

Flowsonic Pro+

# FLOWLIFE

Brochure

# Flowsonic Pro+



Targeted Vibration Device

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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.

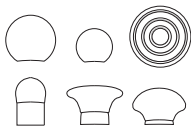
## Why Flowsonic Pro+?

- **The Next Generation of High-Speed Vibration Therapy** - Flowsonic Pro+ accelerates muscle recovery with deep, high-frequency vibrations, easing tension and stiffness for all users.
- **Advanced High-Speed Vibration** - Flowsonic Pro+ provides deep muscle relief with 5000-7500 RPM vibrations, enhancing recovery. Its multi-surface design ensures precise, customizable massage.
- **Multi-Angle Massage System** - Flowsonic Pro+ offers effortless reach and adaptability with strategic massage heads for deep relief or gentle relaxation. Its ergonomic design ensures full-body coverage.
- **Smart Pressure Sensor for Optimal Control** - Flowsonic Pro+ features an intelligent pressure sensor for optimal balance, adjusting vibrations in real time. Overpressure Protection ensures safe, effective use.
- **Whisper-Quiet & Lightweight** - Flowsonic Pro+ is ultra-portable, made from aviation-grade aluminum alloy, and weighs just 0.8 kg. Its brushless motor ensures quiet operation for use anywhere.

Flowsonic Pro+ is ideal for chiropractors, physical therapists, and athletes, yet simple enough for personal use. It redefines muscle recovery with power and precision.

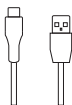
# Accessories

Enhance your Flowsonic Pro+ experience with essential accessories designed for convenience, portability, and seamless use.



## Flowsonic Pro+ Attachments

Your purchase includes a complete set of specialized massage heads for targeted and broad muscle relief. Combining metallic, rubber, and foam attachments ensures versatility for every muscle group and therapy need.



## USB-C Charger

The USB-C charger can recharge your Flowsonic Pro+ quickly and efficiently, so you'll be ready for your next session.



## Carry Bag

This durable carry bag is designed for storage and portability. It makes it easy to take your Flowsonic Pro+ wherever you go, ensuring professional-grade recovery anytime, anywhere.

## User Manual

A detailed guide to help you maximize the benefits of your Flowsonic Pro+, with clear instructions for operation, maintenance, and best practices.



# The Science Behind High-Speed Vibration Therapy

Flowsonic Pro+ operates at adjustable speeds ranging from 5000 to 7500 RPM, delivering rapid micro-vibrations penetrating deep into muscle tissue. This vibration enhances blood flow, alleviates tension, and stimulates neuromuscular activation. Unlike traditional percussive therapy, which relies on substantial, repeated impacts, high-speed vibration therapy provides a gentler yet highly effective method for relieving discomfort and improving mobility.

By increasing circulation, Flowsonic Pro+ helps deliver oxygen and nutrients to fatigued muscles while flushing out metabolic waste, reducing soreness, and promoting faster recovery. Additionally, vibration therapy has improved flexibility and joint mobility, making it an essential tool for athletes, therapists, and everyday users.



# Flowsonic Pro+: A Comprehensive Guide

Flowsonic Pro+ is an advanced high-frequency precision vibration therapy device for muscle recovery, tension relief, and enhanced mobility. It's adjustable speed settings and multiple massage heads provide targeted relief for various muscle groups. This guide will help you get the most out of your Flowsonic Pro+ experience.

## Battery & Charging

To ensure uninterrupted use, always keep your Flowsonic Pro+ charged and ready.

- Connect the USB-C charger to the charging port.
- Plug the adapter into a wall outlet.
- The battery indicator will pulsate while charging and remain steady white light when fully charged.
- Low Battery: LED first glows red and later blinks red, indicating the need for charging.
- Charging: Light pulsates until fully charged.
- Full Charge: Indicator remains steady.

## Prepare Yourself

Before starting your session, make sure to:

### **Keep skin clean and dry**

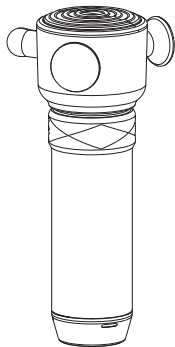
If using oils or lotions, apply them sparingly and avoid using them with rubber and foam heads, as they may affect grip and durability. Metallic heads can be used with oils without issue. Avoid excessive lotions or oils for better grip and effectiveness.

### **Position yourself comfortably**

Sit, stand, or lie down in a way that allows easy access to the target muscles. Standing can be beneficial for reaching muscles on the back, shoulders, and hamstrings. – Sit, stand, or lie relaxed to quickly access the target muscle groups.



## Understanding the Attachments



Each massage head is designed for specific therapeutic applications:

1. **Metallic Flat Head** – Covers broad muscle areas for even pressure and effective muscle activation.
2. **Metallic Bullet Head** – Targets deep muscle knots and trigger points with precision.
3. **Curved Rubber Head** – Provides controlled friction and grip, ideal for areas needing steady pressure.
4. **Round Foam Heads (Two Sizes)** – Dense yet slightly cushioned heads that allow strong vibration transmission while being gentler than metallic options.
5. **Crown Rubber Head** – Designed for full-surface vibration, covering larger muscle groups efficiently.

Select the attachment that best fits your needs before powering on the device.

## Powering On the Device

- Press the power button for 2 seconds to turn on the Flowsonic Pro+.
- The LED indicator will light up, showing the device is active. Gear 1 will start on 5000RPM.

# Maximizing Therapy

Tailored Relief for Every Stage

## Selecting Your Speed Level

- Press the speed setting button to cycle through the five available intensity levels.
- Adjust the speed based on comfort and muscle sensitivity.

## Using the Flowsonic Pro+

- Hold the device firmly and place it against the target muscle.
- Move it slowly in a circular or linear motion, letting the vibration work into the tissue.
- Maintain steady contact without excessive force.

## Adjusting Pressure with Smart Sensor Technology

Applying the proper pressure is key to an effective massage. Flowsonic Pro+ features an intelligent pressure sensor that provides real-time feedback on applied force:

- **White Light** – Indicates light to moderate pressure, ideal for general muscle relaxation and recovery.
- **Red Light** – Signals higher pressure and is suitable for deep tissue work. If excessive force is applied too long, the device will automatically pause to protect both the user and the product.

The smart sensor helps you maintain optimal pressure for safe and effective use while preventing overstimulation or unnecessary strain on the device.

## Ending Your Session

- **Power Off** – Press the power button for 2 seconds to turn off the device. Otherwise, there is a 10 min auto shut off function.
- **Detach Attachment** – Remove the massage head for cleaning or switching to another.
- **Store Properly** – Place the device and accessories in the provided carry bag.

## Maintenance & Cleaning

- After each use, wipe the device and attachments with a soft, damp cloth.
- Avoid harsh chemicals and never submerge the device in water.
- Store in a cool, dry place and charge at least once a month if not in frequent use.



# Optimizing Muscle Health with Flowsonic Pro+

Muscle health is crucial for performance, mobility, and overall well-being. Flowsonic Pro+ enhances recovery, reduces soreness, and improves circulation by delivering high-frequency vibrations stimulating the muscles and nervous system. Below, we explore how to integrate Flowsonic Pro+ effectively into different phases of your

## Relieving Muscle Soreness

After intense physical activity, microscopic tears in muscle fibers lead to inflammation, stiffness, and soreness—commonly known as Delayed Onset Muscle Soreness (DOMS). This is a natural part of the muscle adaptation, but proper recovery techniques can minimize discomfort and accelerate healing.

## How Flowsonic Pro+ Helps

### **Promotes Circulation**

High-frequency vibrations increase blood flow, delivering oxygen and nutrients to fatigued muscles while flushing out metabolic waste.

### **Reduces Muscle Stiffness**

The device helps relax tight muscles and enhance mobility by stimulating neuromuscular activity.

### **Encourages Balanced Recovery**

Targeting surrounding muscle groups instead of the sore area can improve overall recovery and prevent compensatory strain.

## Application Technique

- Select a massage head based on the level of pressure and surface area you need—larger heads for broader coverage, smaller heads for precision relief.
- Move the device slowly along the muscle fibers, focusing on surrounding areas rather than applying direct pressure to highly sensitive spots.

### **Recommended use**

30-90 seconds per muscle group, adjusting intensity based on comfort level.

# Daily Recovery & Injury Prevention

Muscle health isn't just about post-workout recovery. Prolonged sitting, repetitive movements, or general inactivity can lead to tightness, reduced circulation, and minor muscular imbalances. Flowsonic Pro+ into a daily routine can help maintain flexibility, prevent stiffness, and improve overall mobility.

## How Flowsonic Pro+ Helps

### **Supports Muscle Elasticity**

Regular vibration therapy maintains muscle suppleness and prevents tension buildup.

### **Improves Joint Mobility**

Flowsonic Pro+ indirectly enhances joint range of motion by reducing stiffness in surrounding muscles.

### **Prepares the Body for Movement**

A quick session before activity helps wake up the nervous system and prime muscles for optimal function.

## Application Technique

- Adjust the intensity to match the area's sensitivity—lower settings are for delicate regions, and higher settings are for more profound tissue work.
- Move the device methodically along muscle fibers, avoiding excessive pressure.

### **Recommended use**

1-2 minutes per muscle group, either as a warm-up or part of a wind-down routine.



# Before, During and After Workout

Strategic use of Flowsonic Pro+ around training sessions can enhance performance, reduce fatigue, and optimize recovery.



## Before Training (Activation & Warm-Up)

### Goal

Increase blood flow, improve muscle elasticity, and enhance neuromuscular activation.

- Apply a low to moderate intensity over key muscle groups for 30-60 seconds per area to prep for movement.

## During Training (Muscle Efficiency & Recovery)

### Goal

Maintain muscle activation, reduce localized fatigue, and enhance endurance.

- Briefly apply Flowsonic Pro+ between sets (15-30 seconds) to maintain circulation in fatigued muscles.

## After Training (Recovery Acceleration)

### Goal

Reduce lactic acid buildup, enhance circulation, and accelerate muscle relaxation.

- Use a moderate to high intensity for 1-2 minutes per area, adjusting based on post-exercise muscle sensitivity.

By strategically applying Flowsonic Pro+ throughout your routine, you can maximize performance and maintain long-term muscle health. In the following section, we'll take a more detailed approach to rehabilitation techniques, with illustrated guides on how to treat specific muscle groups for optimal recovery.



hello@flowlife.com  
www.flowlife.com  
Luntmakargatan 90  
113 51 Stockholm

A black and white photograph showing the back of a person's neck and shoulder. A black strap, likely from a sports bra or backpack, is visible across the shoulder. The skin is smooth and the lighting is soft, creating a minimalist aesthetic.

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Active Lifestyle. Made Possible.