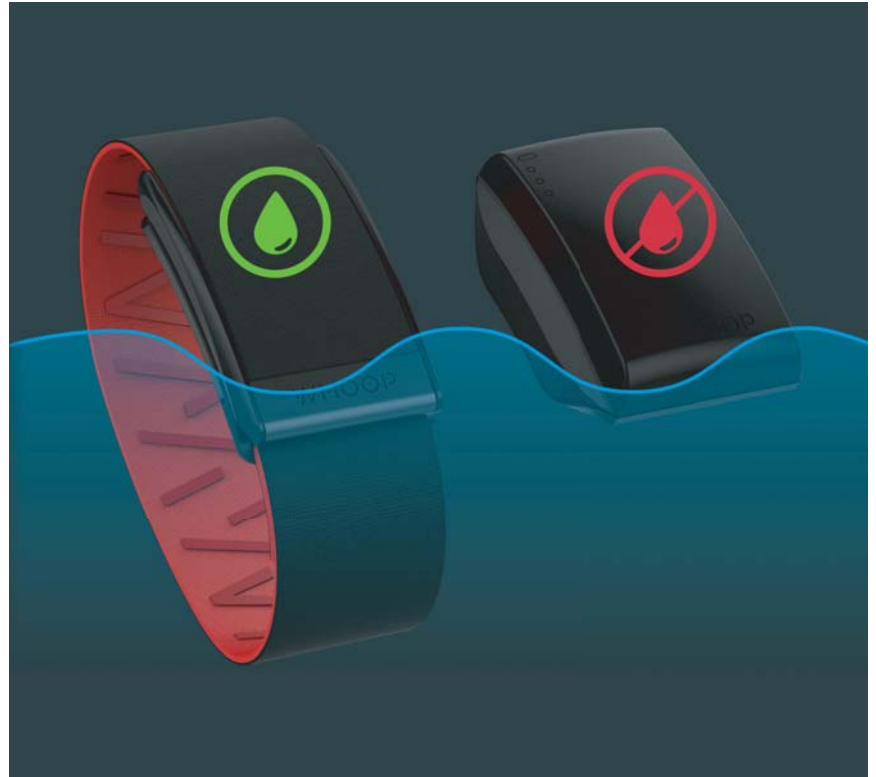


WHOOP // USER MANUAL THE WHOOP STRAP

WATERPROOF

The WHOOP Strap is completely waterproof up to three atmospheres (3 ATM), and the WHOOP online store features bands ideally suited for watersports.

Keep in mind that the Battery Pack is NOT waterproof, so be sure to remove the Battery Pack prior to submerging the WHOOP Strap in water.

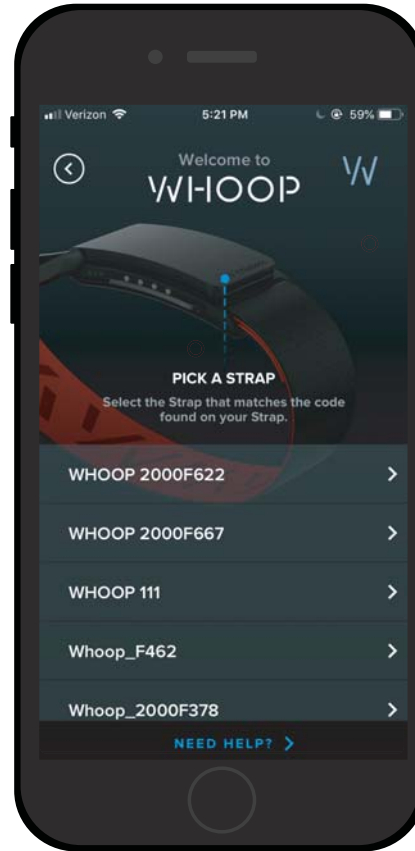




CONNECTING THE WHOOP STRAP

To connect a WHOOP strap, follow the on-screen instructions while setting up an account. If you already have an account, navigate to 'Strap Settings' and select 'Pair with a WHOOP Strap'.

Ensure Bluetooth is enabled. Find the ID for your WHOOP Strap and select it. Your ID is located on the top of the sensor, as shown below. You will then be prompted to pair with this strap. Confirm the pairing to establish a connection between your phone and the WHOOP Strap.



Locate your WHOOP Strap ID



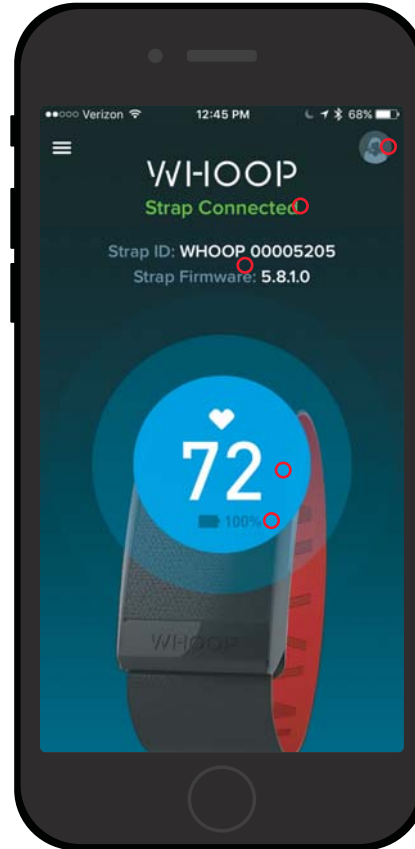
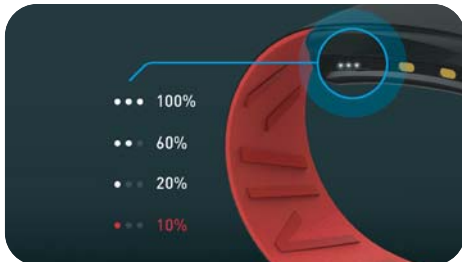


WHOOP STRAP STATUS

The Strap Status page in the WHOOP App allows you to monitor the Battery Level and Bluetooth connection of the WHOOP Strap. You can also see the WHOOP Strap ID and the version of firmware the Strap is running.

DOUBLE TAPPING THE WHOOP STRAP

By double tapping the top of the WHOOP Strap sensor, the LEDs along the side will illuminate to indicate the status of the battery. This can also be done with the Battery Pack connected.



- WHOOP Support
- Bluetooth Status
- WHOOP Strap ID & Firmware

- Current Heart Rate
- WHOOP Strap Battery Level



WHOOP // USER MANUAL THE WHOOP MOBILE APP

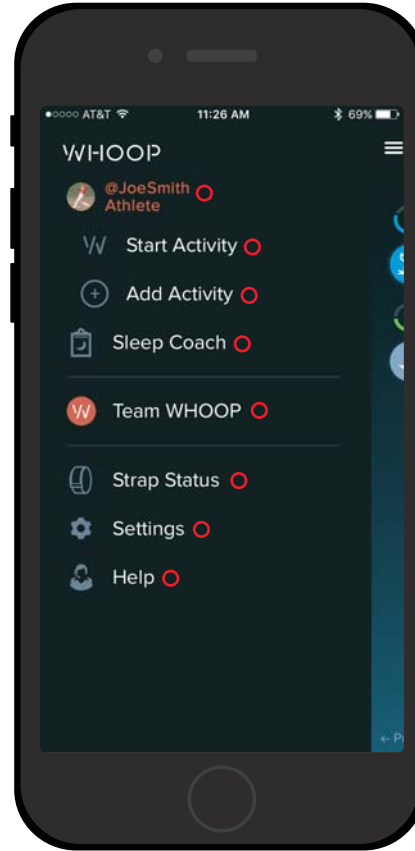
THE MENU



To navigate the WHOOP iOS App, access the Menu by selecting the icon at the top left corner of the screen.

From the Menu, you can:

- access your Overview, Strain, Recovery and Sleep pages,
- start recording an Activity, or add a past Activity after you completed it,
- access the Sleep Coach feature
- access the Strap Status page to receive up to date status of your WHOOP Strap, including connection and battery life.
- change your Settings, or
- access Help and email Support Logs to WHOOP Customer Support.



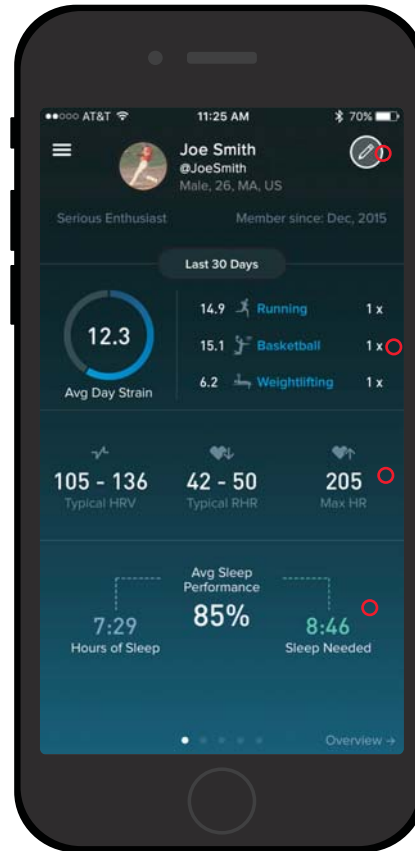
- Overview, Strain, Recovery, Sleep
- Initiate an Activity
- Add a past Activity
- Access Sleep Coach
- Access Team Leaderboards
- Strap Status
- Settings
- Help / Support Logs



ATHLETE PROFILE

This page gives you a summary of your metrics over the last 30 days, including Average Day Strain, Activities, Heart Rate statistics including Typical Heart Rate Variability (HRV), Typical Resting Heart Rate (RHR), Max Heart Rate and Average Sleep Performance.

To access the Athlete Profile, swipe left from the Overview page.



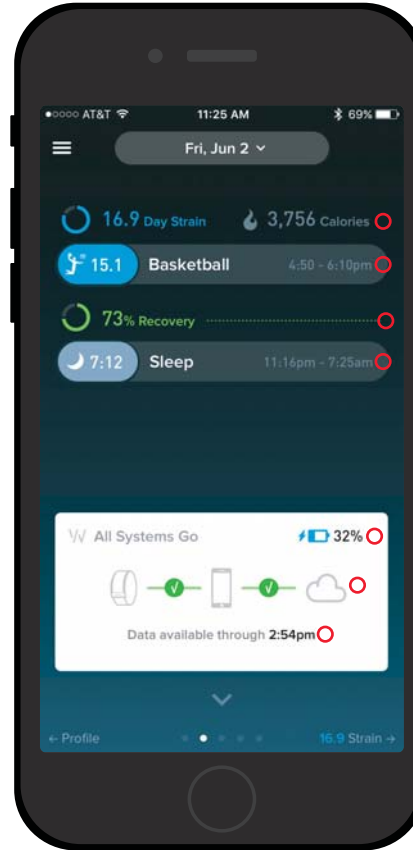
- Edit Profile
- 30 Day Summary of Strain
- Heart Rate Statistics
- Average Sleep Performance



OVERVIEW

This page gives you a one day view of your Day Strain, Activities, Recovery, Sleep Score, and calories burned throughout the day. You can also quickly access Activities logged, including Sleep, by tapping them from the Overview.

The System Status Box gives you an at-a-glance status of the WHOOP system.



- Day Strain, Calories Burned
- Activities logged (Tap to access)
- Recovery
- Sleep Performance (Tap to access)

- WHOOP Strap Battery level
- Connectivity
- Time of last data sync



OVERVIEW HEART RATE

You can access your full day timeline view by tilting your device horizontally. This will show your raw Heart Rate data throughout the course of the day, including the previous night's sleep.





WEEKLY TREND

Viewing your single-day Strain, Recovery, and Sleep is useful for making decisions in the current day. However to track changes and improvements in performance and fitness, exploring how your scores are trending is often more useful.

To view 7-day trends in the iOS app, swipe up from the Overview, Strain, Recovery or Sleep pages.

From the Overview page, you will see how your Day Strain has correlated with your Recovery to highlight the days on which you were undertraining, overtraining, or training optimally. You can also navigate to view previous weeks using the Date Range at the top of the page.



● Date Range

● Strain & Recovery Graph

● Strain & Recovery Summary

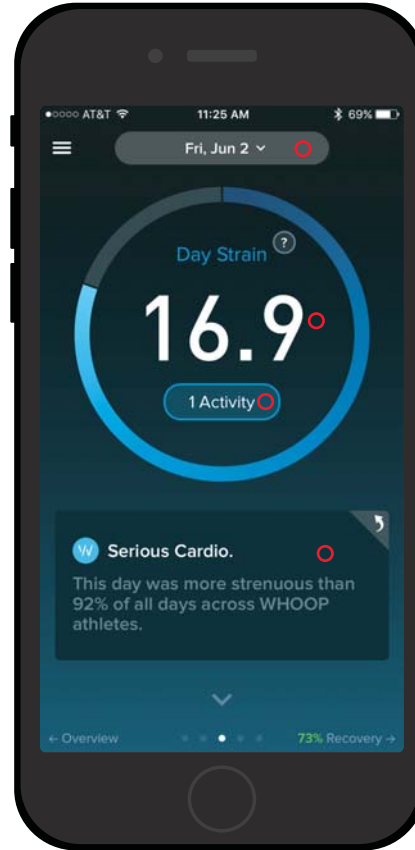


STRAIN PAGE

The Strain page provides a summary of a day's Strain, as well as the statistics (Calories burned, Average Heart Rate, and Max Heart Rate) for that day relative to the average of the last 30 days, displayed as small grey numbers under the statistics.

You can access the day's individual Activities, the Strain score for each of those Activities, and the statistics for each Activity.

To access the Strain page, simply swipe left from the One Day Overview. You can also access previous days by swiping up or through the Calendar view. You can sync the app by swiping down.



- Access the Calendar
- Day Strain
- Access the Day's Activities
- Access Day Strain Statistics



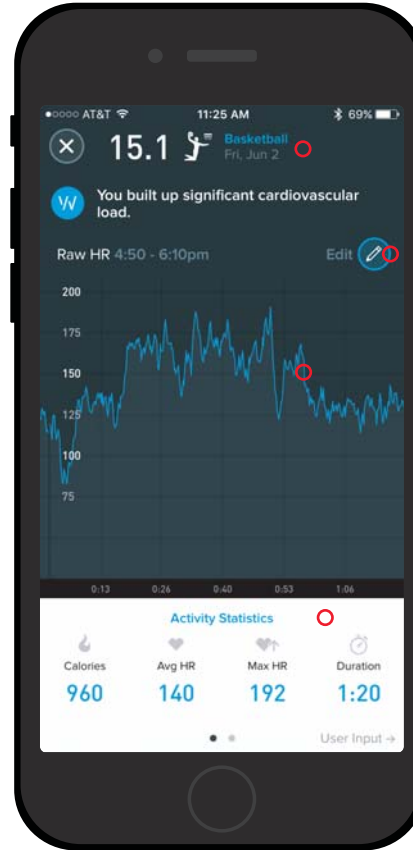


ACTIVITY BREAKDOWN

By selecting an individual Activity from the Strain page, you can access a detailed breakdown of the Strain for each Activity.

This page features detailed Raw Heart Rate for the duration of the Activity, Average Heart Rate, Max Heart Rate, Duration and Calories burned. You can also access the Map of the Activity for Running, Cycling, and other GPS-trackable Activities.

You can also Edit Activities to change Start and Stop times, or the Activity type.



- Activity Information and Strain
- Edit or Delete Activity
- Raw Heart Rate
- Activity Statistics



STRAIN TREND

The Strain trend tracks your Day Strain over the past week and highlights the 7-day averages for important Strain statistics such as Average Heart Rate and Calories burned.



● Date Range

● Day Strain Summary

● Average Strain Statistics

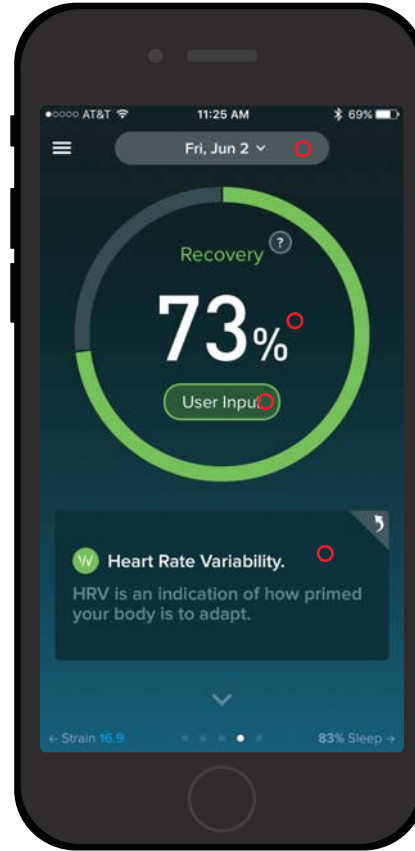


RECOVERY PAGE

The Recovery page provides a summary of a day's Recovery, calculated automatically during the last 5 minutes of Slow Wave Sleep. This page also gives you access to the Recovery statistics for that day relative to the average of the last 30 days, displayed as small grey numbers under the statistics.

You can access the User Input logged for that day's Recovery. By tapping the window under the Recovery score, you can access a summary of Recovery statistics - Heart Rate Variability, Resting Heart Rate, and Sleep - for that day relative to the average of the last 30 days.

To access the Recovery page, simply swipe left twice from the One Day Overview.



● Access the Calendar

● Recovery

● Access User Input

● Access Recovery Statistics





RECOVERY TREND

The Recovery Trend tracks your Recovery on each day and includes 7-day averages for Recovery, Heart Rate Variability, and Resting Heart Rate.



● Date Range

● Recovery Summary

● Average Recovery Statistics



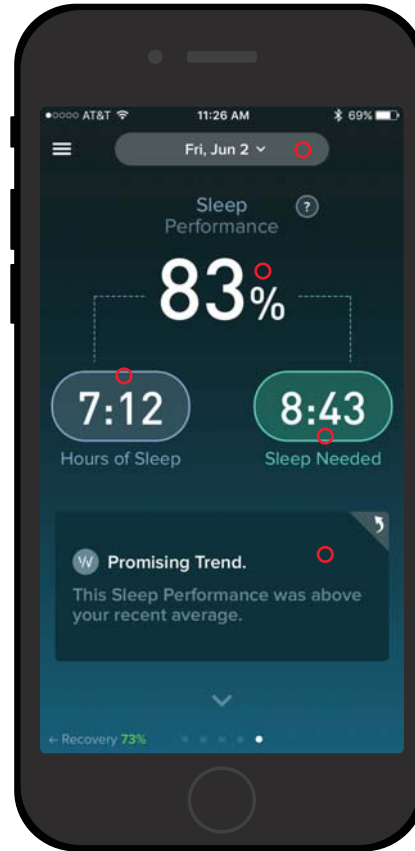
SLEEP PERFORMANCE PAGE

The Sleep Performance page provides a summary of the previous night's sleep, primarily the Sleep Performance score, which is the Hours of Sleep compared to the amount of Sleep Needed.

This page also provides statistics (Time in Bed, Disturbances, and Latency) for that night relative to the average of the last 30 days, displayed as small grey numbers under the statistics.

You can access more detailed statistics by touching the Hours of Sleep and Sleep Needed.

To access the Sleep page, simply swipe left three times from the One Day Overview.



- Access the Calendar
- Sleep Performance
- Hours of Sleep (Access to detailed statistics)
- Sleep Needed (Access to detailed statistics)
- Access Sleep Statistics



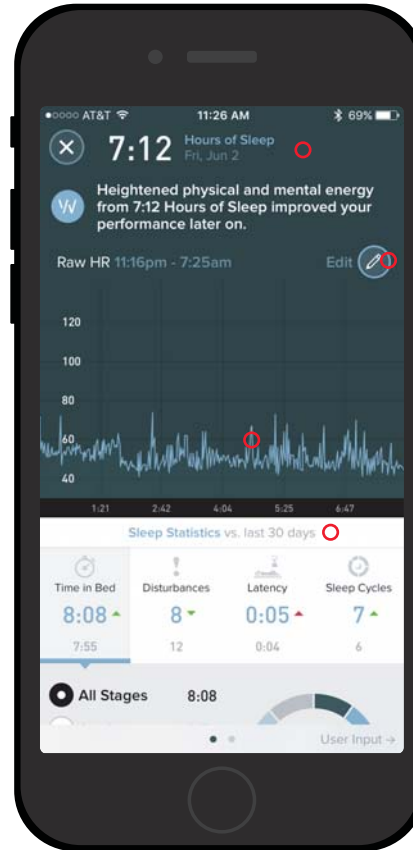


DETAILED SLEEP STATISTICS

This page gives you a detailed breakdown of the previous night's sleep in relation to the average of the last 30 days, which are displayed as small grey numbers below the statistics. You can view Time in Bed, the number of Disturbances you experienced, your Sleep Latency (the amount of time it took you to fall asleep), and time spent in each Sleep Cycle. You can also see a snapshot of your Raw Heart Rate.

You can access this page by touching the Hours of Sleep on the Sleep Performance page. You can also access User Input by swiping left.

By tapping Edit, you can change Time in Bed to recalculate your Sleep Performance and Recovery.



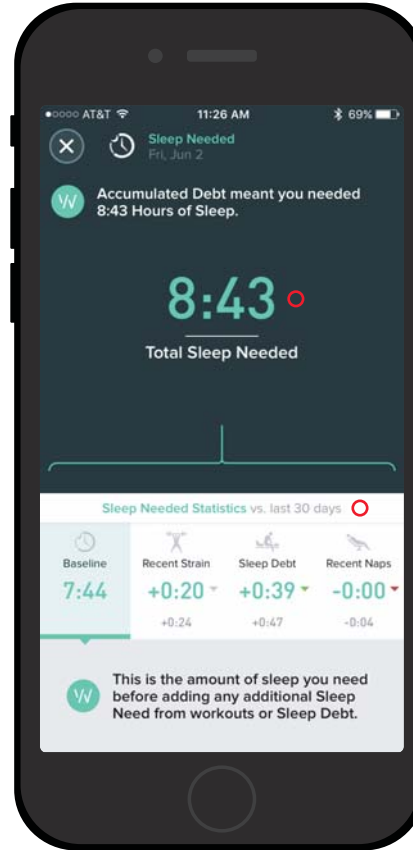
- Hours of Sleep
- Edit Time in Bed
- Raw Heart Rate Graph
- Sleep Statistics (Time in Bed, Number of Disturbances, Sleep Latency, Sleep Cycles)



DETAILED SLEEP NEEDED STATISTICS

This page gives you a detailed breakdown of your Sleep Need from the previous night. You can view your Baseline Sleep Need, amount of time added for Recent Strain or any accumulated Sleep Debt, and any reduction due to Recent Naps.

You can access this page by touching the Sleep Needed on the Sleep Performance page.



● Total Sleep Needed

● Sleep Needed Statistics (Personal Baseline, Recent Strain, Accumulated Sleep Debt, Recent Naps)



SLEEP TREND

The Sleep trend tracks your Sleep Performance (the amount of Sleep you received compared to how much you needed) over the last 7 days and also highlights Sleep stats such as your average Hours of Sleep, Sleep Need, and Time in Bed for the displayed period.



● Date Range

● Sleep Performance Summary

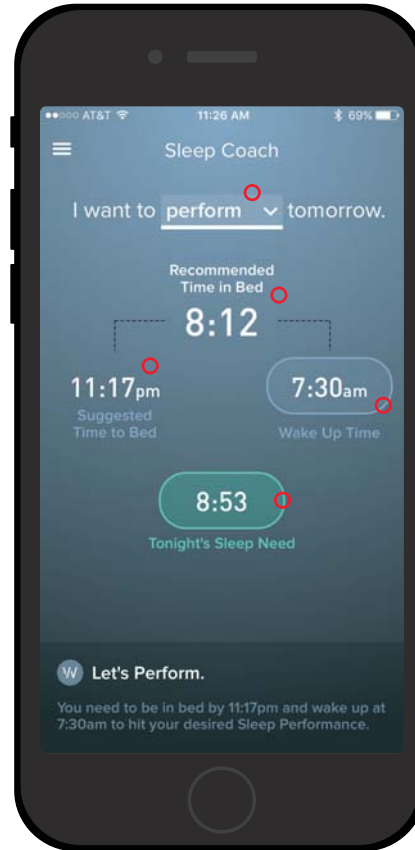
● Average Sleep Statistics



SLEEP COACH

The WHOOP Sleep Coach allows you to plan your bedtime around the amount of sleep you need. Select whether you'd like tomorrow's performance to allow you to Peak, Perform, or simply Get By. Then select what time you need to wake up.

The WHOOP Sleep Coach will calculate your Suggested Time to Bed based on your Sleep Need and how much Time in Bed you would need to reach that Sleep Need.



- Tomorrow's target performance
- Recommended Time in Bed to achieve your target performance
- Suggested Time to Bed
- Desired time to wake up

- Sleep Need for tonight

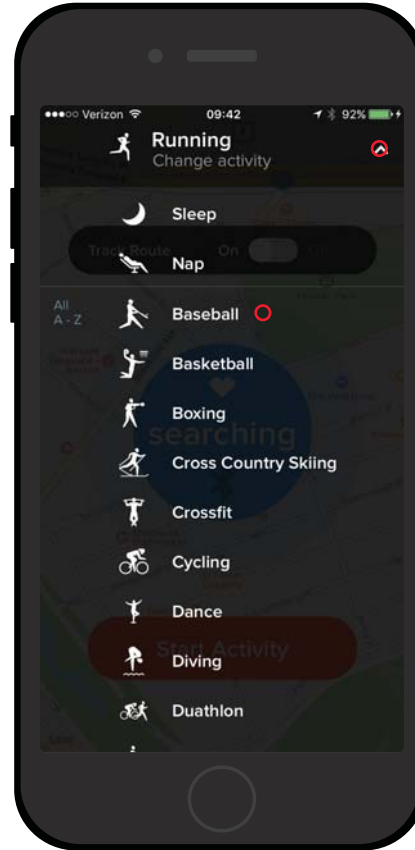


WHOOP // USER MANUAL THE WHOOP MOBILE APP

INITIATING AN ACTIVITY OR SLEEP

To initiate an Activity or Sleep, simply tap the Menu button at the top left hand corner of the screen and select 'Start Activity.'

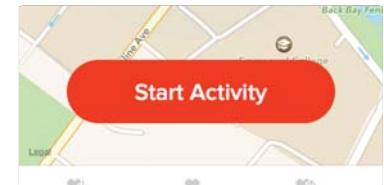
Be sure your WHOOP Strap is connected to your device before you begin.



● Access or hide Activity Menu

● Select Activity

● Start Activity to Begin



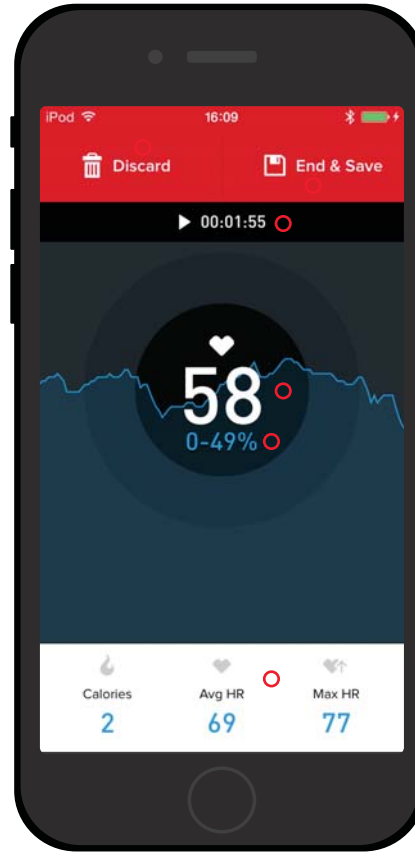
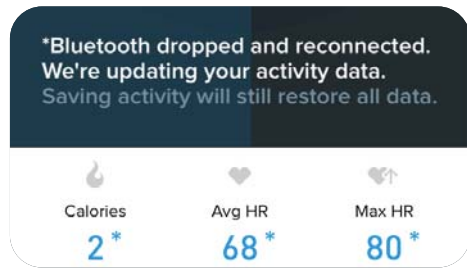


COMPLETING AN ACTIVITY

To complete an Activity or Sleep, simply tap Pause and then End & Save at the top right. Should you need to discard an Activity, tap Discard at the top left of the screen.

Select “End & Save” to complete your workout and upload your data.

You will receive the notification below if you were disconnected from Bluetooth during your Activity. Your data will be saved on the WHOOP Strap and will transfer to your iOS device when the Bluetooth connection is restored. The App will notify you when your data has synced and your Activity is processed.



- Discard Activity data
- End, Save and upload Activity data
- Duration of Activity

- Real Time Heart Rate
- Percent of Max Heart Rate

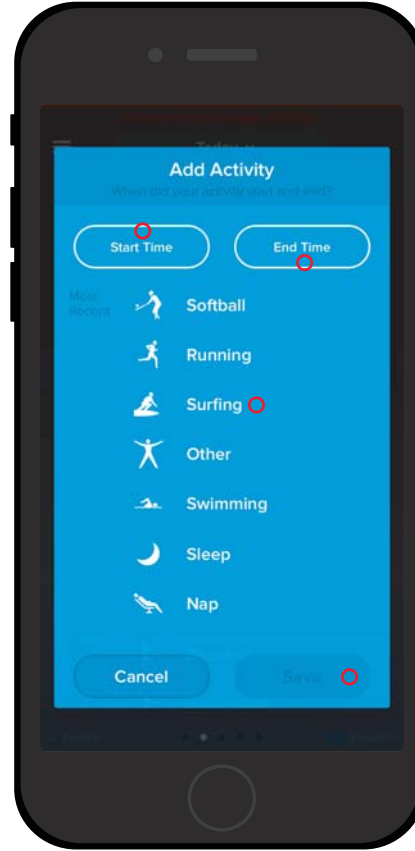
- Current Activity Statistics



ADDING AN ACTIVITY

You can also add an Activity retroactively to generate a Strain score for a specific Activity. You can also add a Sleep or Nap Activity if it was not automatically detected. Simply enter the Start Time and End Time for the Activity you wish to add, and select the type of Activity from the menu.

Keep in mind, WHOOP will not evaluate your Strain differently depending on the Activity you choose. Tagging Activities simply allows you to get a better understanding of the types of Activities you've done, and how often you do them.



- Activity Start Time
- Activity End Time

- Type of Activity

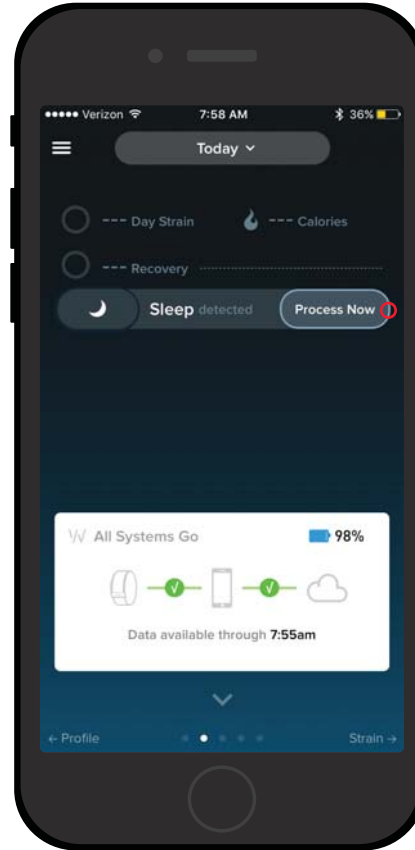
- Save or Cancel



SLEEP AUTO-DETECTION

WHOOP detects when you fall asleep and wake up and then logs that period as Sleep. Using Sleep Auto-Detection, you can track your Sleep and receive your Recovery without having to manually start and stop or add your Sleep.

If you wake up and WHOOP has detected a Sleep (but is waiting to make sure you're fully awake before ending it), you may see a "Sleep Detected - Process Now" entry on your Overview screen. Tapping "Process Now" will let WHOOP know that you are not planning on extending this sleep and the system will therefore begin processing your Sleep Activity.



- Process Auto-Detected Sleep Activity



CALENDARS

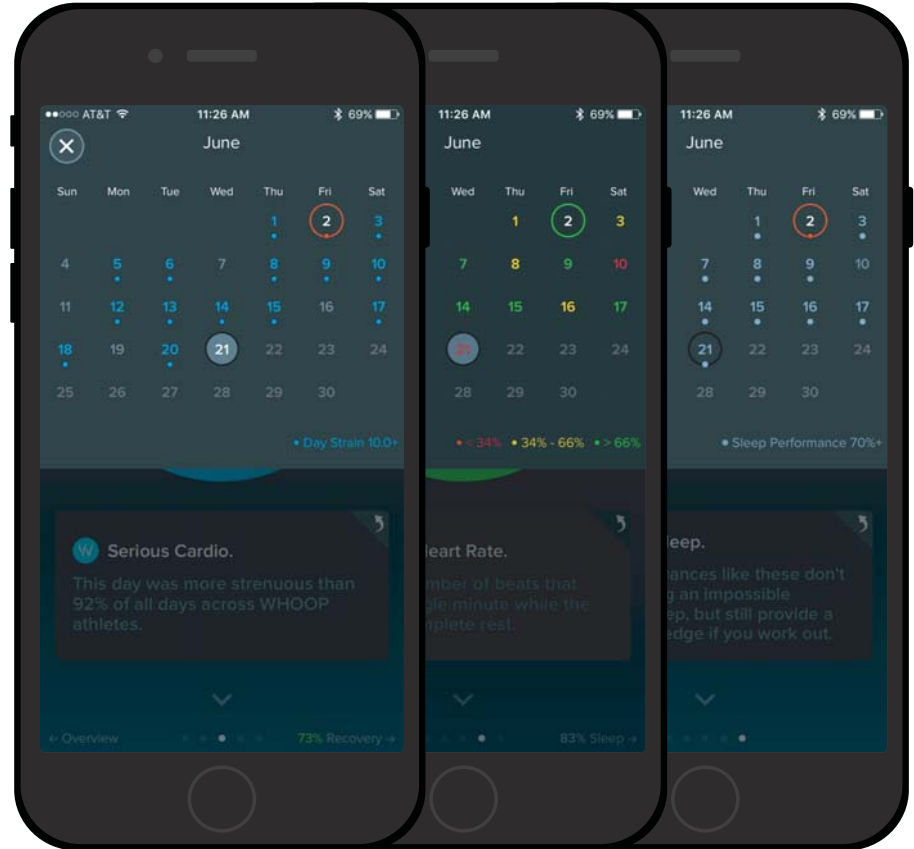
You can navigate to previous days from the Strain, Recovery and Sleep Performance pages by accessing the Calendar view at the top of each page. Simply touch the word 'Today' at the top of the screen to pull down the calendar.

The dates of the calendar are color coded as well:

In the Strain Calendar, days colored blue with a blue dot indicate a Day Strain of 10 or higher.

Days in the Recovery calendar are color coded red, yellow or green to indicate that day's Recovery.

In the Sleep Calendar, days with a Sleep Performance of 70% or higher are colored pale blue with a pale blue dot.

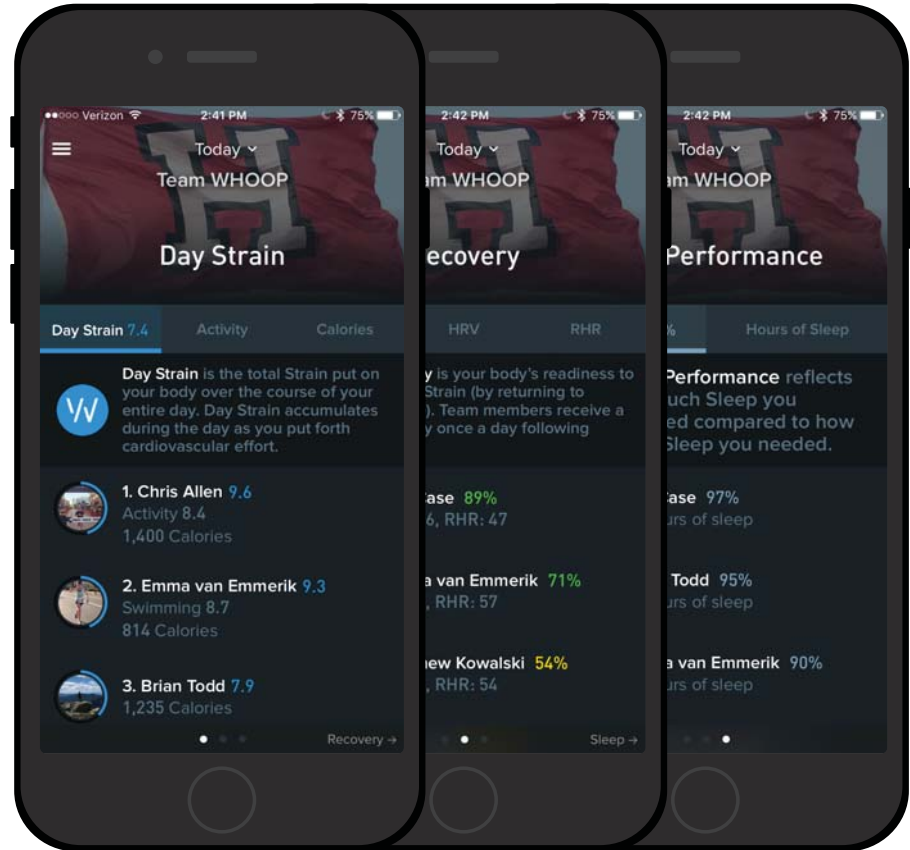




TEAM PAGES

If you belong to a team, you can view your Team Strain, Recovery and Sleep pages. These pages show leaderboards for that day, including the team average.

Athletes on a team can tap a teammate's name to view that user's Athlete Profile.



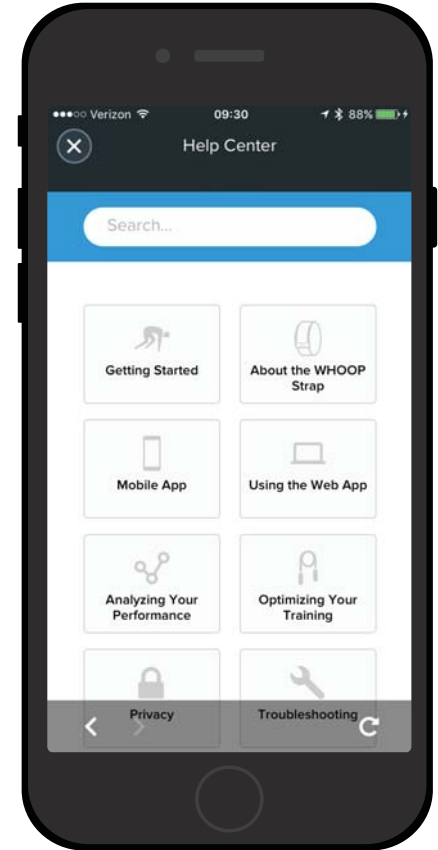
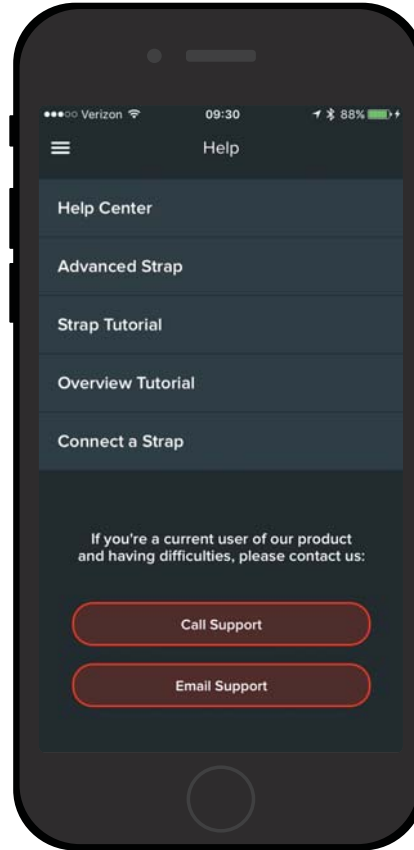


SUPPORT & HELP CENTER

You can access the Help section from the Menu for answers to frequently asked questions or to report a problem to WHOOP Customer Support by either email or phone. The Call Center is available Monday - Friday during normal business hours.

The Help Center is a great resource to find answers, from Getting Started, to Using the Mobile and Web App. It even includes tips to help optimize your training.

The Help Center can be found at:
app.whoop.com/help/





ONE-YEAR LIMITED PRODUCT WARRANTY

What Does This Warranty Cover? WHOOP, Inc., provides a Limited Product Warranty to U.S. purchasers that this new WHOOP device, including the band, battery pack, and USB charging cable (the “Product”), will be free of material defects or malfunctions that arise during normal use.

How Long Does the Coverage Last? This Limited Product Warranty lasts for 1 year from the date of initial purchase of a WHOOP Product. Any replacement Product will be warranted for the remainder of the original warranty period or 30 days, whichever is longer, or for any additional period time that may be required by applicable law.

What Will WHOOP Do? If a defect arises in the Product, WHOOP will, at its discretion and to the extent permitted by law, either replace or repair any defective or malfunctioning WHOOP unit device at no charge, after a customer service representative determines that a problem with a Product is not able to be resolved through troubleshooting and guidance. If WHOOP repairs the Product, WHOOP may use new or refurbished replacement parts. Replacement Products may be new or refurbished. In the event of a defect or malfunction, these are your sole and exclusive remedies. Shipping and handling charges may apply except where prohibited by applicable law.

What Does This Warranty Not Cover? WHOOP does not warrant that the operation of the Product will be uninterrupted or error-free. This Limited Product Warranty does not cover software embedded in any Product and related services provided by WHOOP. See the WHOOP Terms of Use for details of your rights with respect to use of the software and related services.

This Limited Product Warranty does not cover counterfeit products, units that have been used contrary to the instructions in the User Guide, Products purchased outside the U.S., or any problem that is caused by abuse, misuse, accidents, or acts of God. Except where prohibited by law, this Limited Product Warranty only applies to the original Purchaser of Product sold by WHOOP or an authorized reseller or sales channel.

This Limited Product Warranty does not apply to WHOOP products or services other than the Products; or non-WHOOP products, even if sold by WHOOP; Products that are, or are reasonably believed to be, stolen; or software, even if packaged with, sold with, or embedded in the Product.

This Limited Product Warranty does not apply to a Product or part of a Product that has been serviced, altered, refurbished, or modified by anyone who is not authorized by WHOOP, nor does it apply to any cosmetic damage such as scratches and dents. In addition, this Limited Product Warranty does not apply to damage or defects caused by (a) use with non-WHOOP products; (b) accident, abuse, misuse, mishandling, flood, fire, earthquake or other external causes; (c) normal wear and tear or aging of the Product such as discoloration or stretching; or (d) operating the Product (i) outside the permitted or intended uses described by WHOOP, (ii) not in accordance with instructions provided by WHOOP, or (iii) with improper voltage or power supply.

WHOOP excludes all claims for special, incidental, or consequential damages caused by breach of any express or implied warranty. WHOOP's liability is limited to the amount of the purchase price. **All other warranties, express or implied, including any statutory warranty or condition of merchantabi-**



WHOOP // USER MANUAL THE WHOOP MOBILE APP

lity or fitness for a particular purpose, are disclaimed except to the extent prohibited by law. In such event, such warranty or condition is limited to the duration of this written warranty. This warranty gives you specific legal rights. You may have other legal rights that vary depending on where you live. Some states, including New Jersey, do not allow the exclusion or limitation of consequential or incidental damages, so the above limitation or exclusion may not apply to you.

No WHOOP reseller, distributor, agent, or employee is authorized to make any modification, extension, or addition to this Limited Product Warranty. If any term contained herein is held to be illegal or unenforceable, the legality or enforceability of the remaining terms shall not be affected.

How Do You Get Service? To be eligible for service under this warranty you must return the warranty registration card, the dated receipt or purchase order, or other proof of purchase indicating the date purchased, within one year of purchasing your WHOOP unit product. Contact customer service by mail, phone call, or email, to troubleshoot your device and obtain service:

WHOOP, Inc.

1325 Boylston Street, Suite 401, Boston, MA 02215

(617) 670-1074 | contact@whoop.com

www.whoop.com/warranty

We will inspect your device to verify that it is a genuine WHOOP product, and if so, repair or replace it if it is received within 90 days of the date of purchase. For returned products received later than one year after the date of purchase, we will give you a price quote for the repair. If you pay

the quoted price, we will repair the unit and return it to you. If you decline to pay the quoted price, we will return your device to you.

How Does State Law Apply? This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



FITTING AND CARING FOR YOUR WHOOP STRAP

The WHOOP Strap is designed for athletes, to help them keep track of a variety of metrics and to assess progress toward athletic goals. They are designed to track these metrics, be comfortable, and look good. To get the most out of your device, follow these tips to make sure your watch is fitted comfortably and cared for properly.

Wearing Your WHOOP Strap

The WHOOP Strap should be placed on the wrist, about 1 cm above the bone of your wrist (away from your hand). The WHOOP Strap should be snug, but not too tight – just tight enough to ensure the sensors make solid contact with your skin. If you can slide your pinky finger under the Strap, it is likely too loose.

If you are experiencing discomfort or chafing, try either tightening or loosening the band. For comfort, you may want to loosen the band after your workout. Water and sweat may also cause irritation, so make sure your watch and skin are dry once you've completed your workout. Consider loosening it after a workout.

Caring for Your WHOOP Strap

It is a good idea to keep your WHOOP Strap clean. Remove it regularly and thoroughly clean it in warm water to remove any accumulated dirt or soap residue. Avoid soaps or cleansers that may irritate your skin or damage the watch.

The WHOOP Strap's materials have been used in a variety of wearables and other athletic applications for several years. Our testing and experience

have shown that these materials are suitable for skin contact. Following these simple steps will ensure your device performs as designed.



Caution

Persons with high skin sensitivity, eczema, allergies, or asthma may be more likely to experience skin irritation or an allergic reaction from the WHOOP Strap or similar products. Even persons without such conditions may start to experience redness or skin irritation on wrists from prolonged use or if the product is not cleaned regularly as indicated above.

If you experience such symptoms:

- Stop wearing and remove your WHOOP Strap immediately. Do not put it back on.
- If symptoms persist for more than 2 to 3 days after removing the WHOOP Strap, consult a dermatologist.

Make sure to follow the wear and care instructions above. Avoid water, sweat or dirt build up between your skin and the product. Clean as directed.



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 Strap that monitors heart rate, heart rate variability, ambient temperature, and motion.
- Always consult your physician before beginning or modifying any exercise program.
- The WHOOP Strap, accessories, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate, heart rate variability, and other readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the WHOOP Strap typically provides an accurate estimate of a user's heart rate and heart rate variability, there are inherent limitations with the technology that may cause some of the heart rate/rate variability readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- WHOOP Straps rely on sensors that track your motion, heart rate, heart rate variability, and other metrics. The data and information provided by

these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, heart rate variability, and calorie data.

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 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 removed batteries to water or other liquids.
- Do not use a sharp object to remove the removable batteries.
- 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 use a charging cable that is not approved or supplied by WHOOP.
- Do not operate the device outside of the temperature range of 0-60 C.
- When storing the device for an extended time period, store within the temperature range of 0-35 C.
- Contact your local waste disposal department to dispose of the device/ batteries in accordance with applicable local laws and regulations.



WHOOP // USER MANUAL

FCC INFORMATION

WHOOP Strap 3.0

Model #: WS30

Bluetooth Qualification Declaration ID: D025845

Working Frequency Range:

BLE: 2402-2480MHz

NFC: 13.56 MHz

Maximum RF Output Power of the Product:

BLE: 1.24dBm

NFC: -5.27dB μ A/m at 10m

FCC ID: 2AJ2X-WS30

IC: 22056-WS30

FCC

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.

Caution: The changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

IECS

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This device complies with RSS(s) of the Industry Canada 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



WHOOP // USER MANUAL

REGULATORY INFORMATION

Disposal and Recycling Information

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



1. In the European Union

- These symbols on the products, packaging and/or accompanying documents mean 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.

If a chemical symbol is added beneath the symbol shown below, in accordance with the Battery Directive, this indicates that a heavy metal (Hg = Mercury, Cd = Cadmium, Pb = Lead) is present in the battery at a concentration above the applicable threshold specified in the Battery Directive.

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

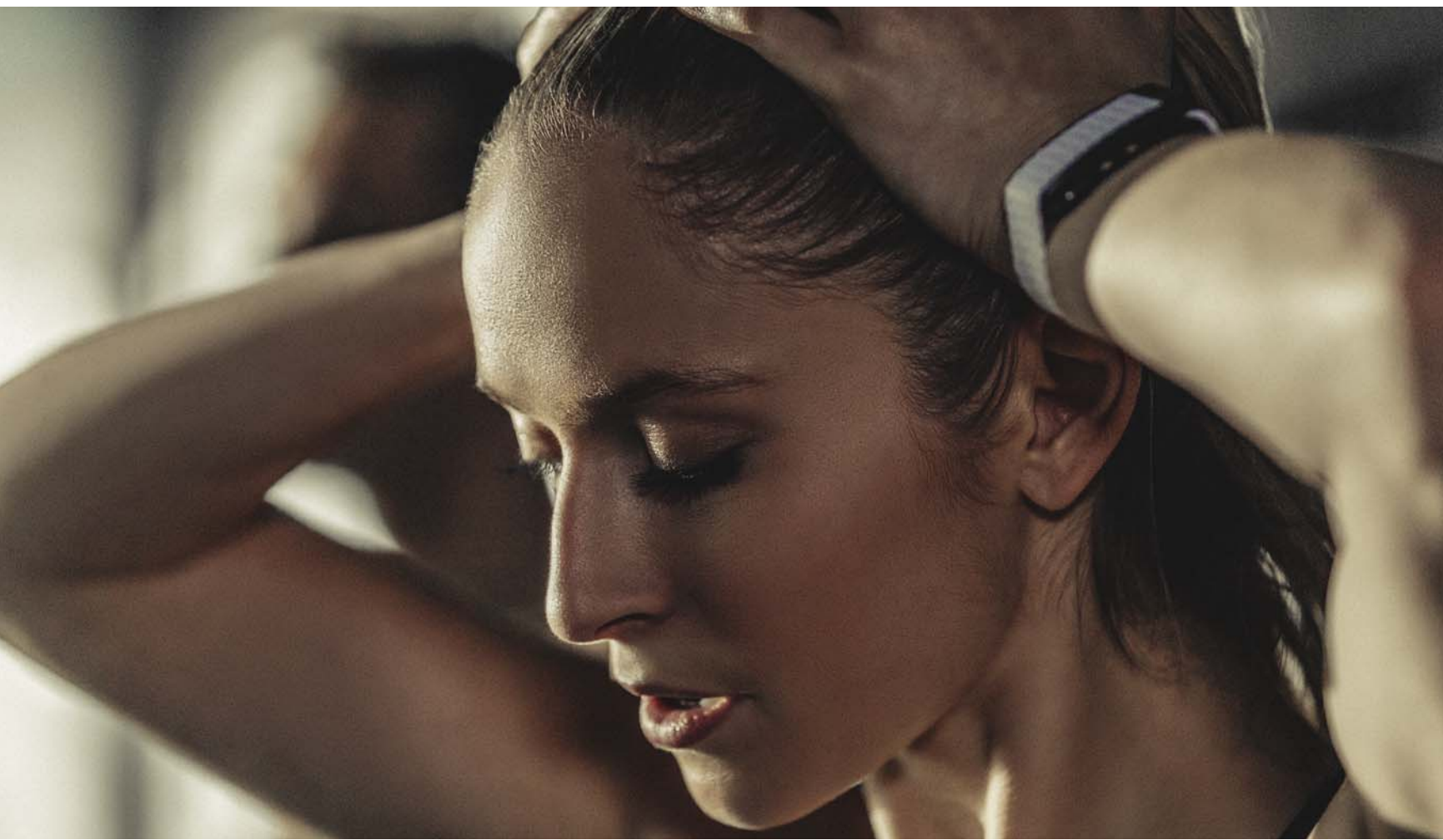
These symbols are only valid in the European Union. If you wish to discard used products, please contact your local authorities or dealer and ask for the correct method of disposal.



WHOOP, Inc. declares that this wireless device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The Declaration of Conformity is available upon request from support@whoop.com.

California Proposition 65

WARNING: This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.





WHOOP // USER MANUAL

FCC INFORMATION

WHOOP Strap 3.0
Model #: WS30

Bluetooth Qualification Declaration ID: D025845

Working Frequency Range:

BLE: 2402-2480MHz

NFC: 13.56 MHz

Maximum RF Output Power of the Product:

BLE: 1.24dBm

NFC: -5.27dB μ A/m at 10m

FCC ID: 2AJ2X-WS30

IC: 22056-WS30

FCC

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.

Caution: The changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

IECS

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This device complies with RSS(s) of the Industry Canada 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.



WHOOP // USER MANUAL

FCC INFORMATION

WHOOP Strap 3.0
Model #: WS30

Bluetooth Qualification Declaration ID: D025845

Working Frequency Range:

BLE: 2402-2480MHz

NFC: 13.56 MHz

Maximum RF Output Power of the Product:

BLE: 1.24dBm

NFC: -5.27dB μ A/m at 10m

FCC ID: 2AJ2X-WS30

IC: 22056-WS30

FCC

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.

Caution: The changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

IECS

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This device complies with RSS(s) of the Industry Canada 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.