

A black and white photograph of two elephant legs, one on the left and one on the right, framing a central white space. The legs are positioned vertically, with the hooves at the bottom and the upper legs extending towards the top. The skin of the legs is dark and textured, with visible wrinkles and folds. The central white space contains text.

Flowpression Calf

FLOWLIFE

Brochure

Flowpression Calf



Advanced and Portable Compression Massager by Flowlife.

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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.

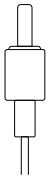
For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

Why Flowpression Calf?

- **Dynamic Compression** - Three targeted modes enhance blood flow and speed recovery, adapting to your needs.
- **Therapeutic Warmth** - Adjustable heat settings provide soothing relief and deep muscle relaxation.
- **Custom Fit** - Easily adjustable for optimal comfort and stability.
- **Intuitive Use** - The device features simple controls and automatic safety features, ensuring effortless operation.

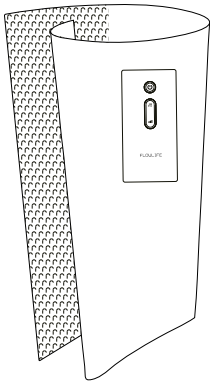
Discover quick, effective recovery with Flowpression Calf — because your best performance is Made Possible by Flowlife.

Accessories



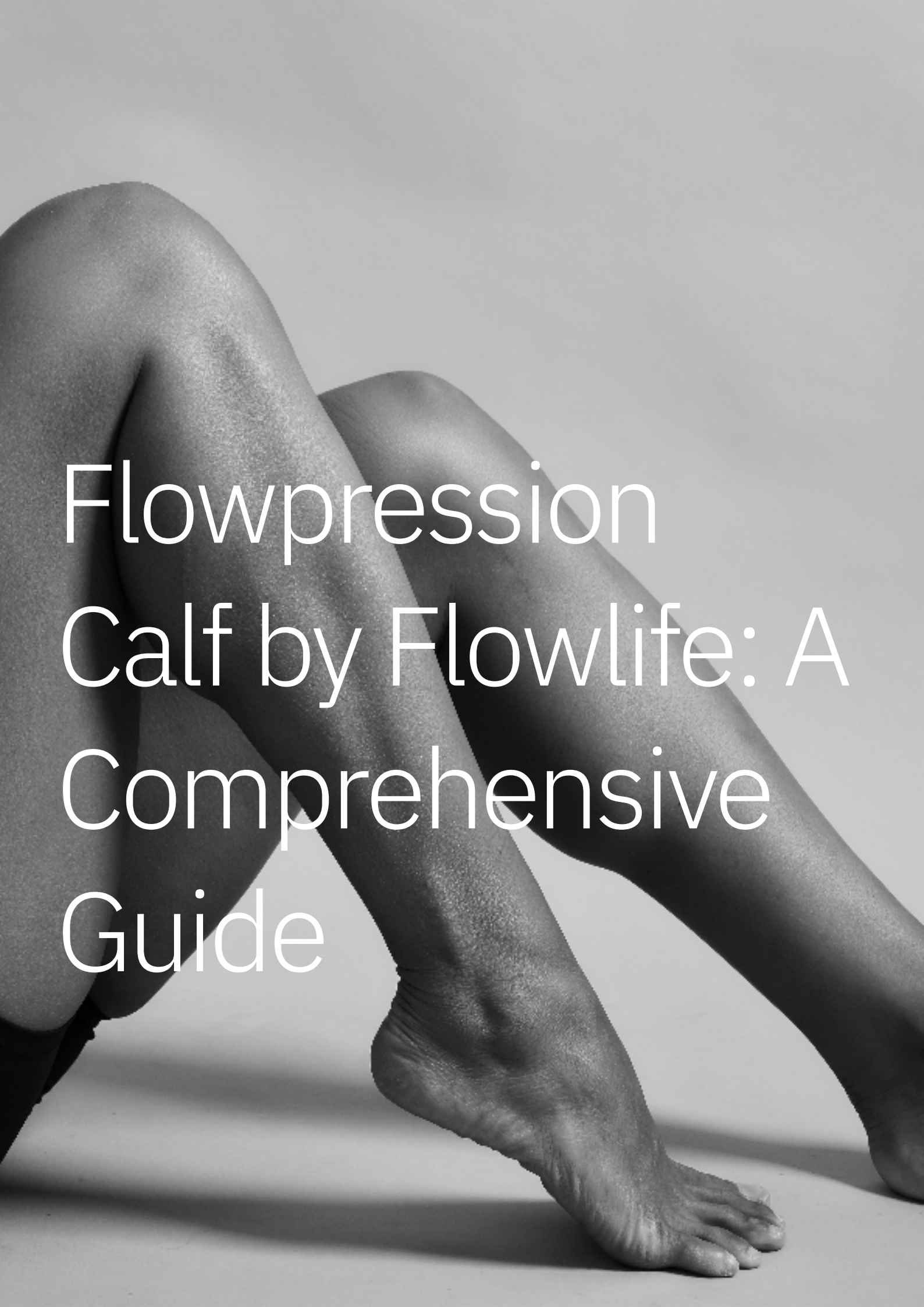
USB-C Charger

Keep your device charged and ready to perform. Ensuring your Flowpression Calf is always prepared for your next recovery session.



Flowpression Calf Unit

This set includes one calf massager unit, which provides massage for one leg at a time. Switch between both legs for a balanced result.



Flowpression Calf by Flowlife: A Comprehensive Guide

Unleash the full potential of your calf recovery and performance enhancement with the Flowpression Calf from Flowlife. This detailed guide is designed to help you optimally utilize this sophisticated compression technology, ensuring your calves receive the best support for recovery and vitality.

Device Overview

The Flowpression Calf features a powerful 3.7V air pump that can reach pressures of up to 333mmHg. Its three specialized modes and heating levels provide personalized recovery for each leg.

Prepare for Use

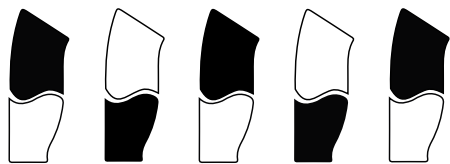
Before using the Flowpression Calf, ensure your calves are clean and free from lotions or oils. Adjust the Velcro straps for a snug fit that lets the device stay comfortable during the compression session. While it is not crucial, we recommend positioning the control pod on the left side of either calf, whether on your left or right leg. This placement helps to protect the shinbone fully, enhancing both comfort and safety during use.

Starting Your Session

Activate the device by pressing and holding the power button for 3 seconds. It will automatically start in Mode 1 at Level 1 intensity, gently initiating calf compression therapy.

Select Your Compression Mode

Tailor your session with three specifically designed compression modes.



Mode 1 - Wave Cycle

Starts filling the upper chamber and massages the upper calf before releasing and moving to the lower calf, repeating the cycle. This gentle program is ideal for easing into recovery and light muscle stimulation.



Mode 2 - Full Coverage

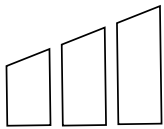
It simultaneously fills both chambers, then empties both before filling the upper and lower chambers sequentially. This mode is excellent for more intensive therapy, promoting enhanced blood flow and quicker recovery.



Mode 3 - Ascending pressure

It begins filling from the lower chamber, then adds the upper chamber, cycling through to effectively push blood from the lower part of the calf to the upper. This is the most intense mode, designed for deep tissue therapy and maximum recovery benefits.

Adjusting Intensity and Heat



The Flowpression Calf allows a tailored experience with adjustable intensity and heat settings specific to the three modes.

Mode 1 - Wave Cycle

Level 1: 180mmHg

Level 2: 217mmHg

Level 3: 250mmHg

Mode 2 - Full Coverage

Level 1: 217mmHg

Level 2: 240mmHg

Level 3: 280mmHg

Mode 3 - Ascending pressure

Level 1: 270mmHg

Level 2: 307mmHg

Level 3: 333mmHg

Heating Function



Enhance muscle relaxation and increase circulation with three levels of heat:

Level 1: 38°C +/- 2°C

Level 2: 43°C +/- 2°C

Level 3: 48°C +/- 2°C

Monitoring and Adjusting Session Duration

Each session automatically runs for 15 minutes, ensuring a complete and effective recovery experience. However, you can adjust the duration or stop the session early by pressing and holding the power button.

Concluding Your Session

To end your session, hold the power button for 3 seconds. Your calves will feel rejuvenated and ready for whatever comes next.

Maintaining Your Device

The Flowpression Calf is easy to maintain; wipe it clean with a damp cloth after use and store it in a cool, dry place. Ensure the device is completely dry and powered off before storage.

Charging Your Device

Use the included USB-C Charger for convenient charging. Monitor the battery level through the indicator lights.

Charging Your Device



Use the included USB-C Charger for convenient charging. Monitor the battery level through the indicator lights, which provide a clear understanding of the current charge status:

4 Bars

The battery is between 100-90%, indicating a full charge.



3 Bars

The battery is between 90-40%, showing a high charge level.



2 Bars

The battery is between 40-10%, suggesting a low charge and soon needing recharging.



1 Bar

The battery is between 10% and 0%, warning that the device is about to run out of power and should be charged immediately.





For Muscle Soreness

To effectively address muscle soreness with the Flowpression Calf by Flowlife, combining the adjustable heat settings and specific compression modes with the correct intensity levels can significantly enhance the treatment's efficacy. Here's how to optimize these features for the best results.

Utilize Warmth

Activate the heating function to help loosen stiff muscles and increase blood circulation. The soothing heat relaxes the calf and prepares the muscles for deeper compression, making the treatment more effective in alleviating soreness.

Select Mode and Intensity

- **For General Calf Soreness**
Use Mode 1 with a lower intensity level (Level 1 or 2) for a gentle, sequential compression that promotes blood flow and provides a comprehensive soothing effect throughout the calf.
- **For Full Peak Pressure**
Switch to Mode 3, starting at a higher intensity level (Level 2 or 3). This mode employs gradient compression that intensifies the focus on the affected areas, pushing blood upwards and maximizing the relief from localized soreness.

Adjust Intensity Based on Comfort Level

If the soreness is particularly acute, you may find it beneficial to increase the intensity gradually.

- **For General Calf Soreness** - Start with a lower intensity to acclimate your muscles to the compression.
- **For Full Peak Pressure** - Gradually increase to higher intensity levels as the session progresses to deepen the compression and enhance the therapeutic benefits, ensuring it remains comfortable and beneficial throughout.

For General Recovery

The Flowpression Calf by Flowlife is ideal for general recovery, providing essential support for calves that endure the demands of daily activities or intense physical workouts. Here's why it's indispensable for maintaining calf wellness.

Enhanced Circulation

The Flowpression Calf enhances circulation by combining dynamic compression modes with adjustable warmth. This synergy boosts blood flow, helping to deliver oxygen and nutrients crucial for muscle repair and health.

Muscle Relaxation

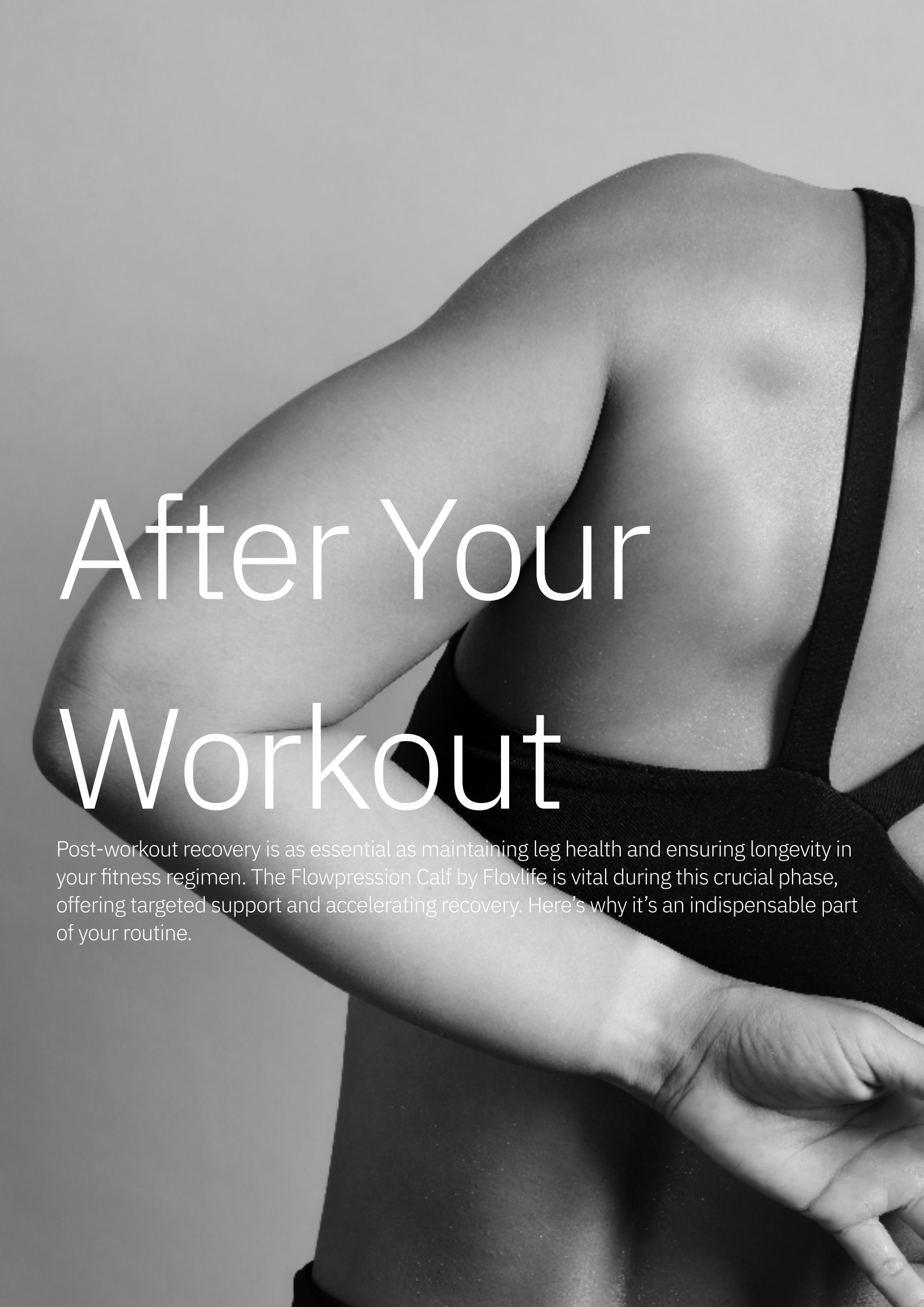
Its tailored compression programs effectively relieve muscle tension throughout the calf area, from the lower leg to the upper calf. This promotes relaxation and minimizes the risk of strains or overuse injuries, which is crucial for athletes and active individuals.

Flexibility Improvement

Regular use of the Flowpression Calf helps maintain and enhance the flexibility of the calf muscles. By ensuring that muscles do not stiffen from lack of movement or become tight from repetitive use, the device helps keep your lower legs agile and ready for action.

General Well-being and Comfort

Employing the Flowpression Calf for general recovery alleviates immediate discomfort and contributes to your calves' long-term health and functionality. It ensures they are well-prepared to meet the challenges of their daily and athletic endeavors, promoting overall well-being and performance readiness.



After Your Workout

Post-workout recovery is as essential as maintaining leg health and ensuring longevity in your fitness regimen. The Flowpression Calf by Flovlife is vital during this crucial phase, offering targeted support and accelerating recovery. Here's why it's an indispensable part of your routine.

Alleviates Muscle Fatigue

After strenuous activities, the Flowpression Calf eases calf discomfort, reducing stiffness and soreness, particularly beneficial after running, cycling, or lower leg stress.

Promotes Circulation

Dynamic compression and optional heat settings enhance calf blood flow, accelerating recovery by flushing out toxins and delivering essential nutrients.

Supports Flexibility

Using the Flowpression Calf post-workout maintains calf muscle flexibility, which is crucial for injury prevention and readiness for future challenges.

Prevents Overuse Injuries

Incorporating the Flowpression Calf reduces the risk of overuse injuries by promoting faster muscle recovery, ensuring readiness for intense activities.



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FLOWLIFE

Active Lifestyle. Made Possible.