

FLOWELL

Flowell Mobile Boots & Pants
PROGRAM SEQUENCES



PROGRAM OVERVIEW

A 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.

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 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.

D Flow

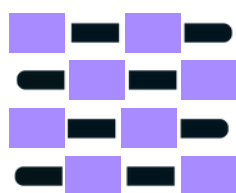


Can only be accessed by Flowell Connect App.

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

PROGRAM OVERVIEW

E Switch



Can only be accessed by
Flowell Connect App.

"Switch" applies a punctual pressure on every second chamber at the same time. The muscles are thus massaged alternately from the feet towards the hips. The program is therefore well suited for loosening the muscles.

F Double



Can only be accessed by
Flowell Connect App.

Similar to program D, 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.

G Intense Pulse ★



Can only be accessed by
Flowell Connect App.

"Intense Pulse" supplements program A with a very effective pulse effect. For this purpose, the pressure is increased and decreased three times during the last active chamber: first 70%, then 90%, and only then 100% of the set pressure. This gives the waste products of metabolism time to move through the tissue. A particularly thorough recovery application is the result. Therefore, when combining several massage programs, it is always advisable to end the application with "Intense Pulse".

PROGRAM OVERVIEW

#1 RECOVERY IS EVERYTHING

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

DURATION: 40 MIN PURPOSE: RECOVERY

10 MIN.	Programm D // FLOW	light pressure light -
20 MIN.	Programm B // INTENSE	medium pressure
10 MIN.	Programm G // INTENSE PULSE	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 A // INTENSE FLOW	light pressure light -
20 MIN.	Programm D // FLOW	medium pressure
10 MIN.	Programm G // INTENSE PULSE	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.	Programm A // INTENSE FLOW	light pressure light -
20 MIN.	Programm B // INTENSE	medium pressure
10 MIN.	Programm D // FLOW	medium - high pressure
5 MIN.	Programm G // INTENSE PULSE	light pressure

#5 DEEP RELAX

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

DURATION: 40 MIN PURPOSE: RELAXATION

10 MIN.	Programm D // FLOW	light pressure light -
20 MIN.	Programm G // INTENSE PULSE	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 E // SWITCH	medium - high pressure
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LOVE YOUR LEGS.