



Flowpression Boots Pro

FLOWLIFE

Brochure

Flowpression Boots Pro



Compression Boots by Flowlife

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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 Flowpression Boots Pro?

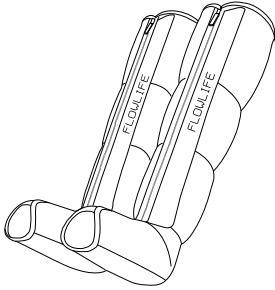
Revolutionize leg recovery with boots that compress and rejuvenate your muscles.

- **Innovative Compression Technology** - The boots use advanced air compression to simulate hand kneading and stroking, maximizing blood flow and instantly reducing muscle soreness.
- **Therapeutic Relief** - The system provides therapeutic relief by effectively reducing fatigue and enhancing recovery after physical activity.
- **Customizable Compression Modes** - Choose from multiple modes to tailor your recovery session, ensuring comprehensive leg care.
- **Ergonomic and Universal Design** - The boots are designed to fit all, making them easy to use and adjustable. They offer a luxurious feel for ultimate comfort and convenience.

Discover quick, effective recovery with Flowpression Boots Pro — because your best performance is Made Possible by Flowlife.

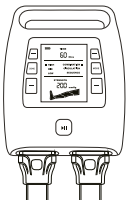
Accessories

Elevate your Flowpression Boots Pro experience with essential accessories for optimal functionality.



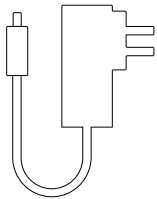
Massage Boots

These two sleeves provide targeted compression for your legs, ensuring effective recovery.



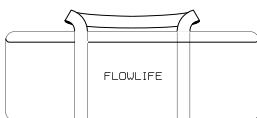
Control Unit

The central hub powers and controls the compression settings for your boots.



Power Adapter

Ensures your Flowpression Boots Pro are always ready for a rejuvenating session.



Carrying Bag

Convenient for storing and transporting your Flowpression Boots Pro, ensuring you can recover wherever you go.

These accessories complement and enhance the use of the Flowpression Boots Pro, ensuring convenience and functionality are always within reach.



Flowpression Boots Pro by Flowlife: A Com- prehensive Guide

This essential guide is designed to enhance leg health and improve device functionality. It will help you maximize the recovery benefits and performance of your Flowpression Boots Pro by Flowlife. The boots feature advanced air compression technology with adjustable pressure settings and multiple modes, ensuring effective muscle recovery and rejuvenation.

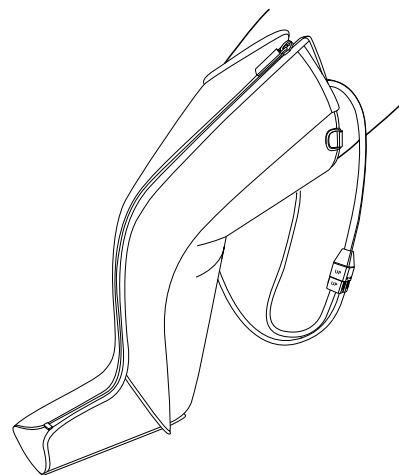
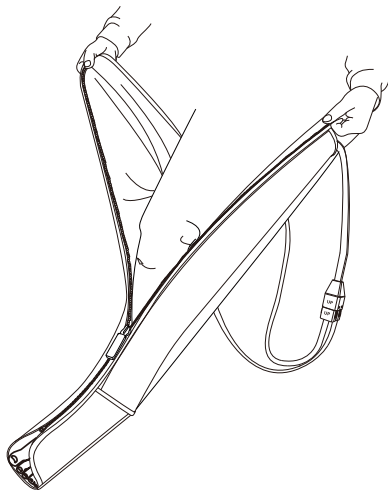
Prepare Yourself

Ensure your legs are clean and dry before starting a session with the Flowpression Boots Pro by Flowlife. This essential step guarantees a hygienic recovery experience and prolongs the product's lifetime.

Starting Your Session

Power On: Easily activate the device by pressing and holding the power button for three seconds.

Wear the Boots: Put the sleeves on your legs properly. There is no left-right difference between the sleeves. Ensure the zipper is fully zipped before use.

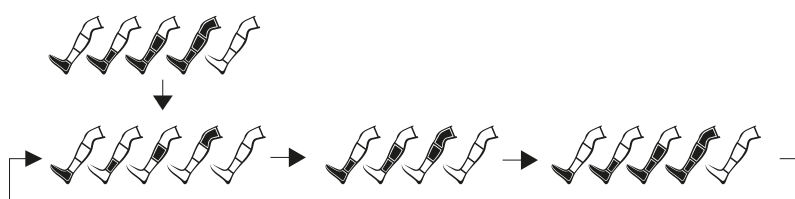


Selecting Your Compression Mode

Choose from tailored settings to address your legs' specific needs:

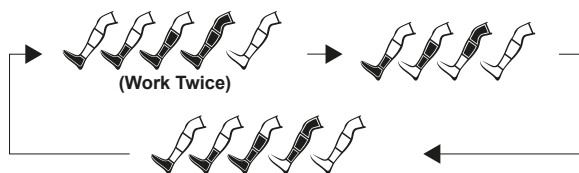
Sequence Mode

Provides a comprehensive treatment by inflating and deflating chambers sequentially to enhance overall relaxation and blood flow.



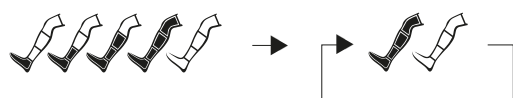
Circulation Mode

Alternates the inflation and deflation between chambers to provide a dynamic and rejuvenating experience.



Combination Mode

Full leg compression therapy, all chambers work simultaneously with inflation and deflation.



Adjusting Compression Intensity

Adjusting the compression intensity with your Flowpression Boots Pro is critical to a personalized recovery experience. Here's how you can control the intensity:

Low Intensity (60mmHg)

Begin with a low-intensity setting, which provides gentle pressure and is ideal for beginners or those seeking a subtle recovery session.

Medium Intensity (120mmHg)

Use a medium-intensity setting, which offers balanced pressure suitable for regular use and mild discomfort alleviation.

High Intensity (200mmHg)

For significant muscle soreness, use a high-intensity setting, which delivers deep and sustained pressure for significant tension relief in stiff or sore areas.

Setting the Session Duration

Adjust the session duration to fit your needs:

60 Minutes

Best for an intensive recovery session, providing extended muscle relief and rejuvenation.

15 Minutes

Perfect for a quick recovery session.

30 Minutes

Ideal for a standard recovery session, offering thorough muscle relaxation.

Battery and Charging Instructions

Keep your Flowpression Boots Pro ready for use with these charging guidelines:

Charging the Device:

1. Connect the power adapter to the DC charging port on the base of the control unit.
2. Plug the adapter into a wall outlet.
3. Monitor the battery indicator on the control unit screen to understand the charging status.

Battery Indicators

Low Battery

The indicator will alert you to recharge the device with a low battery.

Charging

When the device is charging, the battery indicator will blink until fully charged.

Full Charge

The indicator will stop blinking and remain lit once the battery is fully charged.

Charging Time

- Fully charge the battery for 2-2.5 hours before using it for the first time.
- A fully charged battery provides 3-4 hours of use, depending on the mode and intensity.

Concluding Your Session

1. Power Off

Turn off the device by pressing and holding the power button for three seconds.

2. Remove the Boots

Unzip and remove the sleeves gently.

3. Store Properly

Pack all accessories into the original package or the storage bag for future use.

By following this guide, you'll enjoy the full spectrum of benefits the Flowpression Boots Pro by Flowlife offer, from therapeutic relief to enhanced leg health, while maintaining the device for long-term use.



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For Muscle Soreness

For addressing muscle soreness with the Flowpression Boots Pro by Flowlife, utilizing specific compression modes and adjusting intensity can significantly enhance the effectiveness of the treatment. Here's how to optimize these features.

Select Mode and Intensity

Sequence Mode

For overall leg soreness, choose Sequence Mode, which provides a comprehensive compression cycle covering the entire leg, from the foot to the thigh. This helps distribute the therapeutic effects evenly and promotes effective recovery.

Circulation Mode

If the soreness is concentrated in specific areas, like the calves or thighs, opt for Circulation Mode, which alternates the compression to focus more intensively on these areas. The targeted compression can help address localized discomfort more effectively.

Adjust Compression Intensity

Low Intensity (60mmHg)

Start with a low intensity to gently relieve muscle tightness and gradually increase as needed.

Medium Intensity (120mmHg)

Use medium intensity for a balanced approach to relieve moderate soreness and promote relaxation.

High Intensity (200mmHg)

High intensity provides deep and sustained compression for significant muscle soreness to alleviate severe discomfort and improve blood flow.

Set the Optimal Duration

15 Minutes:

Ideal for quick relief sessions.

30 Minutes:

Provides a thorough session for moderate soreness.

60 Minutes:

Best for intensive recovery, offering extended relief and relaxation.

For General Recovery

The Flowpression Boots Pro by Flowlife are excellent for general recovery, providing a comprehensive solution for legs that have endured the stress of daily activities or intense workouts. Here's why they are essential for maintaining leg wellness.

Enhanced Circulation

Flowpression Boots Pro enhance circulation through advanced air compression technology. By boosting blood flow, they facilitate the delivery of oxygen and nutrients essential for muscle repair and overall leg health.

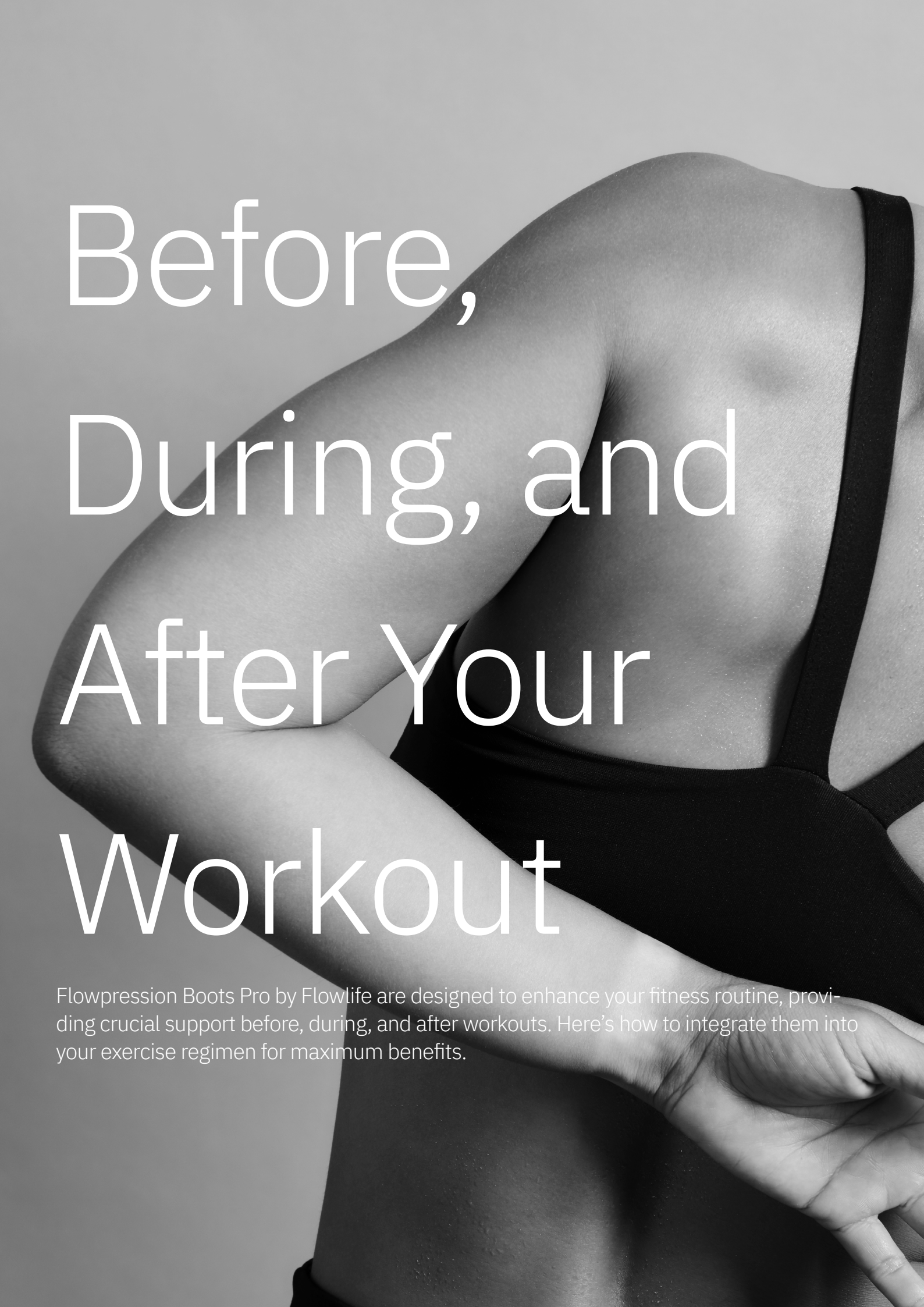
Muscle Relaxation

The targeted compression programs effectively alleviate muscle tension across the legs, from the feet to the thighs, promoting relaxation and reducing the risk of overuse injuries. This helps to relax muscles and ease any lingering tension from physical activities.

Flexibility Improvement

Regular use helps to maintain and improve leg flexibility, ensuring your legs remain agile and reducing stiffness that can arise from repetitive motions or prolonged periods of inactivity. This keeps your legs in optimal condition for various activities.

By following this guide, you'll enjoy the full spectrum of benefits the Flowpression Boots Pro by Flowlife offer, from therapeutic relief to enhanced leg health, while maintaining the device for long-term use.



Before, During, and After Your Workout

Flowpression Boots Pro by Flowlife are designed to enhance your fitness routine, providing crucial support before, during, and after workouts. Here's how to integrate them into your exercise regimen for maximum benefits.

Before Your Workout

Warm-Up Enhancement

Start your fitness routine by using Flowpression Boots Pro to warm up your muscles. The gentle compression increases blood flow and oxygen delivery, which helps reduce the risk of injury and prepare your legs for physical activity.

How to Use:

1. Put on the Boots

Wear the Flowpression Boots Pro on both legs, ensuring the sleeves are appropriately zipped.

2. Activate Sequence Mode

Select Sequence Mode for a comprehensive warm-up. This mode inflates and deflates the chambers sequentially from the feet to the thighs.

3. Set Low Intensity

Start with a low intensity to gradually increase blood flow and flexibility.

4. Duration

Use the boots for 10-15 minutes to effectively warm up your muscles.

During Your Workout

Active Recovery

Incorporate Flowpression Boots Pro during breaks in your workout to aid in active recovery. This helps reduce muscle fatigue and keeps your legs fresh throughout the session, allowing you to perform at your best.

How to Use:

1. Short Breaks

Put on the Flowpression Boots Pro for 5-10 minutes during workout breaks.

2. Activate Circulation Mode

Select Circulation Mode to provide dynamic compression, which enhances blood flow without interrupting your workout flow.

3. Adjust Intensity

Use a medium-intensity setting, which offers balanced pressure suitable for regular use and mild discomfort alleviation.

After Your Workout

Post-Workout Recovery

Recovery after exercise is vital for maintaining leg health and ensuring longevity in your fitness journey. The Flowpression Boots Pro provide targeted relief and promote faster recovery by alleviating muscle fatigue, enhancing circulation, and supporting flexibility.

How to Use:

1. Cool Down

After completing your workout, sit or lie comfortably and wear the Flowpression Boots Pro.

2. Activate Combination Mode

Select Combination Mode, for full leg pressure treatment.

3. Set High Intensity

Use high intensity to provide deep and sustained compression for significant muscle soreness.

4. Duration

Use the boots for 20-30 minutes to reduce muscle stiffness and promote blood flow.

Benefits

- **Alleviates Muscle Fatigue**
Eases discomfort and reduces sensations of stiffness and soreness.
- **Promotes Circulation**
It enhances blood flow, helps flush toxins, and brings essential muscle nutrients.
- **Supports Flexibility**
Regular sessions help maintain and improve leg flexibility, reducing the risk of injury and keeping your legs agile.



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A black and white photograph of a person's back and shoulder. A black strap, possibly a bra strap or a bag strap, is visible across the shoulder. The skin is smooth and the lighting creates soft shadows, emphasizing the contours of the body.

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Active Lifestyle. Made Possible.