USER MANUAL
GEN 5

WHOOP

WHOOP unveils three membership tiers, each featuring a unique combination of Gen 5 hardware options
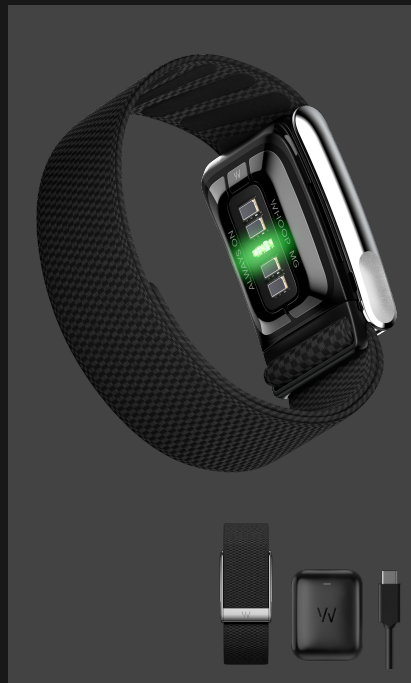
WHOOP ONE
WHOOP 5.0 Sensor (WG50)
CoreKnit Band
Basic Charger (WD50)

WHOOP PEAK
WHOOP 5.0 Sensor (WG50)
SuperKnit Band
Wireless PowerPack (WB50)
USB-C Cable (WC50)

WHOOP LIFE
WHOOP MG Sensor (WS50)
Coreknit Band
Basic Charger (WB50)
USB-C Cable (WC50)

WHOOP MG
(WS50)

WHOOP 5.0
(WG50)

WIRELESS POWERPACK
(WB50)

BASIC CHARGER
(WD50)

Cable *(WC50)*

State-of-the-art medical grade **MG sensor** paired with our signature knit designed for 24/7 wear

State-of-the-art **5.0 sensor** delivering the core capabilities paired with an everyday-performance band

Wireless and waterproof **battery pack** that provides charging on-the-go while you wear it

Includes a USB-C to USB-C cable *(130 cm)*

Wired charging with an integrated 1 meter USB-C cable

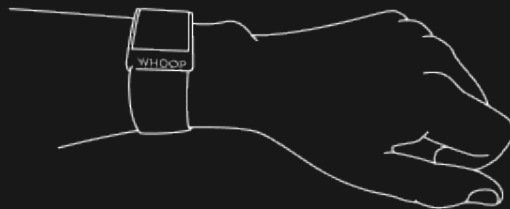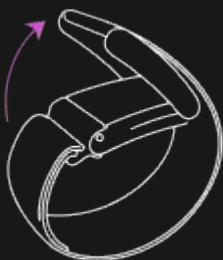*No built-in battery. Requires to be plugged into power for charging*

HOW TO WEAR

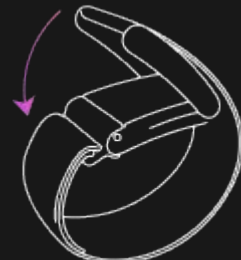Learn the basics on how to wear your WHOOP
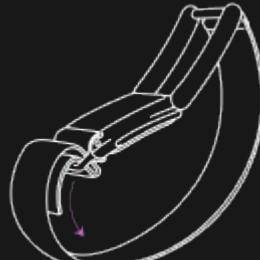
OPEN

Pull open the clasp

ADJUST

Your band should feel snug but comfortable. Adjust the tightness by pulling the loose end of the band
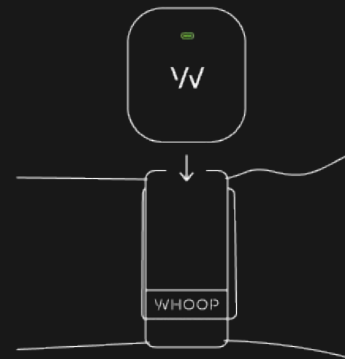
CLOSE

Snap the clasp closed with the WHOOP logo facing you

HOW TO CHARGE

Slide the PowerPack *(WB50)* or Basic Charger *(WD50)* on to charge your WHOOP

Use the provided USB-C *(WC50)* cable to ensure the PowerPack *(WB50)* is charged, prior to charging your WHOOP

Ensure Basic Charger *(WD50)* is plugged into power to be able to charge your WHOOP

1

DOWNLOAD

Download the WHOOP app in the Apple or Google Play store.

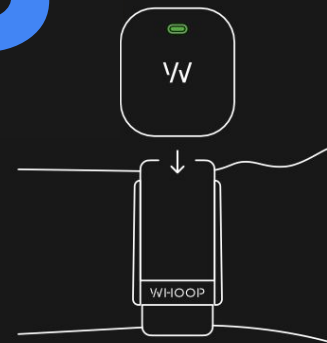Login or create an account.

2

CHARGE

PowerPack *(WB50)*
Ensure the pack is charged using the provided USB-C cable.

Basic Charger *(WD50)*
Ensure the USB-C cable is plugged into power.

3

WAKE UP TO PAIR

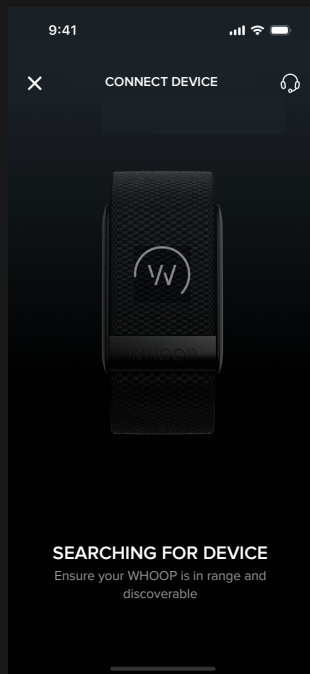Slide the PowerPack or Basic Charger on your WHOOP to being pairing

A blue light will appear on the side of your WHOOP, which indicates it is ready to pair.

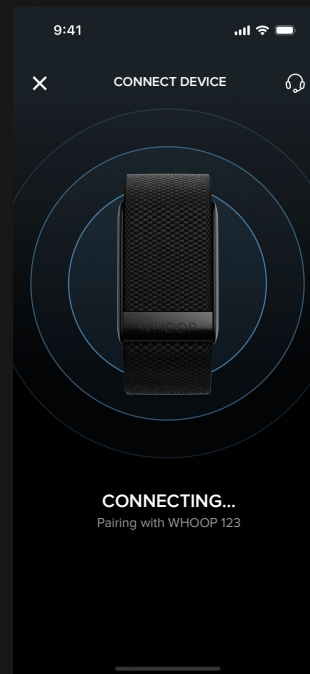Make sure Bluetooth is enabled on your phone.

WHOOP APP
PAIRING FLOW
SCREENS

9:41

CONNECT DEVICE

SEARCHING FOR DEVICE
Ensure your WHOOP is in range and
discoverable

9:41

CONNECT DEVICE

CHOOSE YOUR DEVICE
Confirm the serial number on side of the device

W // 4A0054321

9:41

CONNECT DEVICE

CONNECTING...
Pairing with WHOOP 123

9:41

CONNECT DEVICE

W123 CONNECTED
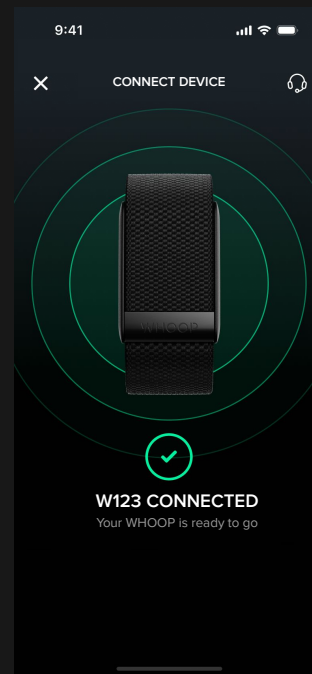Your WHOOP is ready to go

The app will initiate
search for your
WHOOP device

All nearby WHOOP
devices in pairing
mode are shown

Your WHOOP device
will initiate pairing
with the phone

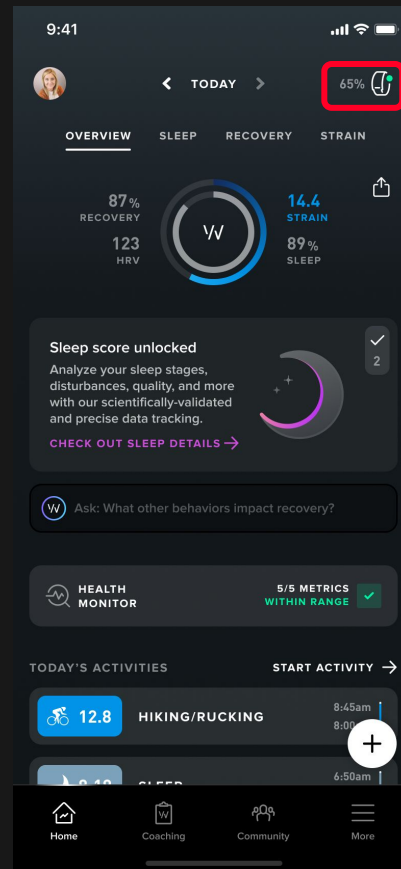Your WHOOP device is
now paired &
ready to use!

BATTERY STATUS

You can check the current battery status on your **WHOOP sensor** *(WS50 & WG50)* and **PowerPack** *(WB50)* by firmly tapping twice on the top surface of the device

The LED shown below will light up to indicate the status

Color	Charge Level
Green	50% to 100%
Yellow	25% to 49%
Red	< 25%

Color	Charge Level
Green	90% to 100%
Yellow	25% to 89%
Red	< 25%

VIA THE WHOOP APP

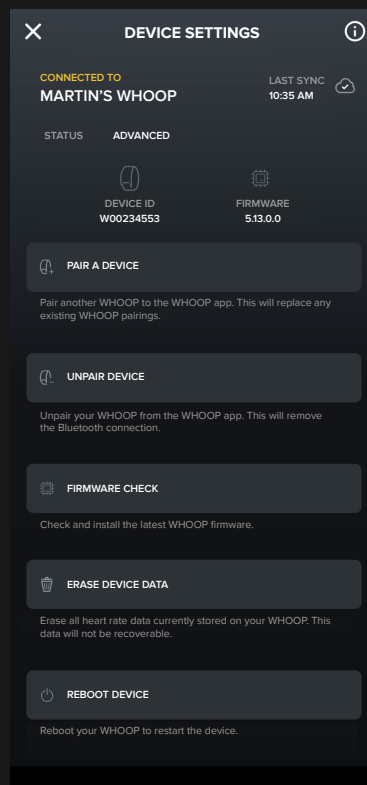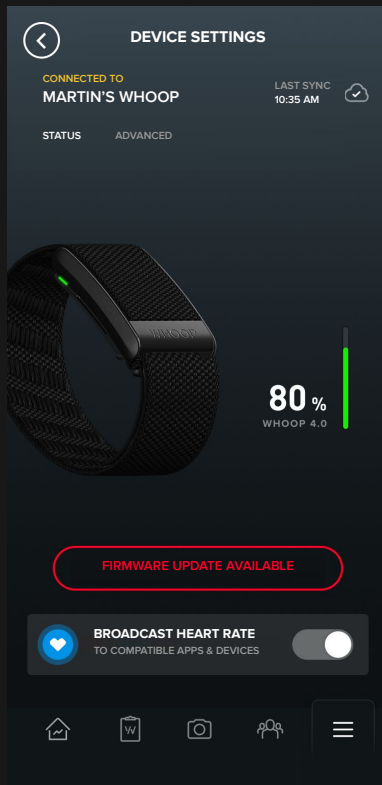You can also check the current battery status on your WHOOP app by viewing the highlighted area

This icon will also indicate if the WHOOP sensor is actively being charged

FIRMWARE UPDATES

All required firmware updates are shown in the Device Settings section in the app

Additional device settings can be accessed through the "Advanced" tab