



Flowtens Belt

FLOWLIFE

Brochure

Flowtens Belt



Premium TENS Therapy Machine

Table of Content

4 —	Manifest
6 —	Why Flowtens Belt
7 —	Accessories
8 —	Flowtens Belt - A Comprehensive Guide
10 —	Starting Your Journey
14 —	For Muscle Soreness
16 —	For General Recovery
18 —	Before and After Your Workout
23 —	Contact Information

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.

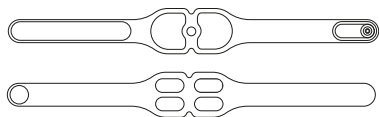
Why Flowtens Belt?

Empower your active life with Flowtens Belt, specifically designed to provide effective pain relief and enhance recovery for your lower back/abdomen.

- **Advanced TENS Technology for Lower back/abdomen Pain** - Flowtens Belt utilizes Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) to target lower back/abdomen pain. It effectively blocks pain signals, promotes the release of endorphins, and stimulates blood circulation, accelerating recovery and reducing tension in the lumbar/hypogastric region.
- **Customizable Heat Therapy for Enhanced Recovery** - In addition to its advanced TENS technology, Flowtens Belt features adjustable heat settings that provide soothing warmth to your lower back/abdomen. This heat therapy helps relax muscles, improve blood flow, and support the natural healing process, making it an essential tool for pain relief and recovery.
- **Ergonomic Design for Optimal Comfort** - Crafted from high-grade Lycra, the Flowtens Belt is lightweight and ergonomically designed to fit the curve of your lower back/abdomen, ensuring comfort and support wherever you go.
- **Versatile and User-Friendly** - Ideal for use before, during, or after activities, the Flowtens Belt is your reliable companion in managing lower back/abdomen pain and maintaining an active lifestyle. Its versatility ensures that you can target specific areas of discomfort with precision and ease while enhancing your recovery with the added benefit of heat therapy.

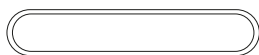
Accessories

Complete your Flowtens Belt experience with essential accessories designed for convenience and optimal performance.



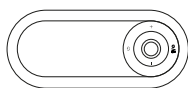
Flowtens Belt

The central unit is designed to provide comprehensive, effective TENS therapy.



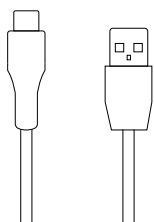
Extended Support Strap

This strap offers additional adjustability and support, providing a secure and comfortable fit for enhanced recovery during any activity.



Controller

This remote control, easily attachable to the belt, allows you to adjust settings effortlessly, ensuring a personalized experience with every use.



Charger

With this fast and efficient charger, keep your Flowtens Belt powered and ready for your next recovery session.

These accessories are specifically chosen to enhance the functionality of your Flowtens Belt, providing you with everything you need to manage pain and boost recovery, no matter where you are.



Flowtens Belt: A Comprehensive Guide

This essential guide is designed to help you maximize the pain relief and recovery benefits of your Flowtens Belt by Flowlife.

Prepare Yourself

Before starting a session with the Flowtens Belt, ensure your lower back/abdomen is clean. Moisture helps the pads connect to your skin more directly; otherwise, the connection can be off, and you won't feel the product's TENS effect. This step guarantees a hygienic experience and prolongs the product's lifetime.

Starting Your Session

Align the Belt

Position the belt electrodes with the areas of your lower back/abdomen that need treatment. Adjust the belt's tightness to ensure a snug fit, then attach the remote control by aligning the six magnetic snap buttons on the controller with those on the belt.

Power On / Heat Adjustment

To power on the Flowtens Belt and adjust the heat settings, use the top button (On/Off/Heat symbol) on the remote control:

- **Power On/Off**

Press and hold the top button for three seconds. The buzzer will sound with a "beep," and the indicator light will illuminate in white, indicating that the device is on. Press and hold again to turn off the device.

- **Adjusting Heat Levels**

Press the top button briefly to change the heat setting. Each press will switch to the next level, and the number of beeps indicates the selected heat level:

- Long Beep: No heat (38°-39°)
- Two Beeps: Medium Heat (39°-41°)
- Three Beeps: High Heat (42°-45°)

Selecting Your Program

To select and change modes on the Flowtens Belt, use the Infinity button at the bottom on the remote control. A single press of the Loop button will switch to the next mode, and the number of beeps will indicate the current mode:

One Beep: Mode 1 (Auto Combination Mode 1)

- Purpose: General pain relief and relaxation.
- Features: Cycles through various techniques like push-pull and kneading for overall mild to moderate relief.

Two Beeps: Mode 2 (Auto Combination Mode 2)

- Purpose: Targeted pain relief with enhanced stimulation.
- Features: Alternates between techniques with varied intensity for focused, dynamic relief.

Three Beeps: Mode 3 (Push-Pull Mode)

- Purpose: Deep tissue massage.
- Features: Continuous push-pull motion for deep muscle relief and improved circulation.

Four Beeps: Mode 4 (Finger Pressure Mode)

- Purpose: Pinpoint pressure relief.
- Features: Simulates finger pressure for targeted relief of localized tension.

Five Beeps: Mode 5 (Kneading Mode)

- Purpose: Muscle relaxation and stress relief.
- Features: Simulates kneading motion to relax muscles and reduce stress.

Six Beeps: Mode 6 (Pounding Mode)

- Purpose: Stimulate circulation and muscle activation.
- Features: Rhythmic pounding to boost circulation, ideal for pre/post-workout.

To Adjust the Pulse Intensity

Use the “+” or “-” buttons on the remote control. Press the “+” button to increase the pulse intensity and the “-” button to decrease it. Each press changes the intensity by one level, and a beep confirms each step. You will hear a double beep when you reach the highest intensity level (16), confirming you’ve reached the maximum setting.

16 Levels of Intensity

The Flowtens Belt offers 16 levels of pulse intensity, allowing you to finely tune the strength of the stimulation according to your comfort and needs.

Start Low and Increase Gradually

If you are using the Flowtens Belt for the first time, it’s recommended to start at a low intensity and gradually increase to find the level that is most comfortable for you.

Recommended Pulse Intensity

After selecting your desired mode, you can further customize your experience by adjusting the pulse intensity:

Low Intensity (Levels 1-5)

This range provides a mild pulse intensity that is comfortable and non-intrusive, suitable for beginners or those seeking gentle relief.

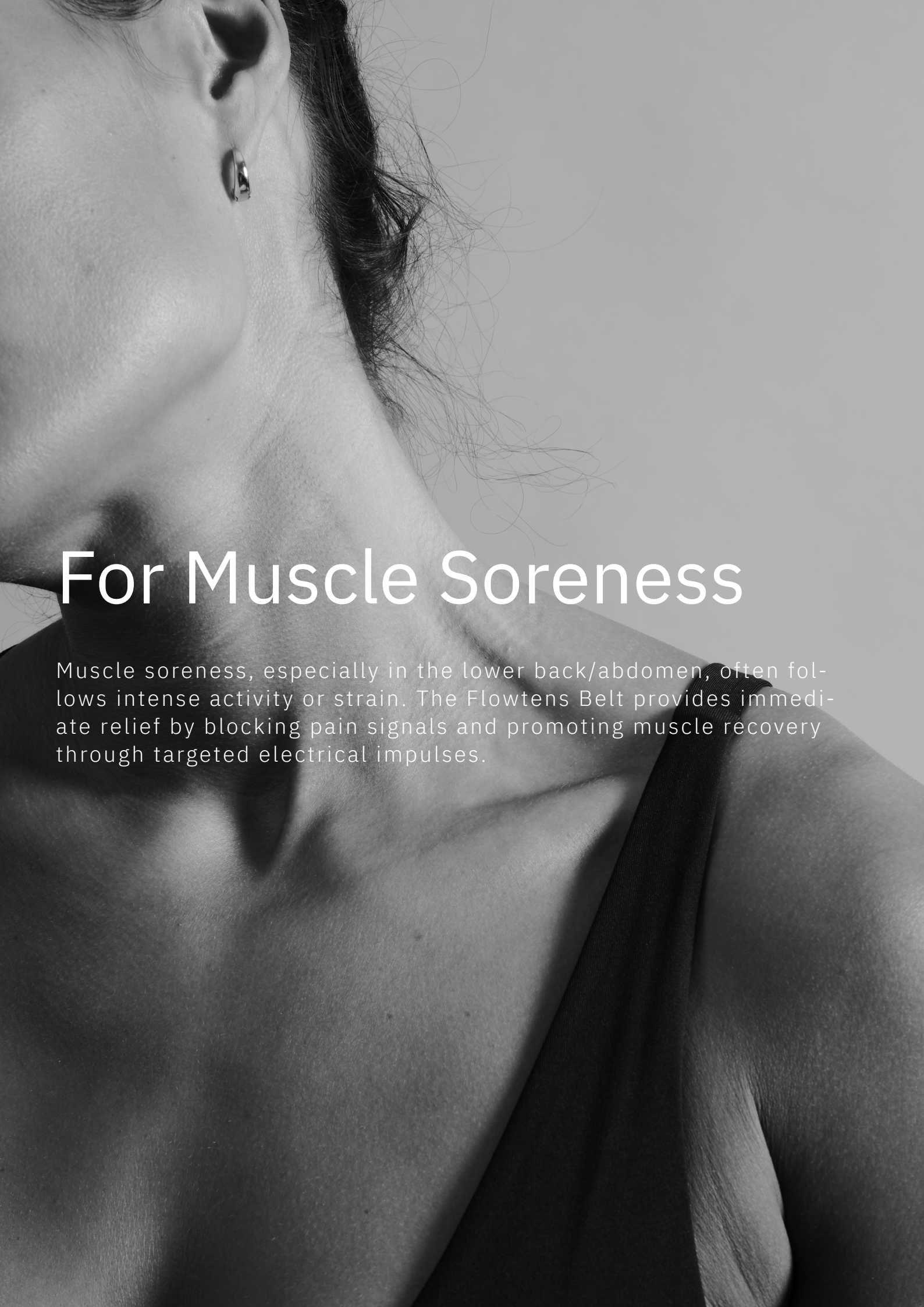
Medium Intensity (Levels 6-11)

Ideal for regular use, offering a balanced level of pulse intensity that combines comfort with effective relief.

High Intensity (Levels 12-16)

Best for significant muscle soreness, providing deep, sustained pressure that targets stubborn tension and delivers maximum relief.





For Muscle Soreness

Muscle soreness, especially in the lower back/abdomen, often follows intense activity or strain. The Flowtens Belt provides immediate relief by blocking pain signals and promoting muscle recovery through targeted electrical impulses.

Recommended Settings for Muscle Soreness

Muscle soreness, especially in the lower back/abdomen, often follows intense activity or strain. The Flowtens Belt provides immediate relief by blocking pain signals and promoting muscle recovery through targeted electrical impulses.

1. Start with a Mild Approach:

Suggested Mode: Auto Combination Mode 1 (Mode 1)
Suggested Intensity: Low Intensity (Levels 1-5)
Duration: 15 minutes
Purpose: This mode offers a gentle, comprehensive massage, cycling through techniques like push-pull and kneading. It's ideal for beginners or those with mild soreness, allowing gradual adaptation to TENS therapy.

2. Target Deeper Muscle Tension:

Suggested Mode: Kneading Mode (Mode 5)
Suggested Intensity: Medium Intensity (Levels 6-11)
Duration: 15 minutes
Purpose: The kneading mode provides deep tissue massage to relieve significant soreness and muscle tension, effectively targeting knots with medium intensity for relaxation without overstimulation.

3. For Severe Soreness:

Suggested Mode: Finger Pressure Mode (Mode 4)
Suggested Intensity: High Intensity (Levels 12-16)
Duration: 15 minutes
Purpose: When dealing with severe muscle soreness, the high intensity in Finger Pressure Mode delivers deep, targeted stimulation. This helps block intense pain signals and promotes the release of endorphins, providing significant relief in the recovery process.



For General Recovery

The Flowtens Belt by Flowlife is an essential tool for general recovery, offering a comprehensive solution for the lower back/abdomen, whether recovering from the stresses of daily activities or the strain of intense workouts. Here's why it's vital for maintaining lower back/abdomen health.

Enhanced Circulation

The Flowtens Belt enhances circulation through its advanced TENS and EMS technology. Improving blood flow to the lower back/abdomen ensures that oxygen and nutrients are delivered efficiently to the muscles, promoting quicker recovery and overall spinal health.

Muscle Relaxation

The targeted electrical impulses effectively relieve muscle tension in the lower back/abdomen, helping to relax tight muscles and ease any lingering discomfort from physical exertion. This relaxation is critical to preventing overuse injuries and maintaining a healthy back/abdomen.

Flexibility Improvement

Regular use of the Flowtens Belt helps to maintain and improve flexibility in the lower back/abdomen, reducing stiffness and promoting a full range of motion. This is particularly beneficial for those who experience tightness or discomfort from prolonged sitting or repetitive motions, ensuring your back/abdomen remains supple and resilient.

Embracing the Flowtens Belt by Flowlife for general recovery alleviates immediate discomfort. It contributes to the long-term health and functionality of your lower back/abdomen, keeping you prepared for the demands of everyday life.



Before and After Workout

The Flowtens Belt by Flowlife is designed to enhance your fitness routine, providing essential support before, during, and after workouts that engage your lower back/abdomen. Whether your routine involves cardio, strength training, or various sports, here's how to integrate the Flowtens Belt into your exercise regimen for maximum benefits.

Before Your Workout

Start your workout by using the Flowtens Belt to warm up your lower back/abdomen muscles. The gentle electrical stimulation increases blood flow and oxygen delivery, helping to reduce the risk of injury and prepare your lower back/abdomen for physical activity.

How to Use

Wear the Belt

- Position the Flowtens Belt snugly around your lower back/abdomen.

Activate Auto Combination Mode 1 (Mode 1)

- Select Auto Combination Mode 1 for a comprehensive warm-up that combines various massage techniques.

Set Low Intensity (Levels 1-5)

- Start with low intensity to gradually increase blood flow and flexibility in your lower back/abdomen.

Duration

- Use the belt for 10-15 minutes to prepare your lower back/abdomen muscles for exercise.

During Your Workout

Incorporate the Flowtens Belt during breaks in your workout to aid in active recovery. This helps reduce muscle fatigue in your lower back/abdomen, keeping you fresh throughout the session and allowing you to perform at your best.

How to Use

Short Breaks

- Wear the Flowtens Belt for 5-10 minutes during workout breaks.

Activate Finger Pressure Mode (Mode 4)

- Select Finger Pressure Mode for targeted relief, helping to maintain lower back/abdomen comfort without interrupting your workout flow.

Set Medium Intensity (Levels 6-11)

- Use a medium-intensity setting, which offers balanced stimulation to alleviate mild discomfort and prevent stiffness.

After Your Workout

Recovery after exercise is crucial for maintaining lower back/abdomen health and ensuring longevity in your fitness journey. The Flowtens Belt provides targeted relief and promotes faster recovery by alleviating muscle fatigue, enhancing circulation, and supporting flexibility.

How to Use

Cool Down

- After completing your workout, wear the Flowtens Belt while sitting or lying comfortably.

Activate Kneading Mode (Mode 5)

- Select Kneading Mode for a deep tissue massage that aids in muscle relaxation and recovery.

Set High Intensity (Levels 12-16)

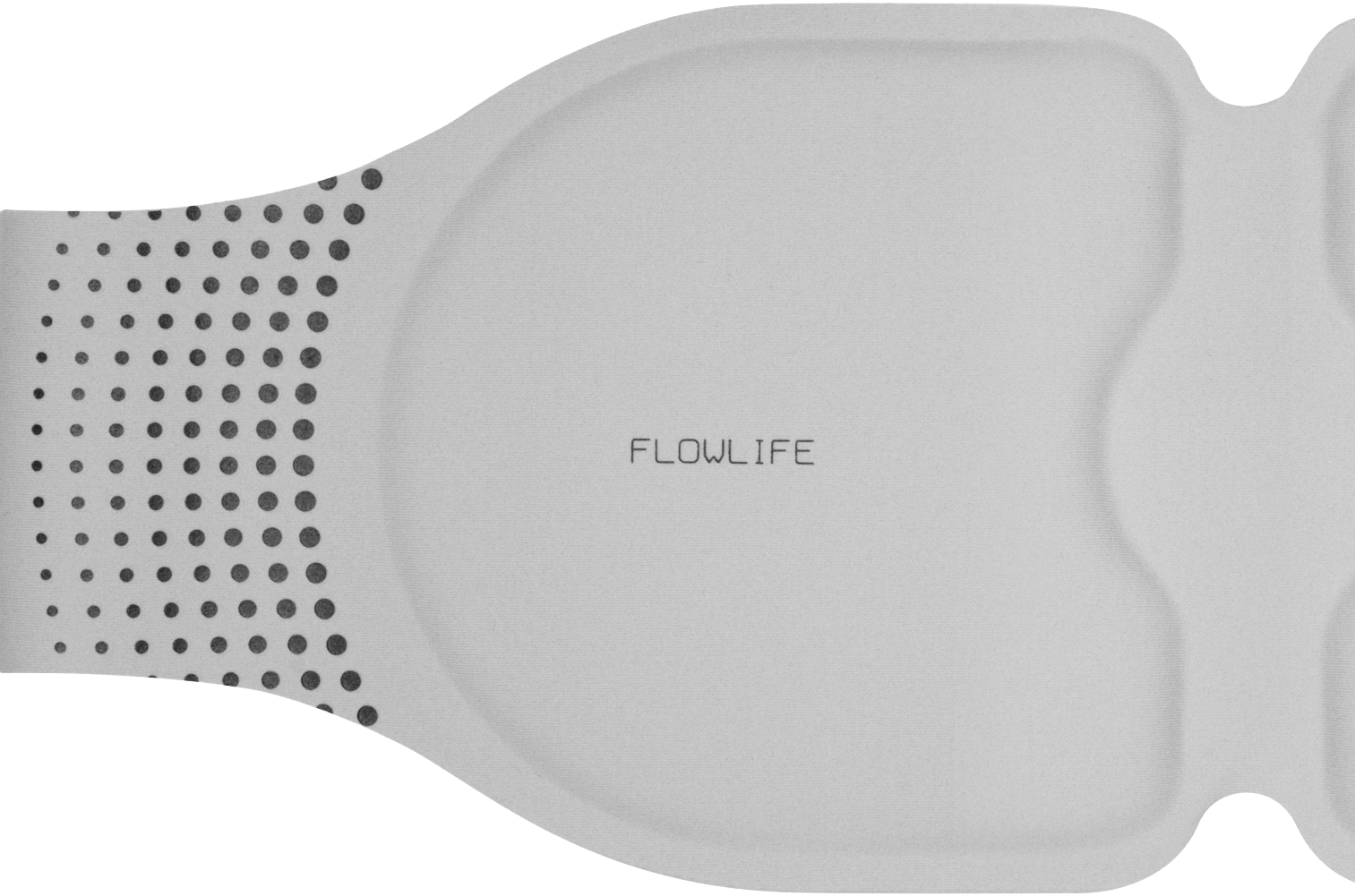
- Use high intensity to provide deep and sustained stimulation for significant muscle soreness.

Duration

- Use the belt 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 in the lower back/abdomen.
- **Promotes Circulation:** Enhances blood flow, helping to flush out toxins and deliver essential nutrients to your muscles.
- **Supports Flexibility:** Regular sessions help maintain and improve lower back/abdomen flexibility, reducing the risk of injury and keeping your muscles agile.



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A black and white photograph of a person's back and shoulder. A black strap, possibly a sports bra or a bag strap, is visible across the shoulder. The skin is smooth and the lighting is soft, creating a minimalist and elegant aesthetic.

FLOWLIFE

Active Lifestyle. Made Possible.