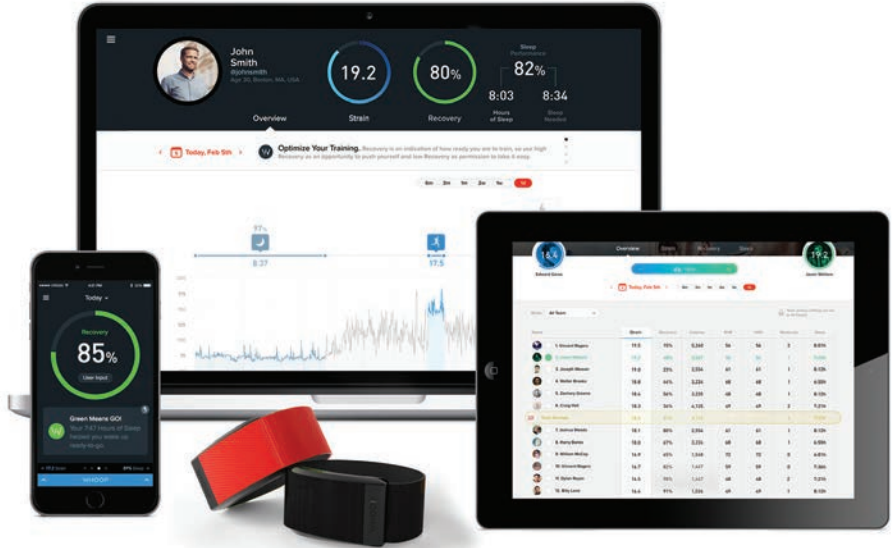# WHOOP®
USER MANUAL

Welcome to WHOOP!

WHOOP is the performance optimization system designed to help elite athletes and teams win. Through a sleek wrist-worn strap that measures strain and recovery, WHOOP provides key insights into an athlete's health, fitness, and general well-being.

WHOOP is always on, providing a complete picture that helps balance training plans, prevent injury, and improve team performance.

Our mission: Higher performance through accountability and knowledge.

Welcome to the Performance Lifestyle.

Contents

Inside your can you will find a charged WHOOP Strap and a Getting Started card.

You will also find your fully charged Battery Pack and USB Cable packed in the WHOOP Travel Puck.

WHOOP Strap

Disposable Stand

Getting Started Card

WHOOP Travel Puck

WHOOP Battery Pack

USB Cable

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 30-36 hours* 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.

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 Battery Pack will indicate the battery level of the WHOOP Strap when double-tapped.

⚠ **WARNING:** High impact strikes, exposure to temperature extremes and or recharging below 0 degrees C, may result in a serious lithium battery failure.
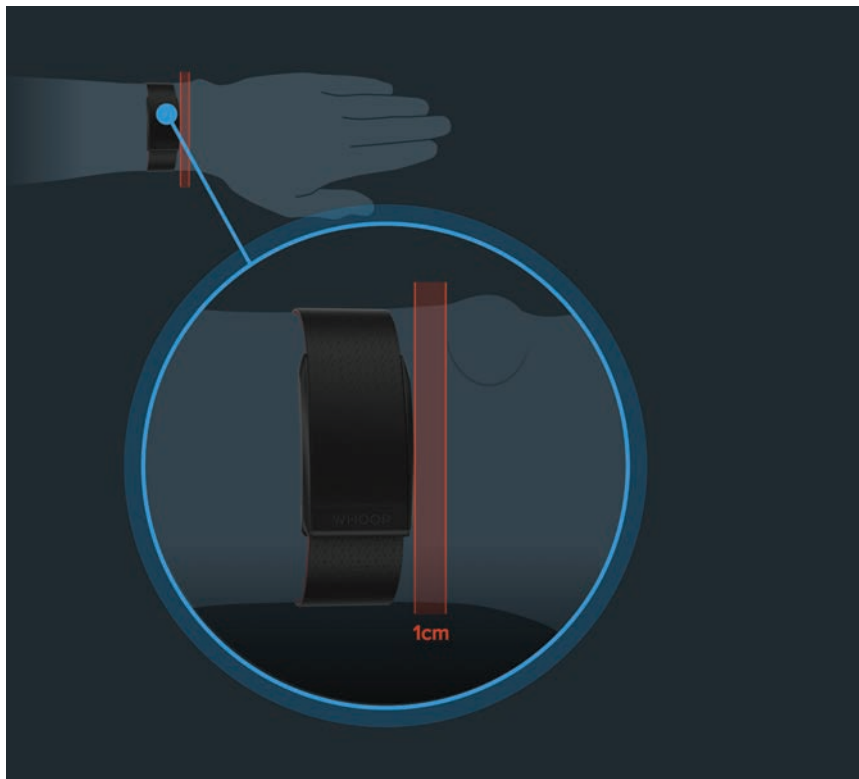
Positioning the WHOOP Strap
The WHOOP Strap should be placed on
the wrist, about 1 cm above the bone of
your wrist.

The WHOOP Strap should be snug,
but not too tight - just tight enough to
ensure the sensors make solid contact
with your skin. As a good rule of thumb,
if you can slide your pinky finger under
the strap, it is likely too loose.

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.

You should trim the excess band for a
more comfortable fit. Be sure to use
sharp scissors and leave at least an
inch of excess band.

You can also wash the band with soap
and water.

Connecting the WHOOP Strap

To connect a WHOOP strap, click the iPhone Settings button, and select Bluetooth.

Be sure 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. The status will change to "Connected" once the Bluetooth connection is made.

The first time you connect your WHOOP Strap to your device, it will be listed under "Other Devices".
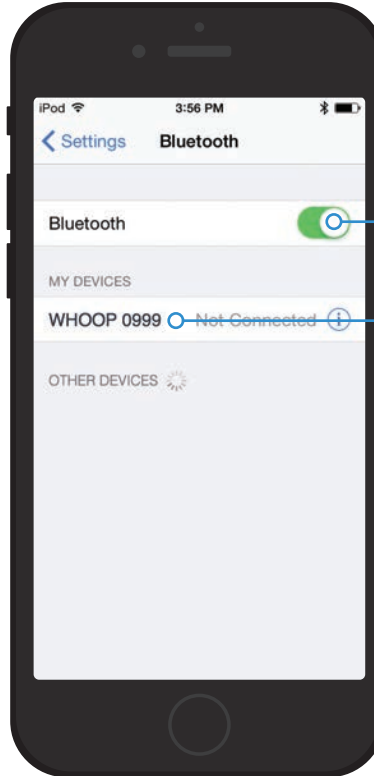
Enable Bluetooth

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.
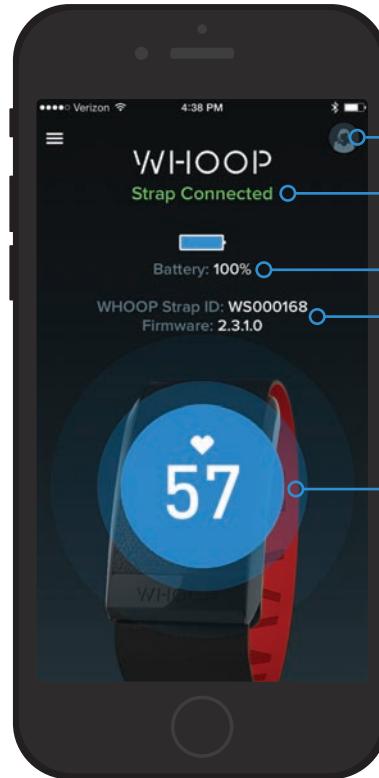
WHOOP Support

Bluetooth Status

WHOOP Strap Battery Level

WHOOP Strap ID & Firmware

Current Heart Rate

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 One Day 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 your Team Strain and Recovery pages,
- access the Strap Status page to receive up to date status of your WHOOP Strap, including connection and battery life.
- change your Settings,
- access Help and email Support Logs to WHOOP Customer Support, or
- Log Out of the app.
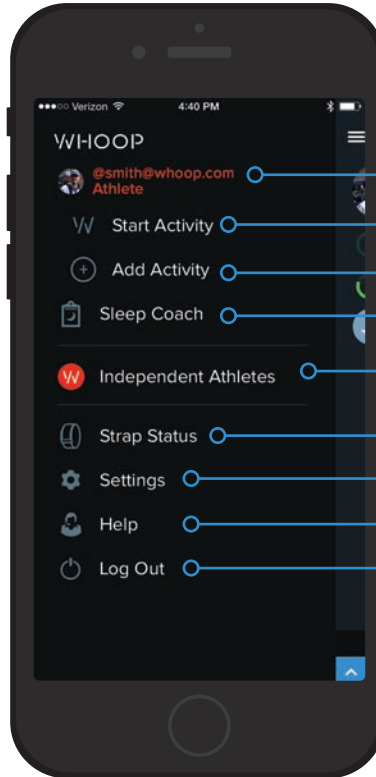
Overview, Strain, Recovery, Sleep

Initiate an Activity

Add a past Activity

Access Sleep Coach

Access Team Strain & Recovery
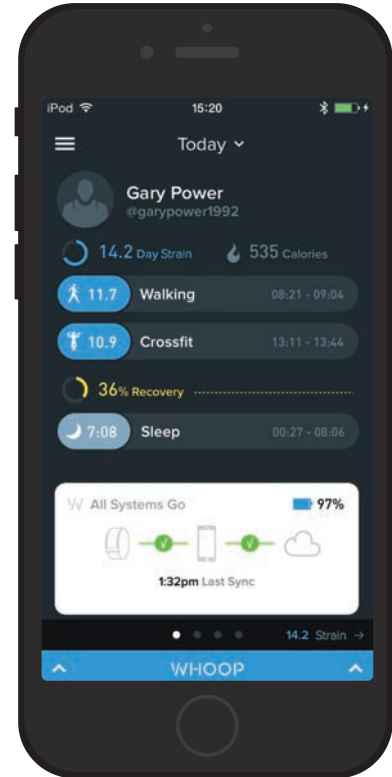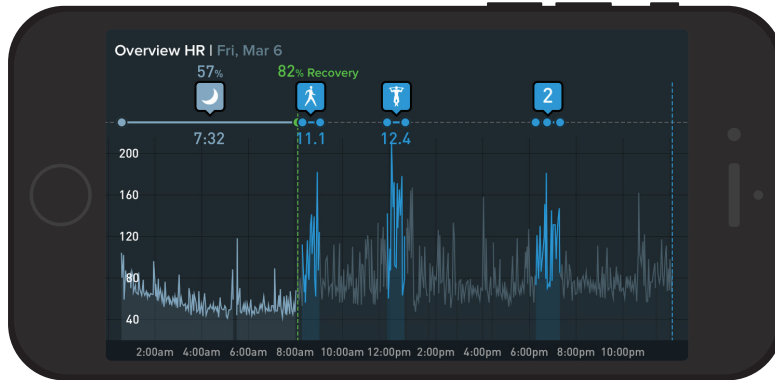
Strap Status

Settings

Help / Support Logs

Log Out

One Day Overview
This page gives you a one day view of your Day Strain, Activities, Recovery, Sleep Score, and calories burned during Activities throughout the day. The System Status Box gives you an at-a-glance status of the WHOOP system.

You can access your full day timeline view by tilting your device horizontally.
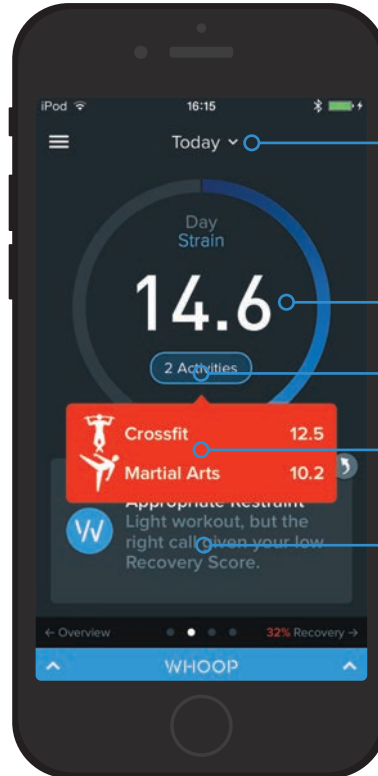
Strain Page

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 two weeks.

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

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

Access the Calendar

Day Strain

Access the Day's Activities

Individual Activities and Strain

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.
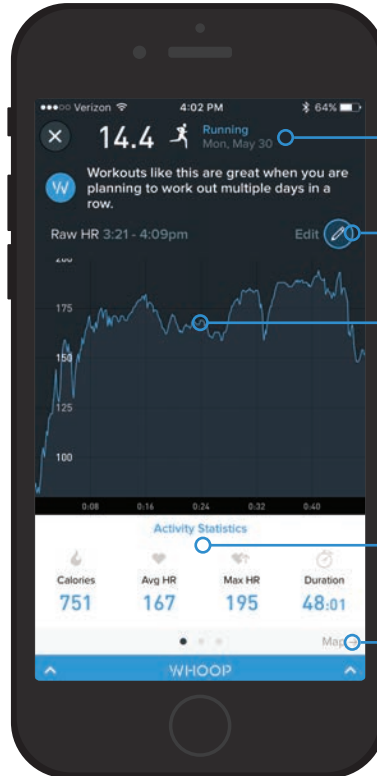
Activity Information and Strain

Edit Activity

Raw Heart Rate

Activity Statistics

GPS Map (when applicable)

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 two weeks.

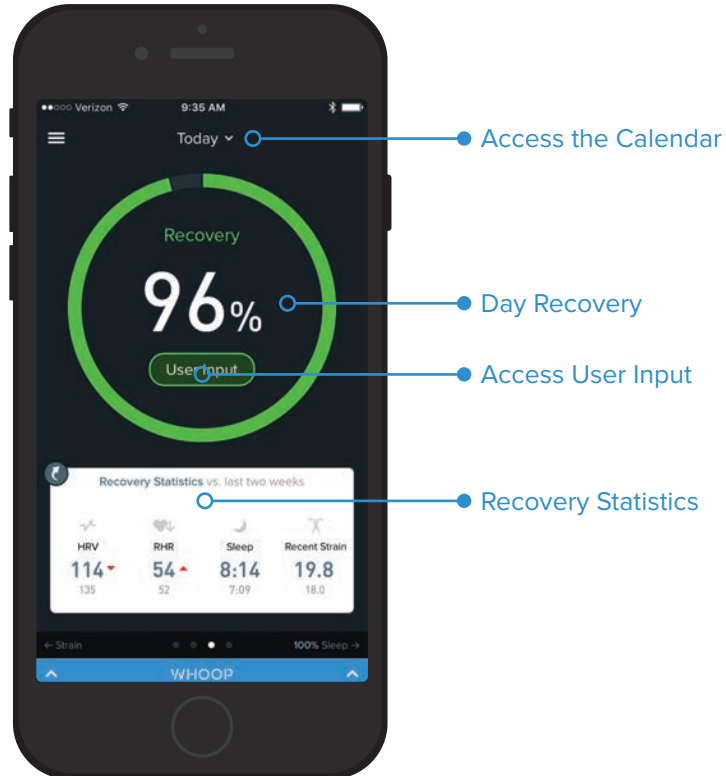You can access the User Input logged for that day's Recovery.

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

Access the Calendar

Day Recovery

Access User Input

Access Recovery Statistics
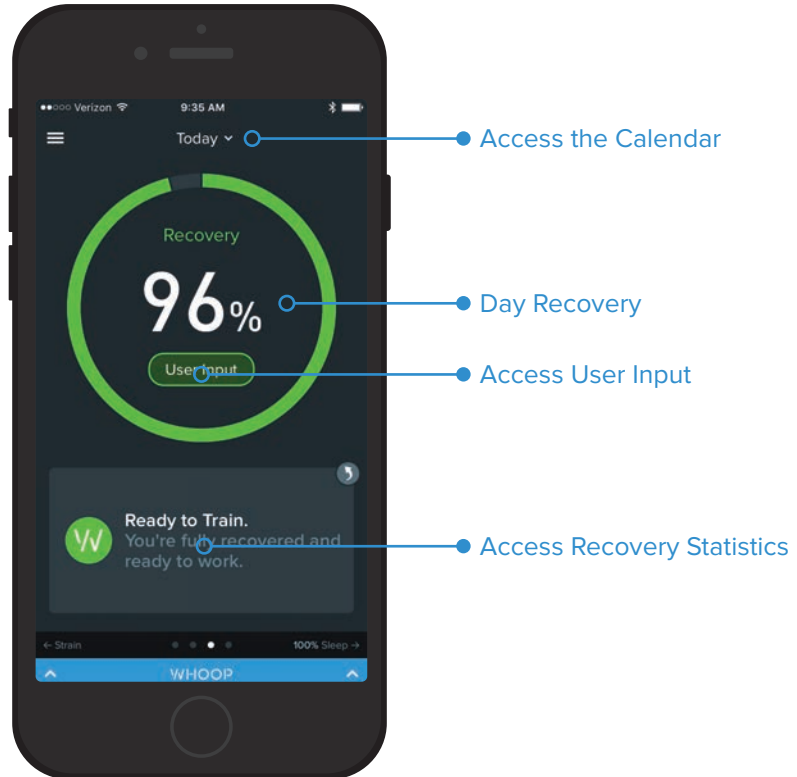
Recovery Statistics
By tapping the window under the Recovery score, you can access a summary of Recovery statistics - Heart Rate Variability, Resting Heart Rate, Sleep and Recent Strain - for that day relative to the average of the last two weeks.
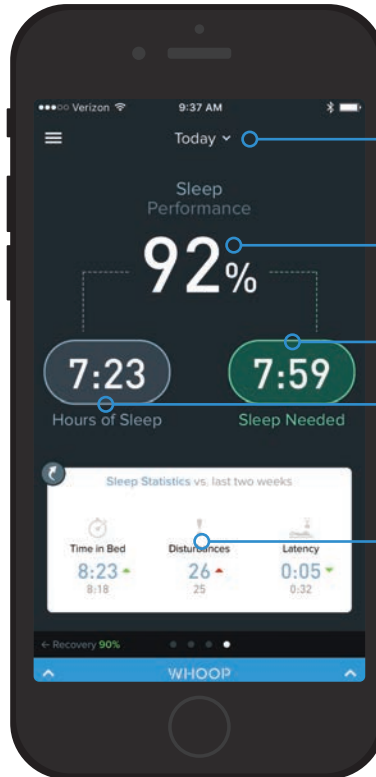
Access the Calendar

Day Recovery

Access User Input

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 two weeks.

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. You can also access previous days through the Calendar view, or by swiping up. You can sync the app by swiping down.

Access the Calendar

Sleep Performance score

Sleep Needed
(Access to detailed statistics)

Hours of Sleep
(Access to detailed statistics)

Sleep Statistics

Detailed Sleep Statistics
This page gives you a detailed break-
down of the previous night's sleep in
relation to the average of the last two
weeks. You can view Time in Bed, the
number of Disturbances you experi-
enced, 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 Perfor-
mance page. You can also access User
Input by swiping left.

By tapping Edit, you can change Time
in Bed to regenerate your Sleep Perfor-
mance and Recovery.

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 break-
down of your Sleep Need from the pre-
vious 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 Perfor-
mance page.
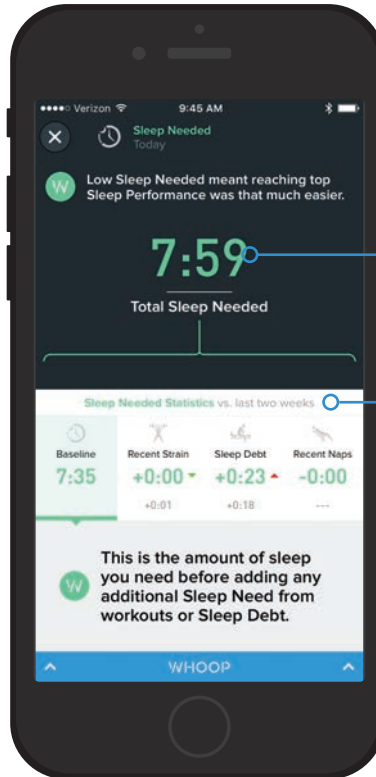
Total Sleep Needed

Sleep Needed Statistics:
Personal Baseline, Recent Strain,
Accumulated Sleep Debt,
Recent Naps

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.
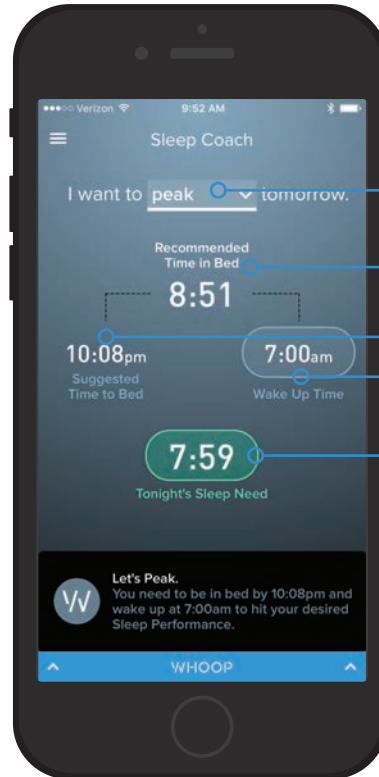
Tomorrow's target performance

Recommended Time in Bed to achieve your terget performance

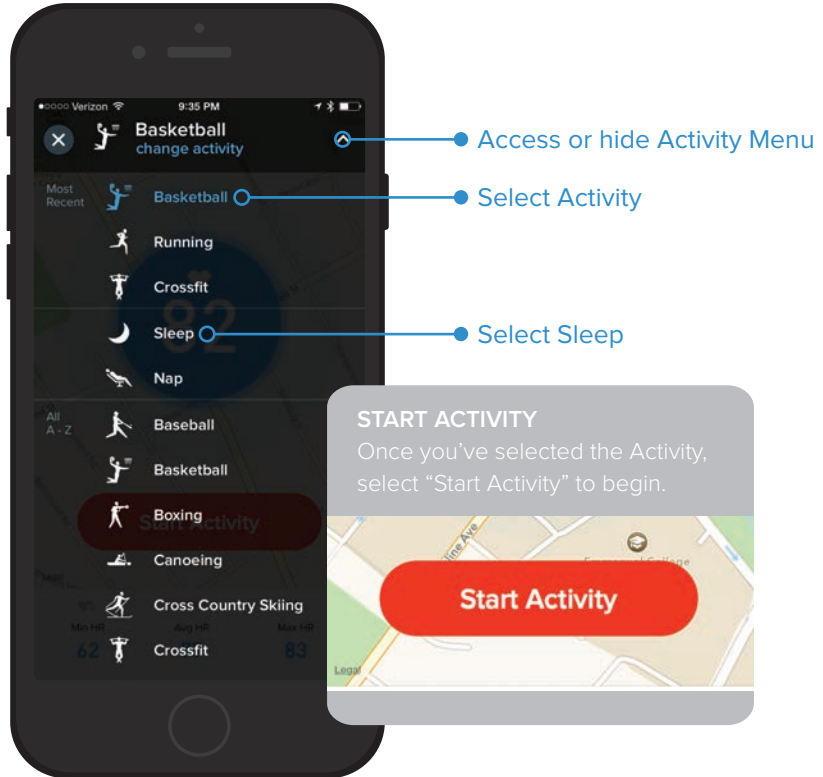Suggested Time to Bed

Desired time to wake up

Sleep Need for tonight

Initiating an Activity or Sleep
To initiate an Activity or Sleep, simply tap the blue bar at the bottom of the screen to access the Activity Menu. Select the Activity and hit Start Activity.

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

● Access or hide Activity Menu

● Select Activity

● Select Sleep

START ACTIVITY
Once you've selected the Activity, select "Start Activity" to begin.

Completing an Activity
To complete an Activity or Sleep, simply tap End & Save at the top right of the screen. 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 this notification if you were disconnected from Bluetooth during your Activity. The App will notify you when your data is complete.

*Bluetooth dropped and reconnected. We're updating your activity data. Saving activity will still restore all data.
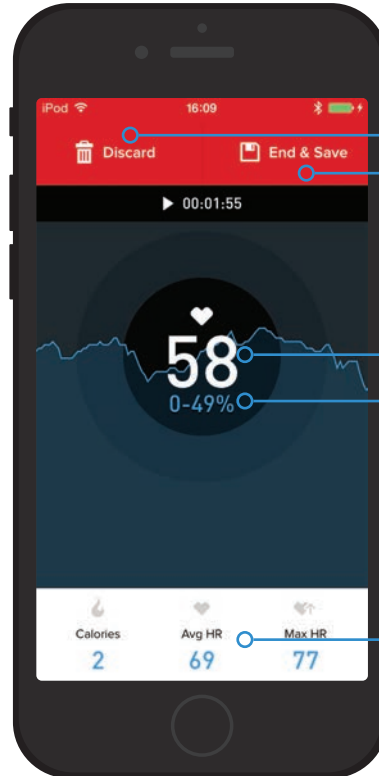
Discard Activity data

End, Save and upload Activity data

Real Time Heart Rate

Percent of Max Heart Rate

Current Activity Statistics

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 Recovery scores 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.
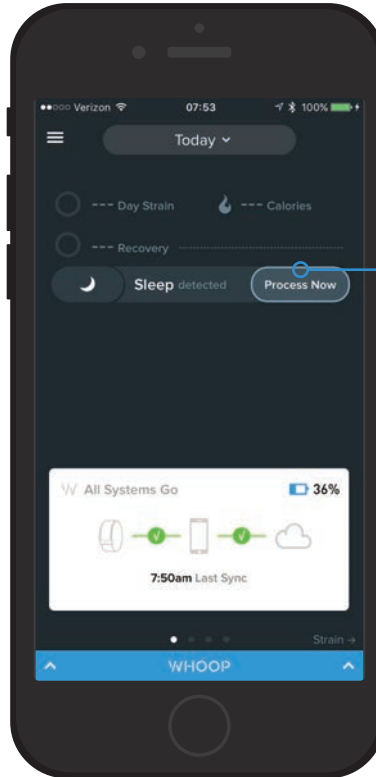
Process Auto-Detected Sleep Activity

Day Strain

Day Strain is a measure of the Strain you have accumulated over the course of an entire day. While individual workouts receive Strain Scores to indicate your level of cardiovascular effort for that discrete period of time, Day Strain provides you with a full picture of the Strain you are putting on your body each day.

Day Strain is very useful in determining what non-exercise activities are contributing the most to your accumulated Strain. This statistic can help you better plan your days leading up to a competition, or can help identify activities during your day that may be contributing to elevated Strain. In addition, Day Strain gives you credit for activities you may not consider to be "workouts," such as your daily commute.
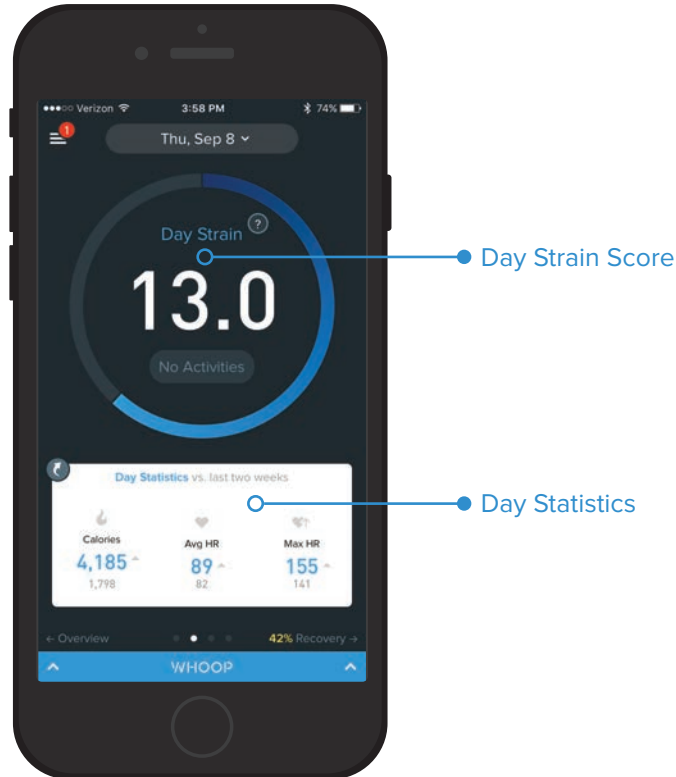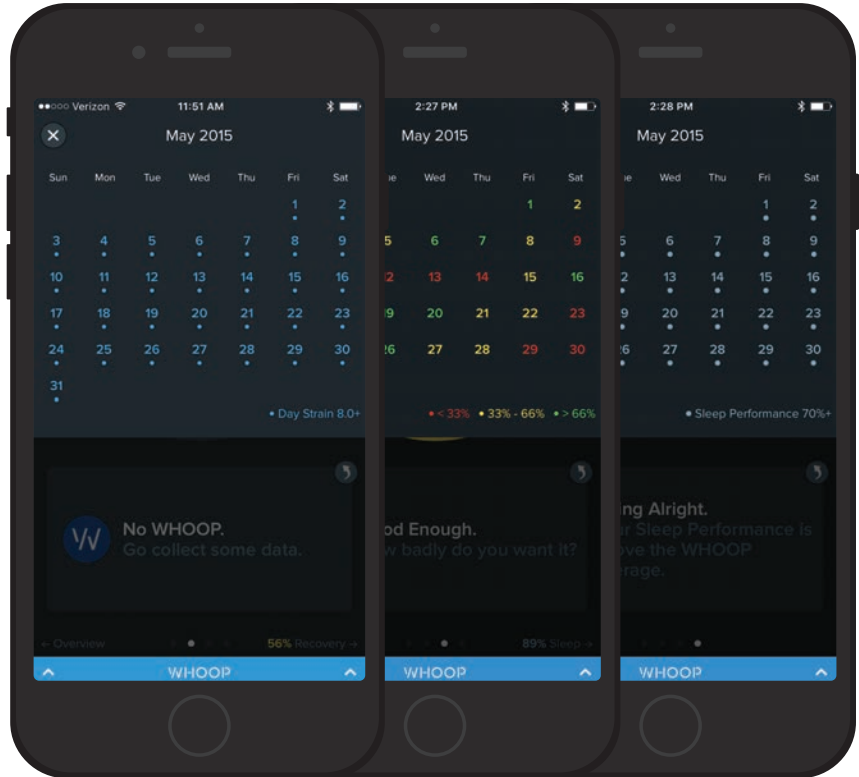

Day Strain Score

Day Statistics

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.
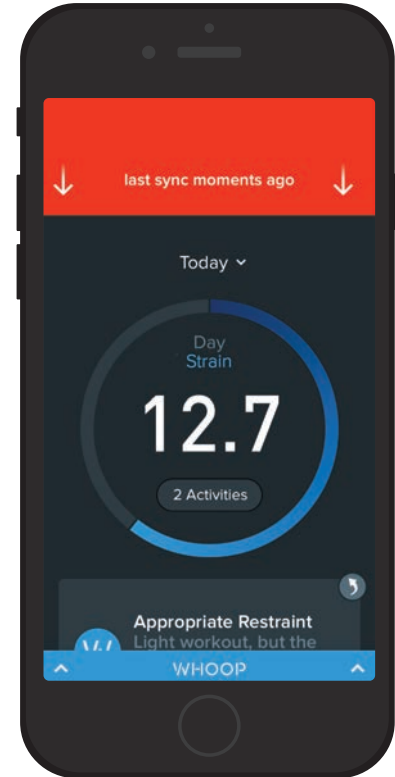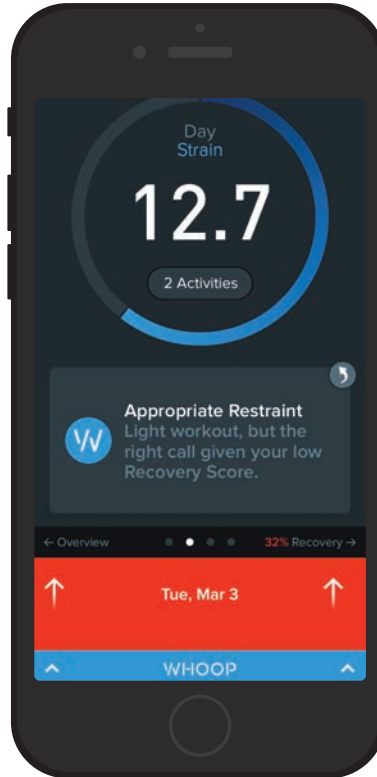
Date Changing and Syncing
In addition to the Calendars, you can navigate to previous days from the Strain, Recovery and Sleep Performance pages by swiping up and down.

Swipe down to move forward one day. Swipe up to move back one day.

Swiping down while on 'Today' will sync the App with the WHOOP Server.

Team Pages

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

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.
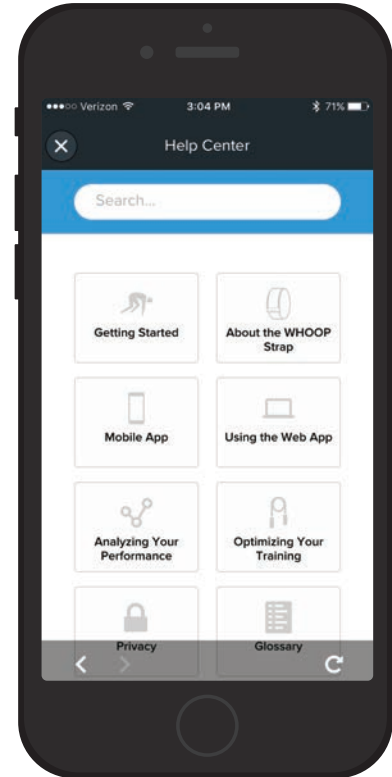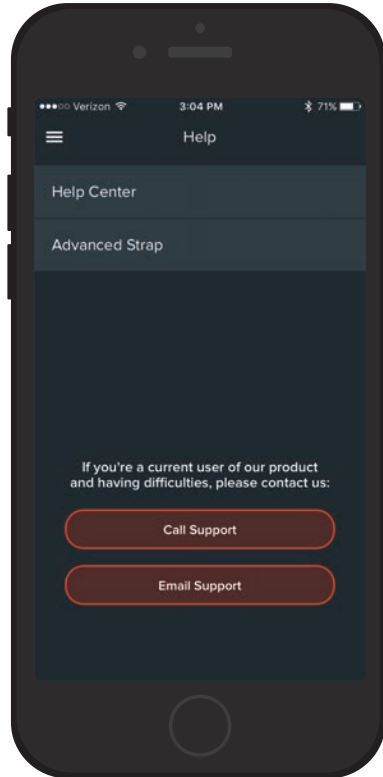
WHOOP Strap 2.0

Model #: WS20

Bluetooth Qualification Declaration ID: D025845

FCC ID: 2AJ2X-WS102

IC: 22056 -WS102

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.

Cetappareilnumérique de la classe B estconforme à la norme NMB-003 du Canada.

This device complies with RSS-247, Issue 1 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.

Ce dispositif est conforme à la norme CNR-247, 1re édition, d'Industrie Canada applicable aux appareils radio exempts de licence. Son fonctionnement est sujet aux deux conditions suivantes:

(1) le dispositif ne doit pas produire de brouillage préjudiciable, et

(2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

WHOOP®

// ALWAYS ON.

WHOOP, Inc.
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Boston MA 02215