Product specification sheet

Product	WHOOP 5.0 Life + Free Strap
SKU	cm-WHOOP-5.0-Life
Brand	Whoop
Category	Consumer Electronics
Minimum order quantity	1
Unit	—
Unit price	$359.00
Available quantity	100

Description

WHOOP 5.0 Life – Advanced Health & Performance Tracker Go beyond fitness tracking. WHOOP 5.0 Life delivers deep, medical-grade insights into your body, helping you understand your health, recovery, and long-term performance like never before. Track your heart with ECG readings, monitor daily blood pressure insights, and detect potential AFib signs—all from your wrist. With continuous data on sleep, strain, recovery, and stress, WHOOP helps you make smarter decisions every day. Designed for serious users, it provides a complete picture of your health, from daily habits to long-term aging and performance optimization Key Features ECG heart monitoring with AFib detection Daily blood pressure insights (beta) Healthspan & pace of aging tracking Real-time stress monitoring Sleep, strain, and recovery analysis VO2 max and heart rate zone tracking Women’s hormonal and cycle insights 14+ days battery with wireless PowerPack Continuous health monitoring with alerts Lightweight design with premium SuperKnit band