



Flowgun Heat

FLOWLIFE

Brochure

Flowgun Heat



Advanced, portable massage gun by Flowlife.

Table of content

4 –	Manifest
6 –	Why Flowgun Heat
7 –	Accessories
10 –	Flowgun Heat - A comprehensive guide
12 –	Starting your journey
16 –	For muscle recovery
20 –	For general recovery
22 –	Navigating speeds
26 –	Before you workout
28 –	After you workout

Manifest

In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

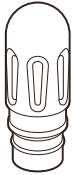
Why Flowgun Heat?

- **Innovative Heat Therapy** - Enhance recovery with targeted muscle heating.
- **Percussive Precision** - Adjustable percussive therapy for complete muscle care.
- **Tailored to You** - Customizable attachments for targeted massage.
- **Sleek and Smart Design** - User-friendly design for easy temperature and intensity control.
- **For the Athlete in Everyone** - Versatile recovery tool for athletes and everyday use.

By choosing Flowgun Heat, you're not just selecting a massage gun but embracing a lifestyle where recovery is paramount and performance is enhanced. Welcome to the future of muscle care — Made Possible by Flowlife.

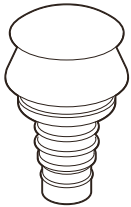
Accessories

The Flowgun Heat is engineered to be your masseuse, offering warmth, percussive therapy, and a suite of attachments designed for customizable treatment. Each accessory is crafted to meet the specific needs of different muscle groups, ensuring your recovery session is as effective as it is soothing.



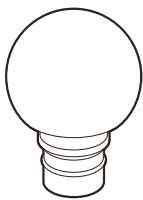
Bullet Point

Targets deep muscle tissues and trigger points, reaching palms, soles, and deep glutes to alleviate knots effectively.



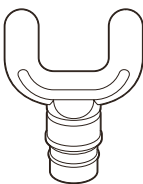
Silicone Hat

The Silicone Hat offers a soft touch for gentle stimulation on the shoulders, back, and thighs, warming muscles without overwhelming sensitivity.



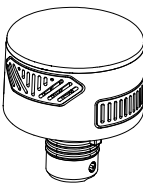
Round Hard

The spherical head is an all-rounder, suitable for various areas, including shoulders, wrists, thighs, and lower legs. It provides a balanced massage that's neither intense nor soft, making it ideal for daily use.



Fork

Wide-ranging vibration area with two percussion points, trigger and spreading fascia stimulation. Target for wider muscle areas



Hot & Cold

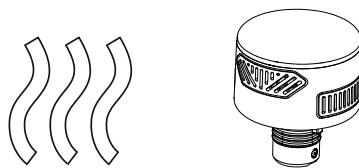
The Hot & Cold head attachment for the Flowgun Heat provides versatile muscle recovery with heat therapy complementing percussive massage for relaxation and recovery, while the cold therapy option is best used without percussive massage to reduce inflammation and soothe pain.

Heat Application

The Flowgun Heat's warmth feature is a cornerstone for anyone seeking comprehensive muscle care, specially tailored for larger muscle groups such as thighs, back, calves and shoulders. This targeted warmth is essential not just for addressing specific areas that crave increased blood flow and relaxation but also for enveloping the body in a comforting warmth that prepares it for activity and aids in recovery. When applied directly, the warmth from the Flowgun Heat gently loosens muscles, making them more pliable and ready for exercise, significantly reducing the risk of strains or injuries.

When to use

- **Pre-Workout**
To warm up muscles, making them more pliable and ready for exercise.
- **Post-Workout**
To relax tight muscles and accelerate recovery by improving circulation.
- **Muscle Tension**
To alleviate discomfort in muscles that are persistently tight.

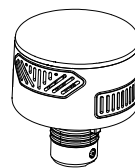


Cold Application

Direct application to areas prone to swelling or acute soreness, particularly around joints or small, specific areas. Recommended to be used without percussive treatment for full cooling effect.

When to use

- **Post-Injury**
To minimize swelling and inflammation immediately after an injury occurs.
- **After Intense Workouts**
To cool down hot spots or areas that feel particularly strained, helping to prevent inflammation.
- **Acute Pain Relief**
For targeted pain management, providing a numbing effect relieves discomfort temporarily.





Flowgun Heat: A Comprehensive Guide

The Flowgun Heat combines compact power with the unique feature of adjustable warmth, enhancing its massage capabilities. With five-speed settings, various attachments, and superior motor technology, it excels in warming muscles for improved recovery and performance. Discover how to leverage its heat for your wellness routine through our concise guide, tailored to optimize your recovery and active lifestyle with Flowgun Heat's innovative warmth.

Starting your journey

Power on

Begin by pressing the power button to awaken your Flowgun Heat. Its intuitive design promises a seamless start to your recovery session.

Selecting your speed

Choose from 5 distinct RPM levels to match your muscle's need for percussive therapy. The RPM settings are designed to cater to various stages of muscle recovery and preparation, and they adjust based on the attachment used to ensure optimal performance.

	Hot and cold massage head	Other massage head
Speed 1	1600 RPM	1800 RPM
Speed 2	1800 RPM	2100 RPM
Speed 3	2000 RPM	2400 RPM
Speed 4	2200 RPM	2700 RPM
Speed 5	2400 RPM	3000 RPM

Activating Heat Therapy

Engage the warmth your muscles crave by pressing the heat symbol. Adjust the heat across three levels to find the soothing embrace that best suits your recovery or warm-up needs. The specific heat attachment enhances muscle elasticity, promotes blood flow, and prepares your body for optimal performance or recovery.

Cooling Down Without Percussive Treatment

While the Flowgun Heat excels with its percussive and heat capabilities, the cold function is primarily designed to be used without Percussive treatment. Apply the cold head directly to the targeted areas to reduce inflammation, soothe acute pain, or cool down after intense physical exertion.

Switching Attachments

Tailor your massage experience by quickly switching between the heads designed for targeted therapy. Pull the current head off and push the new one on.

Understanding the Indicators

Your Flowgun Heat uses lights to show speed (1-5 lights) and temperature levels (hot and cold, 1-3). Pause any RPM by pressing the on/off button. These lights keep you informed about your therapy mode.

Powering Down

Finish your session by holding down the power button, turning off the device, and marking the end of your recovery experience.



For Muscle Soreness

In addressing muscle soreness, the Flowgun Heat emerges as an essential tool for anyone looking to alleviate discomfort and enhance their recovery process. This segment dives into the strategic use of the Flowgun Heat to target muscle soreness, offering guidance to reduce pain and improve muscle function effectively.

Identifying Sore Muscles

Recognize which muscle groups are experiencing soreness. It could be from recent physical activity, strain, or tension. Targeting these areas will help tailor your recovery session for the best results.

Choose Your Ally

- **Hot & Cold Head.** Utilize the heat function to promote blood circulation and muscle relaxation, ideal for sore muscles. The cold function should be applied directly against the skin without percussive therapy to reduce inflammation and soothe pain.
- **Specific Attachments.** Find the best attachment that fits your treatment; an easy rule is that a small surface area gives a more powerful and targeted massage, while a softer and more giant massage head gives a softer treatment.

Adjusting the Speed

For muscle soreness, the speed of the Flowgun Heat can be adjusted to suit your comfort level and the severity of your soreness. Use lower speeds for a soothing effect and higher speeds for more profound muscle relief.

Technique for Soreness Relief

- Apply the Flowgun Heat in slow, sweeping motions over the sore area. When using heat, allow the warmth to penetrate the muscles and ease the soreness.
- For cold application, place the device on the affected area without activating the percussive therapy to help reduce inflammation and numb the pain.

Routine Use for Optimal Recovery

Incorporating the Flowgun Heat into your regular recovery routine can significantly enhance your muscle health. Consistent use helps manage soreness more effectively, keep muscles limber, and reduce future discomfort.

By adhering to these guidelines and utilizing the Flowgun Heat's capabilities wisely, you equip yourself with a powerful ally in your recovery arsenal, capable of addressing muscle soreness head-on and facilitating a quicker return to your physical best.



For General Recovery

Maximize your recovery with the Flowgun Heat, designed for those seeking relief and a profound sense of muscle rejuvenation.

Spot The Hotspot

First, identify areas needing attention. Whether it's stiffness from your latest workout or general fatigue, Flowgun Heat is ready to tackle it.

Choose Your Ally

Select the proper attachment for the job:

- Hot & Cold Head for versatile temperature therapy, ideal for overall relaxation or targeting inflamed areas.
- Opt for attachments like the Bullet or Buffering head for focused or gentle massages.

Perfect Your Technique

Begin with a gentle touch, using the Flowgun Heat at a lower RPM for a soothing effect. Gradually increase the speed for deeper muscle engagement, ensuring the experience remains comfortable and beneficial.

Keep It Regular

For effective results, incorporate the Flowgun Heat into your daily regimen. A consistent, thoughtful approach ensures each muscle group receives adequate attention, fostering improved muscle health and flexibility.

Navigating Speeds

The device offers a spectrum of speeds, each suited to different stages of muscle recovery.

Speed 1

Ideal for warm-ups and cool-downs, offering a soothing massage to ready muscles for intense therapy or relax them after exercise.

Speed 2

A slightly higher intensity that begins to work on more persistent areas of tightness is ideal for addressing specific sore spots.

Speed 3

This mid-range setting balances intensity with comfort, making it suitable for addressing moderate muscle soreness and enhancing blood circulation.

Speed 4

This mid-range setting balances intensity with comfort, making it suitable for addressing moderate muscle soreness and enhancing blood circulation.

Speed 5

This setting offers a higher intensity for stimulating deep tissues, aimed explicitly at targeting stubborn knots and significantly tight areas, ensuring effective relief.

Tips for Navigating Speeds

Start Slow

Begin with a lower speed to gauge your muscle's tolerance and gradually increase the intensity to avoid overwhelming sensitive areas.

Focus on Soreness

Use mid to high speeds for areas with notable soreness or tightness, allowing the device to penetrate deeper into the muscle tissue for effective relief.

Adjust as Needed

Pay attention to how your body responds and adjust the speed accordingly. What works best can vary daily based on your activities and recovery status.

Consistent Use

Regularly using the Flowgun Heat at varying speeds can help prevent muscle soreness, improve flexibility, and enhance overall muscle health.





Before your
Workout

Ignite your muscles and fuel your energy

Awaken and Energize

Use the Hot & Cold Head for a comfortable temperature to release muscle stiffness, setting a foundation for an energized workout session.

Boost Circulation

Activate warmth to enhance blood flow, priming your muscles for intense exercise, ensuring they receive the oxygen and nutrients needed for optimal performance.

Expand Flexibility

The targeted warmth from Flowgun Heat aids in improving your range of motion, preparing you for dynamic and high-intensity movements with reduced risk of injury.

Customize Warm-Up

Tailor your warm-up using Flowgun Heat's variable speed settings and attachments, focusing on areas that require extra attention or opting for a full-body preparation to ensure a balanced and effective warm-up.

A black and white photograph of a person's muscular back and arm. The person is wearing a black sports bra. The text "After your workout" is overlaid in white, sans-serif font on the left side of the image.

After your
workout

Experience a soothing cool down like no other

Relieve and Relax

Apply the Hot & Cold Head on a warm setting to soothe and relax tight muscles, helping to reduce post-exercise stiffness and enhance recovery speed.

Enhance Recovery

The warmth promotes increased blood circulation, facilitating the removal of toxins and the delivery of nutrients to tired muscles, speeding up the recovery process.

Reduce Inflammation

For areas experiencing inflammation or acute soreness, use the cold setting without percussion to minimize swelling and relieve pain, making it easier to bounce back.

Customize Your Recovery

Adjust the speed settings and choose the proper attachment to target specific areas or treat your whole body, ensuring a personalized recovery session that caters to your body's needs.



FLOWLIFE

FLOWLIFE HC

© 2023 Flowlife
hello@flowlife.com
www.flowlife.com
Luntmakargatan 90
113 51 Stockholm



FLOWLIFE

Active Lifestyle. Made Possible.