

Setting Up Your WHOOP

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Overview

This guide will help you get started with WHOOP 4.0, 5.0, or WHOOP MG (Medical Grade). Each device has unique hardware and pairing steps. Please follow the directions specific to your device.

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Before You Start

1. Download the **WHOOP app** from the [App Store \(https://apps.apple.com\)](https://apps.apple.com) or [Google Play \(https://play.google.com\)](https://play.google.com).
2. Fully charge your WHOOP strap.
3. Ensure Bluetooth is turned on.
4. Create or log into your WHOOP account.
 - Your setup experience depends on how you got WHOOP:

Scenario	What to Do
Trial membership	Use the email/password from checkout to log in.
Month-to-month or prepaid plan	Use your purchase credentials to log in.
Gifted WHOOP	Create a new account in the app.

To Create an Account:


- Open the WHOOP app
- Tap **Create an Account**
- Follow the prompts to finish setup and pair your device

Note: Gifted or prepaid members will still be asked to enter payment details. Your membership will convert to month-to-month at the end of the initial term.

Android users: Be sure to **accept Location access** when first logging in—this is required for Bluetooth pairing.

💬 The all new WHOOP is here!
Got questions? We've got answers.



 Check out the following videos for:

- [Unboxing WHOOP One: What's Inside Our Most Accessible Membership Yet \(https://youtu.be/8TV9MDWrzqw?feature=shared\)](https://youtu.be/8TV9MDWrzqw?feature=shared)
- [Unboxing WHOOP Peak: Discover all-new features to understand your longevity \(https://youtu.be/AuZk09MKSv0?feature=shared\)](https://youtu.be/AuZk09MKSv0?feature=shared)
- [Unboxing WHOOP Life: The Most Advanced Health Metrics In The Game \(https://youtu.be/HZxXvyJeZ64?feature=shared\)](https://youtu.be/HZxXvyJeZ64?feature=shared)

WHOOP 4.0 Setup & Pairing

Charging & Wake Up

Slide the charged 4.0 battery pack onto the sensor to wake it up. The LED on the side of the sensor should flash blue, indicating it is ready to pair.


iOS Pairing Steps

1. Open the WHOOP app and log in.
2. When prompted, allow Bluetooth access.
3. Tap "Pair New Device" and select "WHOOP 4.0".
4. Confirm when your WHOOP appears on the screen.
5. Do **not** pair WHOOP through iOS Settings > Bluetooth. The pairing process is completed within the WHOOP app.

Android Pairing Steps

1. Open the WHOOP app and log in.
2. Ensure **Location Services** are enabled for the WHOOP app (required by Android for Bluetooth detection).
3. Tap "Pair New Device" and select "WHOOP 4.0".
4. Wait for the flashing blue light to appear, then confirm pairing.

Important: Android users must enable both Bluetooth and Location permissions. If WHOOP 4.0 does not appear, go to your system settings and confirm that Bluetooth, Location, and App Permissions are fully enabled.

 Check out this video for [How to Pair Your WHOOP 4.0 \(https://youtu.be/pj5VWkAgyME?feature=shared\)](https://youtu.be/pj5VWkAgyME?feature=shared)

WHOOP 5.0/MG Setup & Pairing

Charging & Wake Up

Use the Basic Charger or Wireless PowerPack to wake the strap. A flashing blue LED on the sensor means it's ready to pair.


iOS Pairing Steps

1. If using a wired charger, ensure the USB-C cable is plugged into power.
2. If using a battery pack, tap twice for charge status and the LED will light up. If no light appears, charge for 15 minutes before pairing.
3. Open the WHOOP app and log in.
4. Tap "Pair New Device" and choose "WHOOP 5.0".
5. Select the device when it appears.
6. Complete the pairing inside the app. Do **not** use the iOS Bluetooth settings.

Android Pairing Steps

1. If using a wired charger, ensure the USB-C cable is plugged into power.
2. If using a battery pack, tap twice for charge status and the LED will light up. If no light appears, charge for 15 minutes before pairing.
3. Make sure Bluetooth is enabled.
4. Confirm that Location Services are turned on and WHOOP has permission.
5. Open the WHOOP app, log in, and choose "Pair New Device".
6. Wait for the 5.0 to appear, then select it to pair.

7. Stay in the app — pairing does not happen through Android Bluetooth settings.

 Check out this video for [How to Wake Up and Pair Your WHOOP Device with the App \(https://youtu.be/-kBgM5llxo?feature=shared\)](https://youtu.be/-kBgM5llxo?feature=shared)

Changing Bands with Fast Link™ Slider

WHOOP's Fast Link™ system allows you to swap bands without re-threading.

To Change a Standard Band (SuperKnit, CoreKnit, CloudKnit)

1. Open the clasp and remove the band.
2. Press firmly on either side of the **Fast Link™ slider** to remove it from the sensor's channel.
3. Unhook the band from the clasp.
4. To install a new band, hook the clasp into the indentations on the sides of the sensor.
5. Align the Fast Link™ slider with the channel and press it in until it clicks.
6. Adjust for a snug, secure fit.

Switching to a SportFlex Band

1. Remove all hardware from the sensor.
2. Slide the SportFlex Fast Link™ onto the sensor, ensuring the tail faces downward.
3. Insert the **metal clasp pegs** into the corresponding holes on the other side of the sensor.
4. Adjust the clasp pin according to your wrist size.
5. Secure the band, ensuring a snug (but not tight) fit one inch above the wrist bone.

Switching to a LeatherLuxe Band

LeatherLuxe bands combine premium materials with secure fit but may feel firmer initially.

1. Remove your existing band and Fast Link™ slider.
2. Slide the **LeatherLuxe Fast Link™ band** onto the sensor (tail down).
3. Hook the **metal clasp tabs** into the designated notches on the opposite side of the sensor.
4. Apply even pressure on both sides to ensure the band seats firmly into the channel.
5. Adjust the strap for wrist comfort — note that **LeatherLuxe may require a short break-in period**.
6. Close the clasp securely.

Note: LeatherLuxe bands are **not waterproof**. Remove before showering, swimming, or high-sweat workouts to protect material integrity.

Common Troubleshooting

Device Not Pairing

- Restart your phone and relaunch the WHOOP app.
- Make sure Bluetooth is enabled.
- On Android, ensure WHOOP has **Location access** (Settings > Apps > WHOOP > Permissions).

No Blue Light When Charging

- Make sure the battery pack is fully charged and seated correctly on the strap.
- Try a different USB-C cable and power source.

Still Having Trouble?

- Visit [support.whoop.com \(https://support.whoop.com\)](https://support.whoop.com) for step-by-step help, or contact our support team.
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Next Steps

- [Understanding the WHOOP Basics \(https://support.whoop.com/s/article/WHOOP-Basics?language=en_US\)](https://support.whoop.com/s/article/WHOOP-Basics?language=en_US)
 - [Learn how to upcycle your 4.0 and earn rewards \(https://support.whoop.com/s/article/How-to-Upcycle-Your-WHOOP-4-0?language=en_US\)](https://support.whoop.com/s/article/How-to-Upcycle-Your-WHOOP-4-0?language=en_US)
 - [Interested in upgrading your membership? \(https://support.whoop.com/s/article/Upgrades?language=en_US\)](https://support.whoop.com/s/article/Upgrades?language=en_US)
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Still have questions?

SUBMIT A SUPPORT REQUEST

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[Submit a support request](https://support.whoop.com/s/case-creation)

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