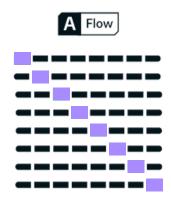
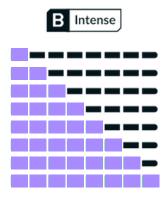
FLOWELL

Flowell Sports Deluxe Pants PROGRAM SEQUENCES

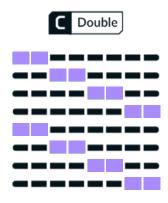




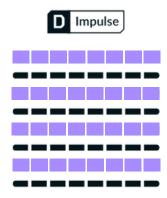
"Flow" exerts a punctual pressure and is therefore good for loosening the muscles. The muscles are gradually compressed from the feet towards the body.



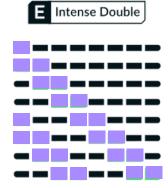
"Intense" most intensively promotes lactate removal. The sustained pressure in the lower chambers eliminates reflux. As a beginner, you should approach this program slowly. At high pressure, program B is very intense and effective!



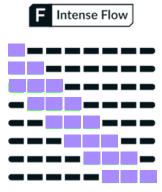
Similar to program A, but two chambers are filled directly per step. Thus, "Double" achieves twice the number of passes in the same time and is suitable for shorter warm-up massages.



"Impulse" is for short and intense sessions. Since all chambers are pulsed at the same time, "Impulse" maximizes the number of possible compression passes in a given time.



"Intense Double" offers a similar sequence as program F, but two compression waves run in parallel. This allows us to target the lower leg and calf area for a double-intensity application.



"Intense Flow" combines the flow of programs A and B. Several chambers always remain inflated at the same time, which prevents reflux. Intense Flow" thus also promotes lactate removal quite intensively. This program is suitable for a fast but intense recovery session.

#1 LOVE YOUR LEGS

Did you train really hard today? Did you have a big match or race? Then get into your Flowells to boost your recovery!

DURATION: 40 MIN PURPOSE: RECOVERY

10 MIN. | Programm A // FLOW light pressure light -

20 MIN. Programm B // INTENSE medium pressure

10 MIN. Programm C // DOUBLE light pressure

#2 RECOVERY QUICKIE

Do you have a big competition tomorrow? Then quickly get your legs massaged to reach your goals for tomorrow!

DURATION: 20 MIN PURPOSE: QUICK RECOVERY

20 MIN. | Programm B // INTENSE | light - medium pressure

#3 RELEASE YOUR MUSCLES

Treat your legs with some wellness and loosen up your muscles!

DURATION: 40 MIN PURPOSE: MUSCLE RELAXATION

10 MIN. | Programm C // DOUBLE Programm | light pressure medium -

20 MIN. A // FLOW Programm E // INTENSE high pressure

10 MIN. DOUBLE light pressure

#4 ALL-IN-ONE

Not sure what your legs need the most today? Then we have the right thing for you: A little bit of everything!

DURATION: 40 MIN PURPOSE: REGENERATION & LOOSENING

5 MIN. Programm C // DOUBLE light pressure light -

20 MIN. Programm B // INTENSE medium pressure

10 MIN. Programm F // INTENSE FLOW medium - high pressure

5 MIN. Programm C // DOUBLE light pressure

#5 DEEP RELAX

Over and out. Close your eyes, sit back and relax.

DURATION: 40 MIN PURPOSE: RELAXATION

10 MIN. Programm F // INTENSE FLOW light pressure light -

20 MIN. Programm E // INTENSE DOUBLE medium pressure

10 MIN. Programm B // INTENSE light pressure

#6 RELAXATION QUICKIE

You need a break from the stressful everyday life? Then just put your feet up for a while and take some time to switch off.

DURATION: 10 MIN PURPOSE: RELAXATION

10 MIN. | Programm C // DOUBLE | medium pressure

