

***FLOWELL***

Flowell Sports Deluxe Pants  
**PROGRAM SEQUENCES**



# PROGRAM OVERVIEW

## A Flow



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

## B Intense



"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!

## C Double



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.

# PROGRAM OVERVIEW

## D Impulse



"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.

## E Intense Double



"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.

## F Intense Flow



"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.

# PROGRAM OVERVIEW

## #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
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## #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

# PROGRAM OVERVIEW

## #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.	<b>Programm C // DOUBLE</b>	light pressure light -
20 MIN.	<b>Programm B // INTENSE</b>	medium pressure
10 MIN.	<b>Programm F // INTENSE FLOW</b>	medium - high pressure
5 MIN.	<b>Programm C // DOUBLE</b>	light pressure

## #5 DEEP RELAX

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

DURATION: 40 MIN    PURPOSE: RELAXATION

10 MIN.	<b>Programm F // INTENSE FLOW</b>	light pressure light -
20 MIN.	<b>Programm E // INTENSE DOUBLE</b>	medium pressure
10 MIN.	<b>Programm B // INTENSE</b>	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.	<b>Programm C // DOUBLE</b>	medium pressure
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**LOVE YOUR LEGS.**