


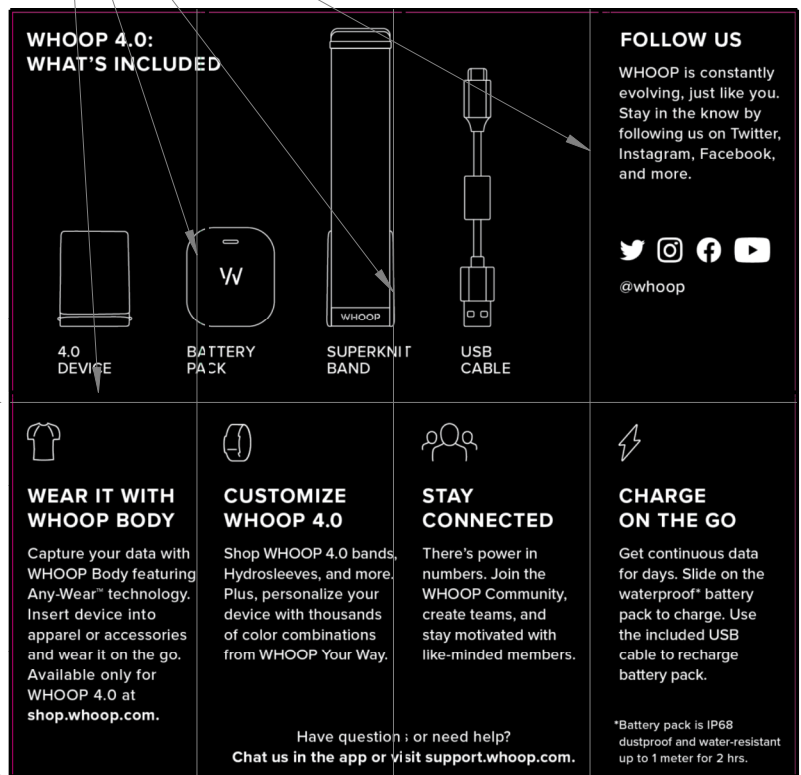
NOTES:

- THIS DRAWING IS BASED ON MODEL FILE 452-005-00
- MATERIAL: 120GSM PAPER
- FINISH: MATTE FINISH
PRINT OUTSIDE IN FULL COLOR
-  DENOTES CRITICAL TO QUALITY DIMENSIONS

REVISIONS	
REV.	DESCRIPTION
B	ECO - 000325

FOLD LINES

⑨ 0.20



WHOOP 4.0: WHAT'S INCLUDED

4.0 DEVICE, BATTERY PACK, SUPERKNIT BAND, USB CABLE

FOLLOW US

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

@whoop

WEAR IT WITH WHOOP 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 WHOOP 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.

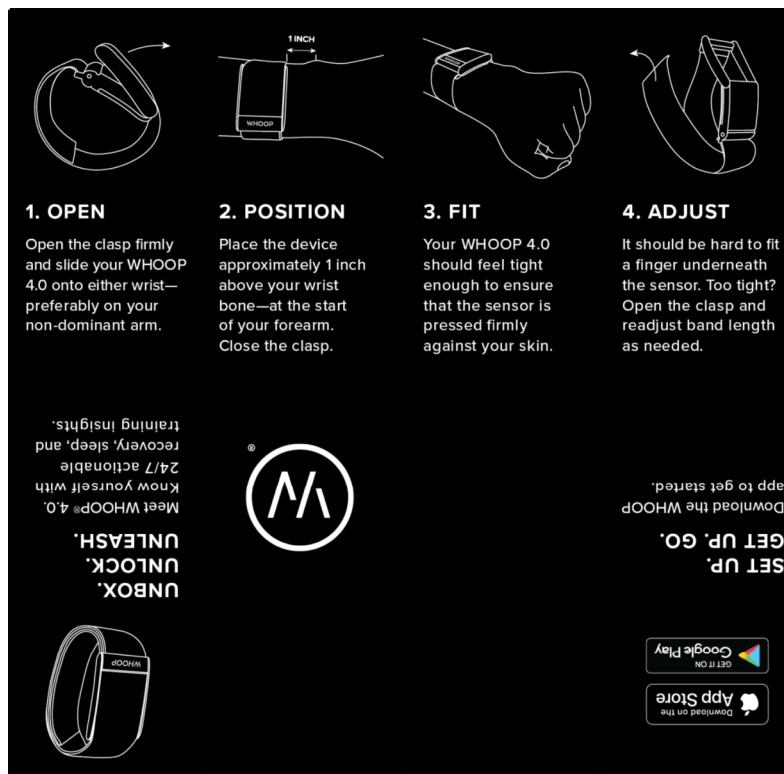
CHARGE ON THE GO

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

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

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

Dimensions: 74.00 (2), 37.00 (3), 39.00 (4), 39.00 (5), 37.00 (6), 152.00 (1)



1. OPEN

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

2. POSITION

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

3. FIT

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

4. ADJUST

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

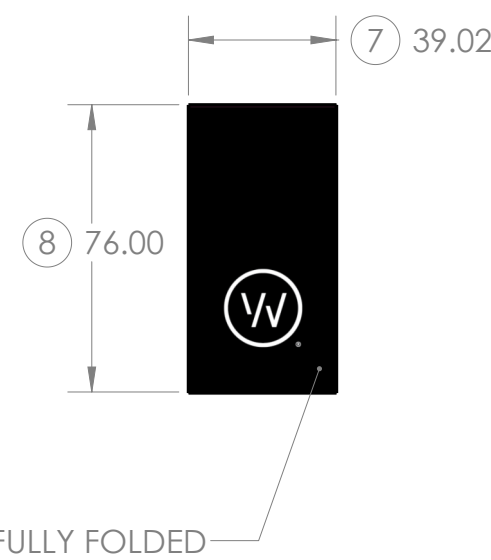
UNBOX. UNLOCK. UNLEASH.

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

SET UP. GET UP. GO.

Download the WHOOP app to get started.

Available on the App Store and Google Play.



FULLY FOLDDED

Dimensions: 76.00 (8), 39.02 (7)

FRONT SIDE

BACK SIDE

PROPRIETARY AND CONFIDENTIAL

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF WHOOP, INC. ANY REPRODUCTION IN PART OR AS A WHOLE WITHOUT THE WRITTEN PERMISSION OF WHOOP, INC. IS PROHIBITED.

UNLESS OTHERWISE SPECIFIED
LINEAR:
X ± 0.75
X.X ± 0.25
X.XX ± 0.13
ANGLE:
X.X° = ± 0.5°
SURFACE:
32/
REMOVE ALL BURRS & SHARP EDGES

UNLESS OTHERWISE SPECIFIED
ALL DIMENSIONS ARE IN MM

MATERIAL: ②

FINISH: ③

DO NOT SCALE DRAWING

WHOOP, INC. 1325 BOYLSTON ST. BOSTON, MA 02215 USA			
DRAWN BY	DL	8/5/2021	
CHECKED BY	AN	8/5/2021	
INTERPRET GEOMETRIC TOLERANCING PER: ASME Y14.5-2009			

DESCRIPTION: INSTRUCTION MANUAL, FOLD OUT, PACKAGING, HARVARD		
SIZE	NUMBER:	REV
B	452-005-00	B
SCALE: 1:2	WEIGHT:	SHEET 1 OF 2

WHOOP 4.0: WHAT'S INCLUDED

4.0 DEVICE BATTERY PACK SUPERKNIT BAND USB CABLE

FOLLOW US
WHOOP is constantly evolving, just like you. Stay in the know by following us on Twitter, Instagram, Facebook, and more.
@whoop

WEAR IT WITH WHOOP 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 WHOOP 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.

WHOOP 4.0: WHAT'S INCLUDED

4.0 DEVICE BATTERY PACK SUPERKNIT BAND USB CABLE

FOLLOW US
WHOOP is constantly evolving, just like you. Stay in the know by following us on Twitter, Instagram, Facebook, and more.
@whoop

WEAR IT WITH WHOOP 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 WHOOP 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.

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

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

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

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

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

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

SET UP. GET UP. GO.
Download the WHOOP app to get started.

Download on the App Store
GET IT ON Google Play

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

SET UP. GET UP. GO.
Download the WHOOP app to get started.

Download on the App Store
GET IT ON Google Play



<p>PROPRIETARY AND CONFIDENTIAL</p> <p>THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF WHOOP, INC. ANY REPRODUCTION IN PART OR AS A WHOLE WITHOUT THE WRITTEN PERMISSION OF WHOOP, INC. IS PROHIBITED.</p>	<p>WHOOP, INC. 1325 BOYLSTON ST. BOSTON, MA 02215 USA</p>			DESCRIPTION:			
	<p>INSTRUCTION MANUAL, FOLD OUT, PACKAGING, HARVARD</p>						
	<p>DRAWN BY DL</p>	<p>CHECKED BY AN</p>	<p>NAME DL</p>	<p>DATE 8/5/2021</p>	<p>SIZE B</p>	<p>NUMBER: 452-005-00</p>	<p>REV B</p>
	<p>INTERPRET GEOMETRIC TOLERANCING PER: ASME Y14.5-2009</p>				<p>SCALE: 1:2</p>	<p>WEIGHT:</p>	<p>SHEET 2 OF 2</p>