



Flowgun Ultra

FLOWLIFE

Brochure

Flowgun Ultra



Percussion Massage Gun

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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.

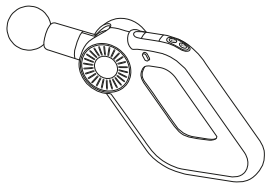
For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

Why Flowgun Ultra?

- **Variable Amplitude for Targeted Treatment** - The adjustable stroke length (8–16 mm) lets you tailor each session. Use short amplitudes to gently calm sensitive areas, or go deeper to release tension and tight fascia in large muscle groups.
- **Intelligent Programs for Guided Recovery** - Four treatment modes range from steady manual control to dynamic wave patterns. Choose the rhythm that fits your goal—warming up, winding down, or stimulating circulation.
- **Rotating Arm and Triangular Frame for Ergonomic Reach** -A rotating joint and triangular frame unlock new reach and control. Switch between single- or two-handed grips to treat hard-to-reach areas with ease and precision.
- **38 Kg of Stall Force. Zero Compromise** -With up to 38 kg stall force at 8 mm and 28 kg at 16 mm, Flowgun Ultra delivers deep, consistent pressure—even in dense muscle—without losing power.
- **OLED Display with Thoughtful Charging Feedback** - A clear OLED screen displays speed, mode, amplitude, and battery status. Smart charging indicators help prevent overcharging and adapter issues.
- **Optional Heat for More Profound Relaxation** - The Heating Head adds soothing warmth up to 50°C, enhancing recovery in stiff or poorly circulated areas—before or after your session.

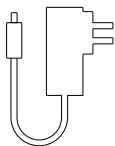
Accessories

Flowgun Ultra comes with everything you need for effective, full-body treatment. Each component is selected for precision, performance, and comfort, whether you're targeting deep knots or managing everyday muscle fatigue.



Flowgun Ultra

The core device features variable amplitude (8–16 mm), four treatment modes, and a rotating arm for ergonomic reach. Its triangular frame offers versatile grip for one- or two-handed use—ideal for both light and deep treatments.



Type-C Charger with EU Adapter

Fast USB-C charging for consistent uptime. Includes an EU-compatible wall adapter and built-in safeguards against overvoltage, overheating, and incorrect power source use—protecting both your device and your safety.



Carrying Case

A structured, durable case with molded compartments to protect every component and keep everything in place when on the move.



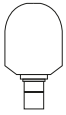
Heating Head

Combines percussion with targeted heat up to 50°C. Activates automatically during use to increase circulation and soften stiff muscles. Ideal for use on larger muscle groups.



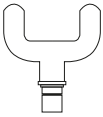
Trigger Cone

Designed for deep, focused release in compact areas like glutes, feet, and forearms. Ideal for targeting trigger points and relieving built-up tension.



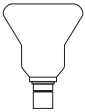
Cup Head

Rounded and evenly pressured, perfect for joint-adjacent zones and safe full-body relief.



Fork Head

A dual-point head that stimulates two fascia points simultaneously. Perfect for fascia lines that require precision and space.



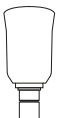
Axe Head

IT bands, shoulders, and lateral muscle groups.



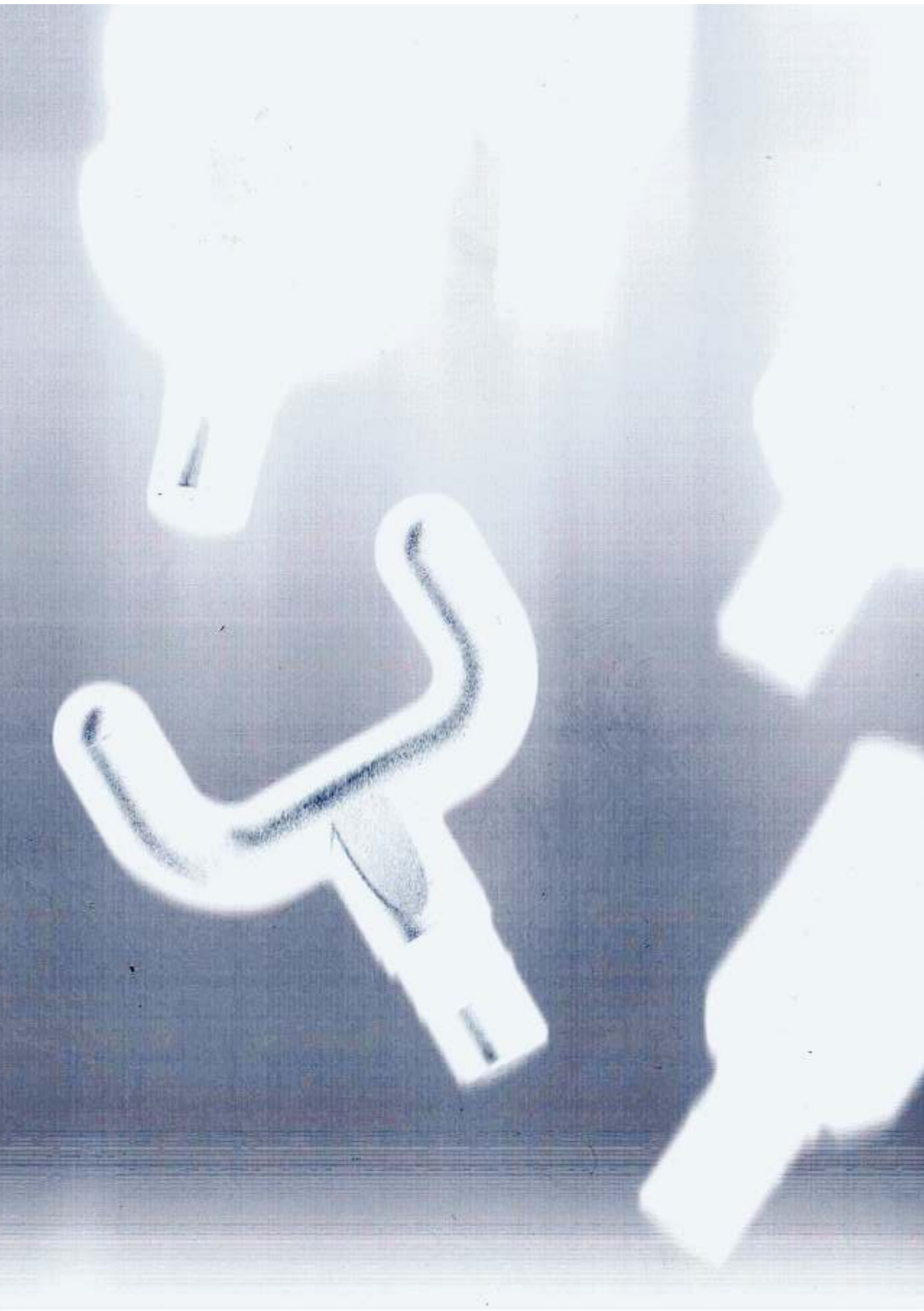
Silicone Hat

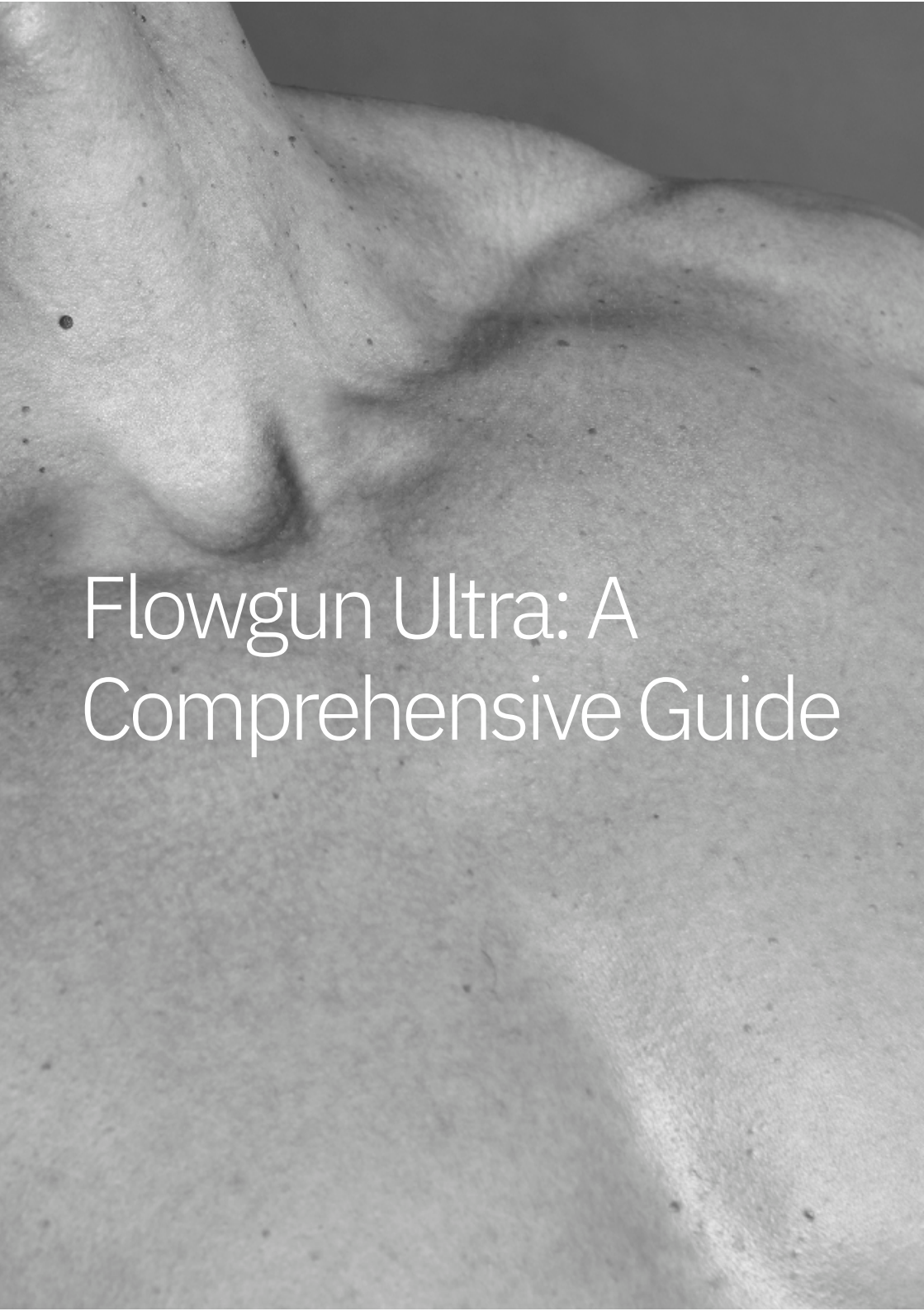
A soft, impact-absorbing surface that cushions each percussion. Ideal for use on sore, tender, or sensitive muscle groups — or entry-level treatment.



Flat Head

A broad, firm-surfaced head used for general recovery across thighs, calves, and larger muscle groups.



A high-contrast, black and white close-up photograph of a person's face and neck. The image focuses on the skin's texture, including pores and a small mole on the left side of the neck. The lighting creates soft shadows, emphasizing the contours of the face and neck.

Flowgun Ultra: A Comprehensive Guide

Flowgun Ultra is Flowlife's most advanced massage device to date – designed for those who demand deep relief, configurable performance, and precision control over every recovery session. Whether you're treating muscle knots, enhancing circulation, or accelerating post-workout recovery, this guide will help you master its full potential.

Getting Started

1. Getting Started

Before you begin, ensure your device is fully charged using the included USB-C cable. The charging indicator will pulse during charging and remain solid when the battery is fully charged. A complete charge takes approximately 3 hours and provides up to 3 hours of use, depending on the intensity and pressure settings.

Avoid using standard 5V chargers – only use the adapter provided.

Preparing the Device

- Attach your preferred head securely by inserting it straight into the device port.
- If using the Heating Head, it will activate automatically when the device percussion is on.

2. Understanding the Modes

Each mode on Flowgun Ultra is specifically designed for achieving distinct therapeutic outcomes. Switching modes allows you to tailor your treatment to your body's needs, whether you're activating muscles pre-workout or recovering post-session.

M1 – Manual Mode

This is the default setting for precise control. Adjust intensity in 6 levels (from 1500 to 2500 RPM) depending on your preference.

Use this mode when you want to control pressure and speed manually – ideal for specific sore spots or lighter self-massage.

M2 – Rising Mode

This mode cycles gradually upward through 6 speed levels (1500–2500 RPM), spending 5 seconds at each.

Best For

Muscle activation before training. It stimulates circulation, preps the nervous system, and primes muscles without overstimulation.

M3 – Falling Mode

The inverse of M2, this mode begins high and drops in stages. It starts at 2500 RPM and slows to 1500 RPM.

Best For

Post-workout cooldowns. It gradually winds down the muscle tone and promotes parasympathetic activation.

M4 – Rolling Wave Mode

A sinusoidal speed pattern that rapidly increases and decreases between 1700 and 2300 RPM.

Best For

Comprehensive muscle stimulation. Excellent for stubborn soreness, deep tension, or general fatigue when you're unsure where to start.

To Change Mode

Hold down the “M” button to enter mode-switching. Use short presses to cycle. The OLED screen shows your current mode and gear.

3. Adjusting Stroke Length

Every body is different — and every muscle needs a different approach. Flowgun Ultra features an adjustable stroke length mechanism (8–16 mm) that lets you control how deeply each percussion penetrates. This isn't just about intensity. It's about matching depth to muscle density, sensitivity, and your recovery goals.

What is Stroke Length?

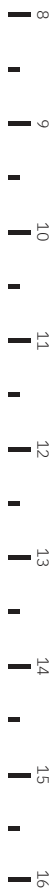
Stroke length refers to the vertical travel distance of the massage head during each percussion. A short stroke delivers fast, surface-level stimulation. A long stroke reaches deeper into the muscle tissue, fascia, and trigger points — ideal for larger or more stubborn areas.

How Do I Adjust It?

Rotate the adjustment dial on the side of the elbow arm. This controls the amplitude of the stroke in real-time, with millimeter precision between 8 and 16 mm. You'll see clear markings along the dial to guide you.

You can set it anywhere along the spectrum — full or half increments — depending on how your body responds.

What Do the Numbers Mean?



Each number corresponds to the millimeter depth of each stroke:

8–10 mm (Short stroke)

Fast and shallow. Best for treating areas with thin or compact layers of muscle or fascia. Ideal for bony or angular regions—such as elbows, forearms, or shins—where soft tissue coverage is minimal. This setting is also suitable for warming up, boosting circulation, or working around sore or inflamed zones without overstimulating the tissue.

11–13 mm (Medium stroke)

A balanced depth for moderate tissue layers. Effective across a wide range of muscle groups, including arms, shoulders, and hamstrings. This is your go-to amplitude for general recovery—deep enough to stimulate without overwhelming, ideal when consistent pressure across medium-density tissue is desired.

14–16 mm (Long stroke)

Deep and deliberate. Best suited for thick muscle groups like the glutes, quads, and posterior chain, where more amplitude is needed to reach deeper fascial layers. These settings help release chronic tightness, improve mobility, and flush large muscle areas after intensive training or long periods of physical strain.

What happens in the body?

Shorter strokes (8–10 mm)

Activate superficial sensory receptors and stimulate circulation in surface-level tissue. This improves fluid exchange and neuromuscular readiness without stressing the underlying muscle. It's especially beneficial near joints, bony structures, or in areas where soreness or inflammation limits pressure tolerance.

Mid-range strokes (11–13 mm)

Engage both superficial and intermediate tissue layers to increase mobility while preserving comfort. This depth is ideal for most recovery needs—stimulating blood flow, supporting lymphatic drainage, and maintaining pliability in medium-density muscles.

Longer strokes (14–16 mm)

Drive percussion deeper into fascia and thick muscle fibers, reaching embedded tension and fibrotic buildup. This facilitates myofascial release, restores range of motion, and accelerates post-exertional recovery by prompting a deeper parasympathetic response in the tissue.

Does stroke length matter with different modes?

The combination of stroke length and massage mode defines both the intensity and intent of your treatment. Each pairing shapes the way your tissue responds:

Short Stroke + Rolling Wave Mode

Rhythmic, low-impact stimulation. Ideal for sensitive areas or general relaxation, this pairing enhances circulation without overwhelming the tissue, making it perfect for warm-ups or end-of-day wind-downs.

Mid-Range Stroke + Falling Mode

A balanced and restorative approach. Use this combo when treating medium-density muscle groups like hamstrings or delts. It promotes relaxation while gradually tapering off intensity to help the nervous system return to a state of equilibrium.

Long Stroke + Rising Mode

Deep, escalating pressure that mimics progressive sports massage. Perfect for larger or smaller muscles, such as the glutes or quads, this combination facilitates thorough flushing, tension release, and a profound parasympathetic shift post-workout.

In short: depth matters—and learning to match it with the right rhythm unlocks the full potential of Flowgun Ultra.

4. Arm & Positioning

Flowgun Ultra's arm can rotate up to for improved ergonomics. You can lock the arm into different angles to better access hard-to-reach areas.

Try rotating the arm when working on:

- **Lower Back** - So you can reach across the body without straining your shoulder.
- **Hamstrings and Calves** - Adjust for better leverage when seated.
- **Upper Traps and Mid-Back** - Easier access while standing or lying down.

Comfort and angle matter. Adjusting the arm can help reduce tension in your own body while you treat another area.

5. Choosing the Right Head

Each head attachment is engineered for a specific purpose. Using the right one amplifies your results and minimizes unnecessary strain.

Heating Head

Combines percussion with targeted heat up to 50°C. Activates automatically during use to increase circulation and soften stiff muscles. Ideal for use on larger muscle groups. When the ring is red, the heating function is on.

5. Choosing the Right Head

Trigger Cone

Designed for deep, focused release in compact areas like glutes, feet, back, and forearms. Ideal for targeting trigger points and relieving built-up tension.

Fork Head

A dual-point head is designed to stimulate fascia lines with precision and spacing. Ideal for treating larger muscle areas where dual contact points help engage the fascia more effectively.

Axe Head

Angled and flat-edged, this head mimics scraping or flushing techniques across the IT bands, shoulders, back, and lateral muscle groups.

Silicone Hat

A soft, impact-absorbing surface that cushions each percussion. Ideal for use on sore, tender, or sensitive muscle groups — or entry-level treatment.

Flat Head

Broad and rigid, suited for general muscle groups such as thighs, calves, and glutes. Delivers even pressure without overpowering sensitive areas.

Cup Head

Rounded and evenly pressured, perfect for joint-adjacent zones and safe full-body relief.

6. Best Practices & Safety

- Start with low amplitude and speed until your body adapts.
- Do not use over joints, bones, or the cervical spine.
- Avoid prolonged use (more than 3 minutes) on the same spot.
- Clean your massage heads with a damp cloth after each session. Do not submerge the device.

7. Storage & Charging

- Charge the device fully before first use (approx. 3 hours).
- Use the included USB-C charger and adapter. Charging with incorrect voltage may trigger a fault.
- A full charge provides up to 180 minutes of use, depending on the speed and pressure settings.
- Store the Flowgun Ultra and accessories in the included case in a dry environment.

8. Summary

Flowgun Ultra is not just a massage gun—it's a precision recovery tool. By learning its modes, mastering its configurations, and selecting the right tools for your needs, you unlock professional-grade treatment at home or on the move.

Use it purposefully. Adjust it intelligently. And let each session bring you closer to restored, resilient muscles.



For Muscle Soreness

Flowgun Ultra is built to relieve—not just mask—muscle soreness. Whether you're dealing with post-workout stiffness, tension from long hours at a desk, or residual fatigue from high-volume training, the right approach with this device can make all the difference.

Choose the Right Stroke Length

- **Shorter Amplitudes (8–10mm)**
Use when working over sensitive or bony areas. A shorter stroke means less tissue depth, which is ideal for sore calves, forearms, or upper traps.
- **Mid-Range Amplitudes (11–13mm)**
Perfect for general recovery of larger muscle groups like quads, glutes, or hamstrings without overwhelming the tissue.
- **Longer Amplitudes (14–16mm)**
For deep, accumulated soreness in large, dense muscle areas. This setting penetrates further into the fascia and is best used once the tissue is warmed up.

Adjust the stroke using the dial on the side of the device. Real-time feedback from your body matters—lower if it feels sharp, increase if you're not getting enough pressure.

Select the Ideal Mode

- **M2 (Rising Mode)**
A gradual build-up in speed helps slowly bring blood flow into stiff tissue. This is ideal at the start of your session when muscles are cold and sensitive.
- **M4 (Rolling Wave Mode)**
Alternating speeds simulate manual therapy—ramping up and backing off to reduce irritation and flush metabolic waste. This is effective for deep soreness without overstimulating the tissue.
- **M1 (Manual Control)**
Gives you complete control over intensity. Start at a low gear and increase only as the muscle warms up. This is particularly effective when soreness is isolated to specific areas.

Choose the Right Head

- **Silicone Hat**
For tenderness, bruising, or heightened sensitivity. Its soft material reduces impact while still increasing circulation.
- **Heating Head**
Especially effective when tight, stiff muscle fibers cause soreness. The heat component softens tissue and promotes fluid exchange.
- **Flat Head**
For broader surface coverage. Use this over quads, hamstrings, or lats for evenly distributed percussion that avoids pinpoint discomfort.

Application Tips

- **Stay Dynamic**
Move the gun slowly across the muscle, rather than hovering in one spot. One inch per second is a good pace.
- **Limit Duration**
60–90 seconds per muscle group is enough. Spending too long on a sore area may aggravate it.
- **Work Surrounding Areas**
If your quads are sore, spend time working on the glutes and hip flexors as well. This helps relieve systemic tension.

Appropriately used, Flowgun Ultra doesn't just make soreness tolerable—it accelerates recovery and helps restore balance across muscle chains.





For General Recovery

Flowgun Ultra isn't just for treating soreness—it's a daily tool for keeping your muscles supple, your circulation active, and your nervous system balanced. Used consistently, percussion therapy enhances muscle resilience, supports flexibility, and reduces the likelihood of injury or stiffness resulting from everyday activities.

Set the Stroke Length for Maintenance

- **8–10mm**
Ideal for recovery-focused use. This amplitude stays within superficial fascia layers, gently increasing blood flow without irritating the tissue.
- **11–13mm**
Offers moderate depth. Choose this when working over legs, hips, and upper back—areas that carry daily load and benefit from deeper mechanical stimulation.

Avoid long amplitudes unless you are addressing specific deep-tissue needs. The goal here is gentle mobilization, not aggressive treatment.

Use Low-to-Moderate Modes

- **M3 (Falling Mode)**
Begins with higher speeds and gradually slows down. This is great for end-of-day use—starting strong to stimulate, then tapering off to signal the nervous system to relax.
- **M4 (Rolling Wave Mode)**
The alternating rhythm helps stimulate circulation and lymphatic flow while keeping the experience comfortable and balanced.
- **M1 (Manual Mode)**
Choose this when you want precise control over intensity and speed. Gears 2–4 are typically ideal for general recovery.

Best Head Attachments for General Use

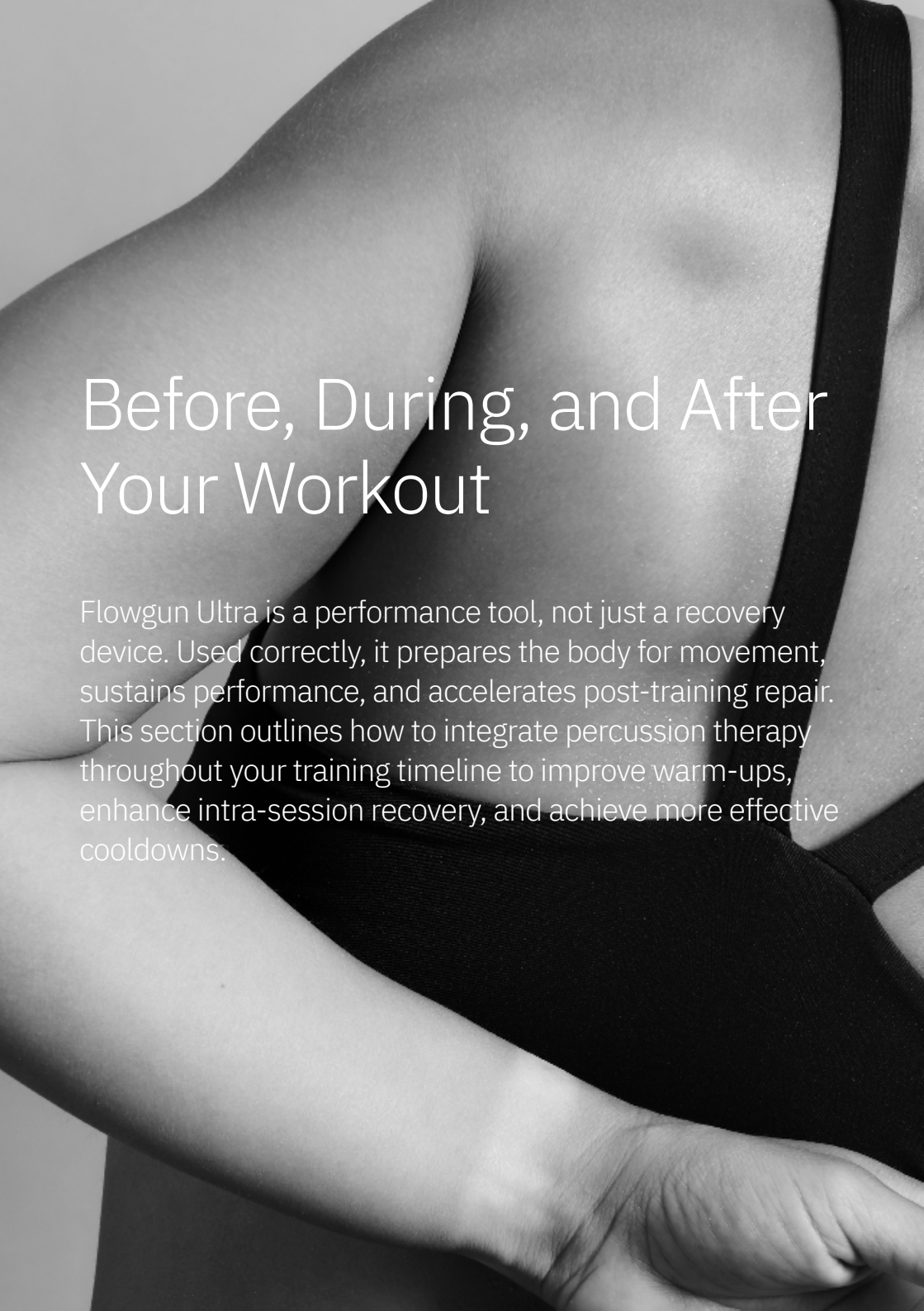
- **Cup Head**
Designed for all-around application. The flexible rim conforms to the body and feels intuitive over most areas, including the shoulders, back, legs, and arms.
- **Silicone Hat**
If you prefer a softer touch, this head is ideal for winding down after a long day or for gentle movement or stretching.
- **Flat Head**
For larger muscle groups, such as the thighs and glutes. It delivers an even impact across wide surfaces.

Recovery Timing and Best Practices

- **Use Post-Activity or in the Evening**
This supports parasympathetic activation, preparing the body for rest and regeneration.
- **Session Duration**
Sixty seconds per area is typically sufficient. A full-body sweep might take 8–12 minutes.
- **Stay Consistent**
Building cumulative recovery benefits over time requires three to five sessions per week.

Think of Flowgun Ultra as part of your ongoing care, like brushing your teeth or foam rolling. It keeps tissues hydrated, muscles loose, and your body more adaptable to the physical demands of everyday life.





Before, During, and After Your Workout

Flowgun Ultra is a performance tool, not just a recovery device. Used correctly, it prepares the body for movement, sustains performance, and accelerates post-training repair. This section outlines how to integrate percussion therapy throughout your training timeline to improve warm-ups, enhance intra-session recovery, and achieve more effective cooldowns.

Before Your Workout

**Activate muscles.
Increase range.
Reduce injury risk.**

Using Flowgun Ultra before exercise helps transition muscles from a resting state to a state of active readiness. It raises tissue temperature, improves mobility, and activates neural pathways, particularly in the hips, glutes, and thoracic spine.

- **Stroke Length**
8–14mm for deep tissue priming.
- **Mode**
M2 (Rising Mode) gently ramps up intensity and prepares the nervous system.
- **Time**
30–60 seconds per muscle group (quads, glutes, calves, shoulders).
- **Heads to Use**
Heating head (for glutes/quads), Axe Head (IT band), Trigger Cone (deep hip rotators).

Pro tip: Target both agonist and antagonist muscle groups—e.g., hamstrings and quads—for better balance and control.

During Your Workout

**Reduce tightness.
Maintain performance.
Prevent early fatigue.**

For longer or high-intensity sessions, percussion therapy can be used during breaks or between sets to keep muscles relaxed, flush lactate, and preserve range of motion.

- **Stroke Length**
8–10mm to stay light and fast.
- **Mode**
M1 (Manual Mode) at low gears (2–3) for short bursts of targeted relief.
- **Time**
15–30 seconds on any muscle that starts feeling stiff.
- **Heads to Use**
Cup Head (universal), Silicone Hat (for sensitive or tender zones).

Avoid overuse—this is a tactical reset, not a second workout.

After Your Workout

Flush metabolic waste. Decrease DOMS. Start healing.

Post-exercise is where Flowgun Ultra shines. Percussion therapy stimulates lymphatic flow, eases muscular tension, and signals the parasympathetic system to begin recovery.

- **Stroke Length**
12–16mm to reach deep muscle layers.
- **Mode**
M3 (Falling Mode) or M4 (Rolling Wave Mode) helps shift the body into recovery mode.
- **Time**
60–90 seconds per group, longer if stiffness is present.
- **Heads to Use**
Heating Head (to reduce stiffness and encourage circulation), Fork Head (aductors), Flat Head (for glutes/thighs).

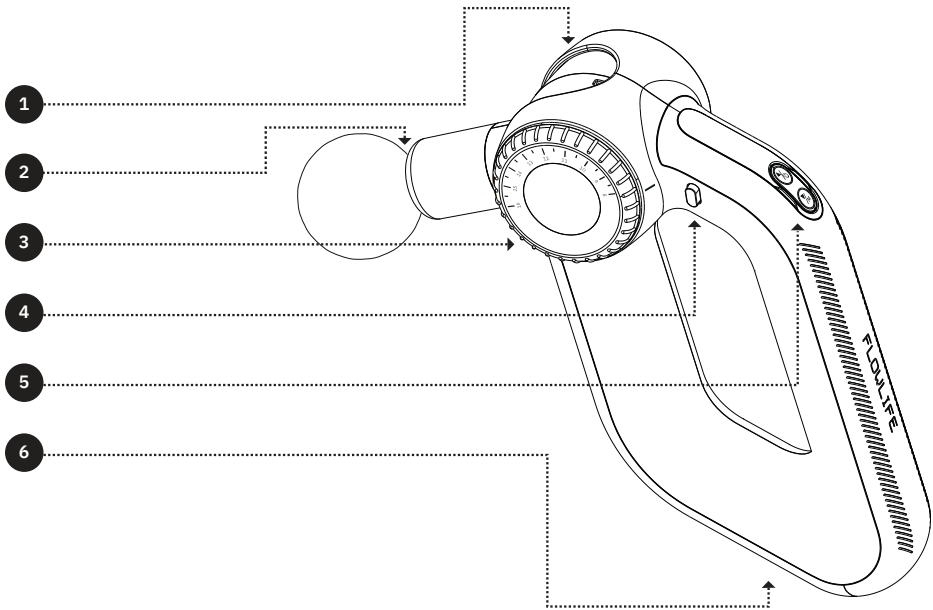
Use slower passes, lighter pressure, and focus on breath to maximize the restorative effect.



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Manual

Flowgun Ultra



1. Rotating Arm
2. Interchangeable Massage Heads
3. Variable Amplitude Wheel
4. Arm Release Button
5. Control Display
6. USB-C Charge Input

ENGLISH

SAFE USE GUIDELINES

- Use only on muscle tissue. Avoid the head, neck, joints, spine, or other bony areas
- Do not apply for more than 60 seconds on one area. Move the device frequently
- Begin with a lower speed and amplitude. Increase gradually based on comfort
- Stop immediately if pain, irritation, or adverse effects occur
- Do not use on injuries, bruises, wounds, or rashes
- Keep hair, loose clothing, and jewelry away during use
- Do not use while sleeping, bathing, or near water sources
- Not suitable for unsupervised children or those with medical restrictions
- Keep vents clear. Never operate on soft or covered surfaces
- Turn off the product before changing heads, cleaning, or charging
- Allow 30 minutes of cooldown after 60 minutes of use
- If the overheating icon appears on the screen, the battery is too hot. The device will automatically activate a safety lock. Let it rest for at least 30 minutes before using again
- Only use approved Flowlife accessories and a charger

CHARGING & POWER

- Charge fully before first use using the included USB-C charger
- Charging time: ~3 hours
- Battery life: Up to 180 minutes (depends on speed and pressure)
- Do not charge overnight or with unapproved adapters (risk of fault)
- Charging indicators are visible on the OLED display

MAINTENANCE & CLEANING

- Wipe with a damp cloth after use. Avoid alcohol-based cleaners
- Do not immerse the device or heads in water
- Store in a cool, dry place using the included case
- If not used regularly, recharge the battery monthly to maintain optimal health

BATTERY & DISPOSAL

- Contains an internal Li-ion battery
- Recycle through certified e-waste channels only
- Do not puncture, short-circuit, or expose to high heat
- Keep out of reach of children

RISK GROUPS – CONSULT YOUR DOCTOR FIRST

- Users with pacemakers, heart disease, or metal implants
- Individuals with epilepsy, nerve disorders, or migraines
- Pregnant individuals
- Recent surgery, injury, thrombosis, or spinal conditions
- If on medication (refer to your prescription leaflet)

INSTRUCTIONS FOR USE

- 1. Start / Stop**
 - Hold the power button (2 sec) to turn on/off
 - The OLED screen will display speed level, mode, and battery status
- 2. Speed Control**
 - Use the Speed (+ / -) buttons to toggle through 6 levels:
1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM
- 3. Switch Modes**
 - Hold the “M” button to enter mode selection
 - Tap “M” again to cycle through 4 modes:
 - M1: Manual Mode
 - M2: Rising Mode
 - M3: Falling Mode
 - M4: Rolling Wave Mode
- 4. Adjust Stroke Depth (Amplitude)**
 - Use the dial on the rotating arm to set stroke depth from 8–16 mm:
 - 8–10 mm: light, surface-level stimulation (warm-up, sensitive areas)
 - 11–13 mm: balanced recovery (back, hamstrings)
 - 14–16 mm: deep release (glutes, quads, dense tissue)

5. **Arm Positioning**
 - Press and rotate the adjustable arm (up to 90°) for better reach
 - Ideal for accessing the back, hamstrings, and shoulders without strain
6. **Changing Heads**
 - Turn off the device
 - Gently pull to remove the head, and press firmly to insert a new one
 - Heating Head auto-activates when attached and powered on
 - Heat max: 50°C, supports muscle softening and circulation
7. **Included Attachments**
 - Heating Head
 - Trigger Cone
 - Fork Head
 - Axe Head
 - Flat Head
 - Cup Head
 - Silicone Hat

WARRANTY (2 YEARS)

- Covers manufacturing defects
- Excludes: misuse, accidents, unauthorized repairs
- Use outside Flowlife instructions
- Lack of proof of purchase
- Damage exceeding product value

TECHNICAL SPECIFICATIONS

- Amplitude: 8–16 mm (adjustable)
- Vibration Frequency: ≤60 Hz
- Speed Levels:
 - M1 (Manual Mode): 6 adjustable levels
 - RPM range: 1500 – 2500 RPM
- Operation Modes:
 - M1: Manual Mode
 - M2: Rising Mode (Auto Mode)
 - M3: Falling Mode (Auto Mode)
 - M4: Rolling Wave Mode (Auto Mode)
- Stroke Timing: 10-minute intelligent session timer
- Rated Power: 25 W
- Rated Voltage: 21.9 V
- Battery Type: Rechargeable lithium-ion
- Battery Capacity: 2600 mAh
- Battery Runtime: Up to 1–3 hours (varies by mode/force/intensity)
- Charging Time: Approx. 3 hours
- Charging Port: USB Type-C
- Adapter Input: 100–240V ~ 50/60Hz, 0.5A
- Adapter Output:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Display: OLED screen showing speed, mode, battery level
- Arm Adjustability: Elbow arm rotation 0–90°
- Auto-Off Safety:
 - 10-minute max operation per session
 - 60 seconds auto-standby when inactive
 - Overheat icon triggers 30-minute cooldown if device gets too hot
- Dimensions:
 - Weight: 1.4kg

SVENSKA

SÄKERHETSRIKTLINJER

- Använd endast på muskelvävnad. Undvik huvud, nacke, leder, ryggrad eller andra beniga områden
- Använd inte mer än 60 sekunder på samma område. Flytta enheten regelbundet
- Börja med en lägre hastighet och amplitud. Öka gradvis baserat på komfort
- Sluta omedelbart vid smärta, irritation eller negativa effekter
- Använd inte på skador, blåmärken, sår eller utslag
- Håll hår, löst sittande kläder och smycken borta under användning
- Använd inte medan du sover, badar eller nära vattenkällor
- Ej lämplig för barn utan tillsyn eller personer med medicinska begränsningar
- Håll ventilationsöppningarna fria. Använd aldrig på mjuka eller täckta ytor
- Stäng av produkten innan du byter massagehuvud, rengör eller laddar
- Låt produkten svalna i 30 minuter efter 60 minuters användning
- Om överhettningssikonen visas på skärmen är batteriet för varmt. Enheten kommer automatiskt att aktivera ett säkerhetslås. Låt den vila i minst 30 minuter innan du använder den igen
- Använd endast godkända Flowlife-tillbehör och laddare

LADDNING & STRÖM

- Ladda helt före första användning med medföljande USB-C-laddare
- Laddningstid: cirka 3 timmar
- Batteritid: Upp till 180 minuter (beroende på hastighet och tryck)
- Ladda inte över natten eller med icke godkända adapttrar (risk för fel)
- Laddningsindikatorer visas på OLED-skärmen

UNDERHÅLL & RENGÖRING

- Torka med en fuktig trasa efter användning. Undvik alkoholbaserade rengöringsmedel
- Sänk inte ned enheten eller huvudena i vatten
- Förvara på en sval, torr plats i medföljande väska
- Om den inte används regelbundet, ladda batteriet varje månad för att bibehålla optimal hälsa

BATTERI & AVFALL

- Innehåller ett internt litiumjonbatteri
- Återvinn via certifierade elektronikåtervinningskanaler
- Stick inte hål på, kortslut inte och utsätt inte för höga temperaturer
- Förvaras utom räckhåll för barn

RISKGUPPER – RÅDFRÅGA DIN LÄKARE FÖRST

- Användare med pacemaker, hjärtsjukdom eller metallimplantat
- Personer med epilepsi, nervstörningar eller migrän
- Gravida personer
- Nyligen opererade, skador, trombos eller ryggbesvär
- Vid medicinering (se din bipacksedel)

ANVÄNDARINSTRUKTIONER

1. Start / Stopp

- Håll in strömbrytaren (2 sek) för att slå på/av
- OLED-skärmen visar hastighetsnivå, läge och batteristatus

2. Hastighetskontroll

- Använd hastighetsknapparna (+ / -) för att växla mellan 6 nivåer:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. Byta lägen

- Håll in "M"-knappen för att gå in i lägesval
- Tryck på "M" igen för att växla mellan 4 lägen:
- M1: Manuellt läge
- M2: Stigande läge
- M3: Fallande läge
- M4: Vågläge

4. Justera slaglängd (Amplitud)

- Använd ratten på den roterande armen för att ställa in slaglängd från 8–16 mm:
- 8–10 mm: lätt stimulering på ytan (uppvärmning, känsliga områden)

- 11–13 mm: balanserad återhämtning (rygg, baksida lår)
- 14–16 mm: djup bearbetning (sättesmuskler, framsida lår, tät vävnad)

5. Armpositionering

- Tryck och rotera den justerbara armen (upp till 90°) för bättre räckvidd
- Perfekt för att nå rygg, baksida lår och axlar utan belastning

6. Byta massagehuvud

- Stäng av enheten
- Dra försiktigt bort massagehuvudet och tryck fast det nya
- Värmehuvud aktiveras automatiskt vid påkoppling och när enheten är på
- Maxvärme: 50°C, främjar muskelavslappning och cirkulation

7. Medföljande massagehuvuden

- Värmehuvud
- Trigger Cone
- Gaffelhuvud
- Yxhuvud
- Platt huvud
- Kuphoved
- Silikonhatt

GARANTI (2 ÅR)

- Täcker tillverkningsfel
- Gäller ej: felanvändning, olyckor, obehöriga reparationer
- Användning utanför Flowlifes instruktioner
- Avsaknad av kvitto
- Skada som överskrider produktens värde

TEKNISKA SPECIFIKATIONER

- Amplitud: 8–16 mm (justerbar)
- Vibrationsfrekvens: ≤60 Hz
- Hastighetsnivåer:
 - M1 (Manuellt läge): 6 justerbara nivåer
 - RPM-intervall: 1500 – 2500 RPM
- Funktionslägen:
 - M1: Manuellt läge
 - M2: Stigande läge (Auto)
 - M3: Fallande läge (Auto)
 - M4: Vågläge (Auto)
- Slagtid: 10-minuters intelligent sessions-timer
- Effekt: 25 W
- Märkspänning: 21.9 V
- Batterityp: Uppladdningsbart litiumjonbatteri
- Batterikapacitet: 2600 mAh
- Batteritid: Upp till 1–3 timmar (beroende på läge/kraft/intensitet)
- Laddningstid: Cirka 3 timmar
- Laddningsport: USB Type-C
- Adapter-ingång: 100–240V ~ 50/60Hz, 0.5A
- Adapter-utgång:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Display: OLED-skärm som visar hastighet, läge, batterinivå
- Armjustering: Armbågsrotation 0–90°
- Automatisk avstängning:
 - 10 min max användning per session
 - 60 sekunders viloläge vid inaktivitet
 - Överhettningssikön aktiverar 30 minuters nedkylning vid för hög temperatur
- Dimensioner:
 - Vikt: 1.4 kg

DANSK

SIKKERHEDSRETNINGSLINJER

- Brug kun på muskelvæv. Undgå hoved, nakke, led, rygsøjle eller andre knogleområder
- Anvend ikke i mere end 60 sekunder på samme område. Flyt enheden regelmæssigt
- Start med lav hastighed og amplitude. Øg gradvist efter komfort
- Stop straks ved smerte, irritation eller bivirkninger
- Brug ikke på skader, blå mærker, sår eller udslæt
- Hold hår, løstsiddende tøj og smykker væk under brug
- Brug ikke mens du sover, bader eller i nærheden af vandkilder
- Ikke egnet til børn uden opsyn eller personer med medicinske begrænsninger
- Hold ventilationsåbninger fri. Brug aldrig på bløde eller dækkede overflader
- Sluk for produktet inden udskiftning af hoved, rengøring eller opladning
- Lad enheden køle i 30 minutter efter 60 minutters brug
- Hvis overophedningsikonet vises på skærmen, er batteriet for varmt. Enheden aktiverer automatisk en sikkerhedslås. Lad den hvile i mindst 30 minutter før brug igen
- Brug kun godkendte Flowlife-tilbehør og oplader

OPLADNING & STRØM

- Oplad helt før første brug med medfølgende USB-C oplader
- Opladningstid: ca. 3 timer
- Batterilevetid: Op til 180 minutter (afhængig af hastighed og tryk)
- Oplad ikke natten over eller med ikke-godkendte adaptere (risiko for fejl)
- Opladeindikatorer vises på OLED-skærmen

VELLIGEHOLDELSE & RENGØRING

- Aftør med en fugtig klud efter brug. Undgå rengøringsmidler med alkohol
- Nedsænk ikke enheden eller hovederne i vand
- Opbevares på et køligt, tørt sted i den medfølgende taske
- Hvis den ikke bruges regelmæssigt, oplad batteriet månedligt for at opretholde optimal sundhed

BATTERI & BORTSKAFFELSE

- Indeholder internt litium-ion batteri
- Genbrug via certificerede e-affaldskanaler
- Gennembor ikke, kortslut ikke og udsæt ikke for høje temperaturer
- Opbevares utilgængeligt for børn

RISIKOGRUPPER – RÅDFØR DIG MED DIN LÆGE FØRST

Brugere med pacemaker, hjertesygdom eller metalimplantater

Personer med epilepsi, nerverelidelser eller migræne

Gravide personer

Nylig operation, skade, trombose eller rygproblemer

Ved medicinering (se indlægssedlen)

BRUGSANVISNING

1. START / STOP

- Hold tænd/sluk-knappen nede (2 sek.) for at tænde/slukke
- OLED-skærmen viser hastighedsniveau, tilstand og batteristatus

2. HASTIGHEDSKONTROL

- Brug hastighedsknapperne (+ / -) til at skifte mellem 6 niveauer:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. SKIFT TILSTAND

- Hold "M"-knappen nede for at vælge tilstand
- Tryk på "M" igen for at skifte mellem 4 tilstande:
- M1: Manuel tilstand
- M2: Stigende tilstand
- M3: Faldende tilstand
- M4: Bølgetilstand

4. JUSTERING AF SLAGLÆNGDE (AMPLITUDE)

- Brug drejeknappen på den roterende arm til at indstille slaglængden fra 8–16 mm:
- 8–10 mm: let, overfladisk stimulering (opvarmning, følsomme områder)
- 11–13 mm: balanceret restitution (ryg, baglår)
- 14–16 mm: dybdegående behandling (sædemuskler, forreste lår, tæt væv)

5. ARMPLACERING

- Tryk og drej den justerbare arm (op til 90°) for bedre rækkevidde
- Ideel til at nå ryg, baglår og skuldre uden belastning

6. UDSKIFTNING AF MASSAGEHOVED

- Sluk for enheden
- Træk forsigtigt hovedet af og tryk det nye hoved fast på plads
- Varmehovedet aktiveres automatisk, når det tilsluttes og enheden er tændt
- Maks. varme: 50°C, fremmer muskelafslapning og cirkulation

7. MEDFØLGENDE MASSAGEHOVEDER

- Varmehoved
- Trigger Cone
- Gaffelhoved
- Økehoved
- Fladt hoved
- Kophoved
- Silikonehætte

GARANTI (2 ÅR)

- Dækker fabrikationsfejl
- Dækker ikke: forkert brug, ulykker, uautoriserede reparationer
- Brug uden for Flowlifes anvisninger
- Manglende købsbevis
- Skade der overstiger produktets værdi

TEKNISKE SPECIFIKATIONER

- Amplitude: 8–16 mm (justerbar)
- Vibrationsfrekvens: ≤60 Hz
- Hastighedsniveauer:
 - M1 (Manuel tilstand): 6 justerbare niveauer
 - RPM-interval: 1500 – 2500 RPM
- Funktionstilstande:
 - M1: Manuel tilstand
 - M2: Stigende tilstand (Auto)
 - M3: Faldende tilstand (Auto)
 - M4: Bølgetilstand (Auto)
- Slagtid: 10-minutters intelligent sessionstimer
- Effekt: 25 W
- Nominel spænding: 21.9 V
- Batteritype: Genopladeligt litium-ion batteri
- Batterikapacitet: 2600 mAh
- Batterilevetid: Op til 1–3 timer (afhængig af tilstand/kraft/intensitet)
- Opladningstid: Cirka 3 timer
- Opladningsport: USB Type-C
- Adapter input: 100–240V ~ 50/60Hz, 0.5A
- Adapter output:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Display: OLED-skærm der viser hastighed, tilstand, batteriniveau
- Arms justering: Albuearm rotation 0–90°
- Automatisk slukning:
 - 10 min maks. brug per session
 - 60 sekunders standby ved inaktivitet
 - Overophedningsikon aktiverer 30 minutters afkøling ved for høj temperatur
- Dimensioner:
 - Vægt: 1.4 kg

NORSK

RETNINGSLINJER FOR SIKKERHET

- Bruk kun på muskelvev. Unngå hode, nakke, ledd, ryggrad eller andre benete områder
- Ikke bruk i mer enn 60 sekunder på samme område. Flytt enheten ofte
- Start med lav hastighet og amplitude. Øk gradvis etter komfort
- Stopp umiddelbart ved smerte, irritasjon eller bivirkninger
- Ikke bruk på skader, blåmerker, sår eller utslett
- Hold hår, løstsittende klær og smykker unna under bruk
- Ikke bruk mens du sover, bader eller i nærheten av vannkilder
- Ikke egnet for barn uten tilsyn eller personer med medisinske begrensninger
- Hold ventilene fri. Bruk aldri på myke eller tildekkede overflater
- Slå av produktet før du bytter hoder, rengjør eller lader
- La enheten kjøle ned i 30 minutter etter 60 minutters bruk
- Hvis overopphetingsikonet vises på skjermen, er batteriet for varmt. Enheten aktiverer automatisk en sikkerhetslås. La den hvile i minst 30 minutter før den brukes igjen
- Bruk kun godkjent tilbehør og lader fra Flowlife

LADING OG STRØM

- Lad helt opp før første bruk med den medfølgende USB-C-laderen
- Ladetid: ca. 3 timer
- Batteritid: opptil 180 minutter (avhenger av hastighet og trykk)
- Ikke lad over natten eller med ikke-godkjente adaptere (risiko for feil)
- Ladeindikatorer vises på OLED-skjermen

VEDLIKEHOLD OG RENGJØRING

- Tørk av med en fuktig klut etter bruk. Unngå rengjøringsmidler med alkohol
- Ikke senk enheten eller hodene i vann
- Oppbevares på et kjølig, tørt sted i medfølgende etui
- Hvis den ikke brukes regelmessig, lad batteriet månedlig for å opprettholde optimal helse

BATTERI OG AVHENDING

- Inneholder et internt litium-ion-batteri
- Resirkuler kun gjennom sertifiserte e-avfallskanaler
- Ikke punkter, kortslutt eller utsett for høy varme
- Oppbevares utilgjengelig for barn

RISIKOGRUPPER – RÅDFØR DEG MED LEGEN DIN FØRST

- Brukere med pacemaker, hjertesykdom eller metallimplantater
- Personer med epilepsi, nervesykdommer eller migrene
- Gravide personer
- Nylig kirurgi, skade, trombose eller ryggproblemer
- Ved medisinske bruk (se pakningsvedlegget)

BRUKSANVISNING

1. START / STOPP

- Hold inne strømknappen (2 sek) for å slå på/av
- OLED-skjermen viser hastighetsnivå, modus og batteristatus

2. HASTIGHETSKONTROLL

- Bruk hastighetsknappene (+ / -) for å veksle mellom 6 nivåer:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. BYTTE MODUS

Hold inne "M"-knappen for å gå inn i modusvalg

Trykk "M" igjen for å bytte mellom 4 moduser:

M1: Manuell modus

M2: Økende modus

M3: Synkende modus

M4: Bølge-modus

4. JUSTERE SLAGDYBDE (AMPLITUDE)

- Bruk hjulet på den roterende armen for å stille inn slagdybden fra 8–16 mm:
- 8–10 mm: lett, overflatestimulering (oppvarming, følsomme områder)

- 11–13 mm: balansert restitusjon (rygg, hamstrings)
- 14–16 mm: dyp behandling (setemuskler, lår, tett vev)

5. ARMPLOSSERING

- Trykk og vri den justerbare armen (opptil 90°) for bedre rekkevidde
- Ideell for tilgang til rygg, hamstrings og skuldre uten belastning

6. BYTTE MASSASJEHODE

- Slå av enheten
- Trekk forsiktig ut hodet og trykk inn det nye hodet til det sitter godt
- Varmehode aktiveres automatisk når det er koblet til og enheten er på
- Maks. varme: 50°C, fremmer muskelavslapning og sirkulasjon

7. MEDFØLGENDE TILBEHØR

- Varmehode
- Trigger Cone
- Gaffelhode
- Økehode
- Flatt hode
- Kophode
- Silikonhette

GARANTI (2 ÅR)

- Dekker produksjonsfeil
- Dekker ikke: feil bruk, ulykker, uautoriserte reparasjoner
- Bruk utenfor Flowlifes retningslinjer
- Manglende kjøpsbevis
- Skade som overstiger produktets verdi

TEKNISKE SPESIFIKASJONER

- Amplitude: 8–16 mm (justerbar)
- Vibrasjonsfrekvens: ≤60 Hz
- Hastighetsnivåer:
 - M1 (Manuell modus): 6 justerbare nivåer
 - RPM-område: 1500 – 2500 RPM
- Driftsmoduser:
 - M1: Manuell modus
 - M2: Økende modus (Auto)
 - M3: Synkende modus (Auto)
 - M4: Bølge-modus (Auto)
- Slagtid: 10-minutters intelligent økt-timer
- Effekt: 25 W
- Nominell spenning: 21.9 V
- Batteritype: Oppladbart litium-ion-batteri
- Batterikapasitet: 2600 mAh
- Batteritid: Opptil 1–3 timer (avhenger av modus/kraft/intensitet)
- Ladetid: Ca. 3 timer
- Ladeport: USB Type-C
- Adapterinngang: 100–240V ~ 50/60Hz, 0.5A
- Adapterutgang:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Skjerm: OLED-skjerm som viser hastighet, modus og batterinivå
- Justering av arm: Albuearmrotasjon 0–90°
- Automatisk avslåing:
 - 10 minutters maks. drift per økt
 - 60 sekunders automatisk standby ved inaktivitet
 - Overopphetingsikon utløser 30 minutters nedkjøling hvis enheten blir for varm
- Mål:
 - Vekt: 1.4 kg

SUOMI

TURVALLISUUSOHJEET

- Käytä vain lihaskudokselle. Vältä pään, kaulan, nivelten, selkärangan tai muiden luisten alueiden käsittelyä
- Älä käytä yli 60 sekuntia samassa kohdassa. Liikuta laitetta usein
- Aloita matalalla nopeudella ja amplitudilla. Lisää vähitellen mukavuuden mukaan
- Lopeta heti, jos tunnet kipua, ärstyystä tai haittavaikutuksia
- Älä käytä vammoihin, mustelmiin, haavoihin tai ihottumiin
- Pidä hiukset, löysät vaatteet ja korut poissa laitteen läheltä käytön aikana
- Älä käytä nukkuaessa, kylvyn aikana tai veden läheisyydessä
- Ei sovellu ilman valvontaa oleville lapsille tai henkilöille, joilla on lääketieteellisiä rajoitteita
- Pidä ilmanvaihtoaukot puhtaina. Älä käytä pehmeillä tai peitetyillä pinnoilla
- Sammuta laite ennen hierontapään vaihtoa, puhdistusta tai latausta
- Anna laitteen jäähtyä 30 minuuttia 60 minuutin käytön jälkeen
- Jos ylikuumenemiskuvake ilmestyy näyttöön, akku on liian kuuma. Laite käynnistää automaattisesti turvalukituksen. Anna sen levätä vähintään 30 minuuttia ennen uudelleenkäyttöä
- Käytä vain Flowlifen hyväksymiä lisävarusteita ja latureita

LATAUS JA VIRTÄ

- Lataa täyteen ennen ensimmäistä käyttökertaa mukana tulevalla USB-C-laturilla
- Latausaika: noin 3 tuntia
- Akun kesto: jopa 180 minuuttia (riippuu nopeudesta ja paineesta)
- Älä lataa yön yli tai ei-hyväksytyillä sovitimilla (vikaantumisriski)
- Latauksen merkkivalot näkyvät OLED-näytöllä

HUOLTO JA PUHDISTUS

- Pyyhi kostealla liinalla käytön jälkeen. Vältä alkoholipohjaisia puhdistusaineita
- Älä upota laitetta tai hierontapäitä veteen
- Säilytä viileässä ja kuivassa paikassa mukana tulevassa kotelossa
- Jos laitetta ei käytetä säännöllisesti, lataa akku kuukausittain parhaan tehon säilyttämiseksi

AKKU JA HÄVITTÄMINEN

- Sisältää sisäisen litiumioniakun
- Kierrätä vain sertifioitujen sähköjätteen keräyspisteiden kautta
- Älä puhkaise, oikosulje tai altista korkealle lämmölle
- Pidä poissa lasten ulottuvilta

RISKIRYHMÄT – KYSY LÄÄKÄRILTÄ ENNEN KÄYTTÖÄ

- Käyttäjät, joilla on sydämentahdistin, sydänsairaus tai metallisia implantteja
- Henkilöt, joilla on epilepsia, hermostosairauksia tai migreeni
- Raskaana olevat henkilöt
- Äskettäinen leikkaus, vamma, laskimotukos tai selkävaivat
- Jos käytät lääkkeitä (katso pakkausseloste)

KÄYTTÖOHJEET

1. KÄYNNISTYS / SAMMUTUS

- Pidä virtapainiketta painettuna (2 sekuntia) laitteen käynnistämiseksi / sammuttamiseksi
- OLED-näyttö näyttää nopeuden, tilan ja akun varaustason

2. NOPEUDEN SÄÄTÖ

- Käytä nopeuspainikkeita (+ / -) vaihtaaksesi 6 tasoa:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. TILAN VAIHTO

- Pidä "M"-painiketta painettuna tilan valitsemiseksi
- Paina "M" uudelleen siirtyäksesi 4 tilan välillä:
- M1: Manuaalitila
- M2: Nouseva tila
- M3: Laskeva tila
- M4: Aaltoileva tila

4. ISKUSYVYYDEN SÄÄTÖ (AMPLITUUDI)

- Käännä pyörivän varren säädintä iskusyvyyden säätämiseksi välillä 8–16 mm:
- 8–10 mm: kevyt, pintatason stimulointi (lämmittely, herkät alueet)
- 11–13 mm: tasapainoinen palautuminen (selkä, takareidet)
- 14–16 mm: syvä käsittely (pakarat, reidet, tiheä kudosis)

5. VARREN ASETTAMINEN

- Paina ja käännä säädettävää vartta (enintään 90°) paremman ulottuvuuden saavuttamiseksi
- Ihanteellinen selän, takareisien ja hartioiden käsittelyyn ilman kuormitusta

6. HIERONTAPÄÄN VAIHTO

- Sammuta laite
- Vedä hierontapäätä varovasti irti ja paina uusi pää kunnolla paikalleen
- Lämmittävä pää aktivoituu automaattisesti, kun se on liitetty ja laite päällä
- Lämpötila max: 50°C, edistää lihasten rentoutumista ja verenkiertoa

7. MUKANA TULEVAT LISÄVARUSTEET

- Lämmittävä hierontapää
- Triggerikartio
- Haarukkapää
- Kirveen muotoinen pää
- Litteä pää
- Kupumainen pää
- Silikonikorkki
- TAKUU (2 VUOTTA)
- Kattaa valmistusvirheet
- Ei kata: väärinkäyttö, onnettomuudet, luvattomat korjaukset
- Käyttö Flowlifen ohjeiden ulkopuolella
- Ostotositteen puuttuminen
- Tuotearvon ylittävä vaurio

TEKNISET TIEDOT

- Amplitudi: 8–16 mm (säädettävä)
- Värähtelytaajuus: ≤60 Hz
- Nopeustasot:
- M1 (Manuaaltila): 6 säädettävää tasoa
- RPM-alue: 1500 – 2500 RPM
- Toimintatilat:
- M1: Manuaaltila
- M2: Nouseva tila (Automaattinen)
- M3: Laskeva tila (Automaattinen)
- M4: Aaltoileva tila (Automaattinen)
- Isku aika: 10 minuutin älykäs ajastin
- Nimellisteho: 25 W
- Nimellisjännite: 21.9 V
- Akkutyyppi: Ladattava litiumioniakku
- Akkukapasiteetti: 2600 mAh
- Akun kesto: jopa 1–3 tuntia (riippuen tilasta/voimasta/intensiteetistä)
- Latausaika: noin 3 tuntia
- Latausportti: USB Type-C
- Adapterin syöttö: 100–240V ~ 50/60Hz, 0.5A
- Adapterin ulostulo:
- 5V □ 3A
- 9V □ 2.23A
- 12V □ 1.67A
- Näyttö: OLED-näyttö, joka näyttää nopeuden, tilan ja akun varaustason
- Varren säätö: Kyynärvarren pyörintä 0–90°
- Automaattinen sammutus:
- 10 minuutin enimmäiskäyttö per istunto
- 60 sekunnin automaattinen valmiustila käyttämättömyyden aikana
- Ylikuumenemiskuvake laukaisee 30 minuutin jäähdytyksen, jos laite kuumenee liikaa
- Mitat:
- Paino: 1.4 kg

POLSKI

WYTYCZNE DOTYCZĄCE BEZPIECZEŃSTWA

- Używaj wyłącznie na tkance mięśniowej. Unikaj głowy, szyi, stawów, kręgosłupa i innych kostnych obszarów
- Nie stosuj dłużej niż 60 sekund w jednym miejscu. Regularnie zmieniaj pozycję urządzenia
- Rozpocznij od niższej prędkości i amplitudy. Zwiększaj stopniowo w zależności od komfortu
- Natychmiast zaprzestań używania w przypadku bólu, podrażnienia lub skutków ubocznych
- Nie używaj na urazy, siniaki, rany ani wysypki
- Trzymaj włosy, luźne ubrania i biżuterię z dala od urządzenia podczas używania
- Nie używaj podczas snu, kąpieli ani w pobliżu źródeł wody
- Nie nadaje się dla dzieci bez nadzoru ani osób z ograniczeniami medycznymi
- Utrzymuj otwory wentylacyjne w czystości. Nie używaj na miękkich ani zakrytych powierzchniach
- Wyłącz urządzenie przed zmianą końcówek, czyszczeniem lub ładowaniem
- Pozwól urządzeniu ostygnąć przez 30 minut po 60 minutach używania
- Jeśli na ekranie pojawi się ikona przegrzania, oznacza to zbyt wysoką temperaturę baterii. Urządzenie automatycznie aktywuje blokadę bezpieczeństwa. Odczekaj co najmniej 30 minut przed ponownym użyciem
- Używaj tylko zatwierdzonych akcesoriów i ładowarki Flowlife

ŁADOWANIE I ZASILANIE

- Naładuj całkowicie przed pierwszym użyciem za pomocą dołączonej ładowarki USB-C
- Czas ładowania: około 3 godziny
- Czas pracy baterii: do 180 minut (w zależności od prędkości i nacisku)
- Nie ładuj przez noc ani za pomocą niezatwierdzonych adapterów (ryzyko uszkodzenia)
- Wskaźniki ładowania są widoczne na ekranie OLED

KONSERWACJA I CZYSZCZENIE

- Po użyciu przetrzyj wilgotną ściereczką. Unikaj środków czyszczących na bazie alkoholu
- Nie zanurzaj urządzenia ani końcówek w wodzie
- Przechowuj w chłodnym i suchym miejscu w dołączonym etui
- Jeśli urządzenie nie jest używane regularnie, ładuj baterię raz w miesiącu, aby utrzymać jej żywotność

BATERIA I UTYLIZACJA

- Zawiera wewnętrzną baterię litowo-jonową
- Utylizuj wyłącznie przez certyfikowane punkty odbioru odpadów elektronicznych
- Nie przebijaj, nie zwieraj i nie narażaj na wysokie temperatury
- Trzymaj z dala od dzieci

GRUPY RYZYKA – SKONSULTUJ SIĘ Z LEKARZEM PRZED UŻYCIEM

- Osoby z rozrusznikiem serca, chorobami serca lub metalowymi implantami
- Osoby z epilepsją, zaburzeniami nerwowymi lub migrenami
- Kobiety w ciąży
- Osoby po niedawnej operacji, urazie, z zakrzepicą lub schorzeniami kręgosłupa
- Jeśli przyjmujesz leki (sprawdź ulotkę dołączoną do opakowania)

INSTRUKCJA OBSŁUGI

1. WŁĄCZANIE / WYŁĄCZANIE

- Przytrzymaj przycisk zasilania przez 2 sekundy, aby włączyć/wyłączyć
- Ekran OLED wyświetli poziom prędkości, tryb i poziom naładowania baterii

2. REGULACJA PRĘDKOŚCI

- Użyj przycisków prędkości (+ / -), aby przełączać się między 6 poziomami:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. ZMIANA TRYBU

- Przytrzymaj przycisk "M", aby wejść do trybu wyboru
- Naciśnij "M" ponownie, aby przełączać się między 4 trybami:
- M1: Tryb ręczny
- M2: Tryb narastający
- M3: Tryb malejący
- M4: Tryb falowy

4. REGULACJA AMPLITUDY

- Użyj pokrętła na obrotowym ramieniu, aby ustawić głębokość uderzenia w zakresie 8–16 mm:
- 8–10 mm: lekkie, powierzchowne pobudzenie (rozgrzewka, wrażliwe obszary)

- 11–13 mm: zrównoważona regeneracja (plecy, ścięgna udowe)
- 14–16 mm: głęboka regeneracja (pośladki, uda, gęsta tkanka)

5. USTAWIENIE RAMIENIA

- Naciśnij i obróć regulowane ramię (do 90°), aby uzyskać lepszy zasięg
- Idealne do masażu pleców, ścięgien udowych i ramion bez napięcia

6. WYMIANA KOŃCÓWEK

- Wyłącz urządzenie
- Delikatnie pociągnij końcówkę, aby ją wyjąć, i mocno wciśnij nową
- Końcówka grzewcza aktywuje się automatycznie po podłączeniu i włączeniu urządzenia
- Temperatura maksymalna: 50°C – wspomaga rozluźnienie mięśni i krążenie

7. DOŁĄCZONE KOŃCÓWKI

- Końcówka grzewcza
- Stożek punktowy
- Końcówka widelkowa
- Końcówka siekiera
- Końcówka płaska
- Końcówka kubek
- Silikonowa nakładka

GWARANCJA (2 LATA)

- Obejmuje wady produkcyjne
- Nie obejmuje: niewłaściwego użycia, wypadków, nieautoryzowanych napraw
- Użytkowania niezgodnego z instrukcjami Flowlife
- Braku dowodu zakupu
- Uszkodzeń przekraczających wartość produktu

DANE TECHNICZNE

- Amplituda: 8–16 mm (regulowana)
- Częstotliwość wibracji: ≤60 Hz
- Poziomy prędkości:
 - M1 (Tryb ręczny): 6 poziomów regulacji
 - Zakres RPM: 1500 – 2500 RPM
- Tryby pracy:
 - M1: Tryb ręczny
 - M2: Tryb narastający (automatyczny)
 - M3: Tryb malejący (automatyczny)
 - M4: Tryb falowy (automatyczny)
- Czas pracy: inteligentny 10-minutowy timer sesji
- Moc znamionowa: 25 W
- Napięcie znamionowe: 21.9 V
- Typ baterii: akumulator litowo-jonowy
- Pojemność baterii: 2600 mAh
- Czas pracy baterii: do 1–3 godzin (zależnie od trybu/siły/intensywności)
- Czas ładowania: około 3 godziny
- Port ładowania: USB Type-C
- Wejście adaptera: 100–240V ~ 50/60Hz, 0.5A
- Wyjście adaptera:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Wyświetlacz: ekran OLED pokazujący prędkość, tryb i poziom baterii
- Regulacja ramienia: obrót ramienia łokciowego 0–90°
- Automatyczne wyłączenie:
 - Maks. 10 minut pracy na sesję
 - 60-sekundowy tryb czuwania, gdy urządzenie nie jest używane
 - Ikona przegrzania uruchamia 30-minutowe chłodzenie, jeśli urządzenie jest zbyt gorące
- Wymiary:
 - Waga: 1.4 kg

FRANÇAIS

DIRECTIVES DE SÉCURITÉ

- Utiliser uniquement sur les tissus musculaires. Éviter la tête, le cou, les articulations, la colonne vertébrale ou les zones osseuses
- Ne pas appliquer plus de 60 secondes sur une même zone. Déplacer régulièrement l'appareil
- Commencer à une vitesse et une amplitude faibles. Augmenter progressivement selon le confort
- Arrêter immédiatement en cas de douleur, d'irritation ou d'effets indésirables
- Ne pas utiliser sur des blessures, ecchymoses, plaies ou éruptions cutanées
- Tenir les cheveux, vêtements amples et bijoux à l'écart pendant l'utilisation
- Ne pas utiliser pendant le sommeil, le bain ou près de sources d'eau
- Ne convient pas aux enfants sans surveillance ou aux personnes avec restrictions médicales
- Garder les orifices de ventilation dégagés. Ne pas utiliser sur une surface molle ou couverte
- Éteindre l'appareil avant de changer les embouts, de le nettoyer ou de le charger
- Laisser refroidir pendant 30 minutes après 60 minutes d'utilisation
- Si l'icône de surchauffe apparaît, la batterie est trop chaude. Le dispositif activera automatiquement un verrou de sécurité. Le laisser reposer au moins 30 minutes avant de l'utiliser à nouveau
- Utiliser uniquement les accessoires et chargeur Flowlife homologués

CHARGEMENT ET ALIMENTATION

- Charger complètement avant la première utilisation avec le chargeur USB-C fourni
- Temps de charge : environ 3 heures
- Autonomie : jusqu'à 180 minutes (en fonction de la vitesse et de la pression)
- Ne pas charger toute la nuit ou avec des adaptateurs non homologués (risque de défaut)
- Les indicateurs de charge sont visibles sur l'écran OLED

ENTRETIEN ET NETTOYAGE

- Essuyer avec un chiffon humide après utilisation. Éviter les nettoyants à base d'alcool
- Ne pas immerger l'appareil ou les embouts dans l'eau
- Stocker dans un endroit frais et sec, avec l'étui fourni
- En cas d'utilisation irrégulière, recharger la batterie chaque mois pour en assurer la longévité

BATTERIE ET RECYCLAGE

- Contient une batterie lithium-ion interne
- Recycler uniquement dans les centres de collecte de déchets électroniques certifiés
- Ne pas percer, court-circuiter ou exposer à des températures élevées
- Tenir hors de portée des enfants

GROUPES À RISQUE – CONSULTER VOTRE MÉDECIN AVANT UTILISATION

- Utilisateurs avec pacemaker, maladie cardiaque ou implants métalliques
- Personnes épileptiques, atteintes de troubles nerveux ou migraines
- Femmes enceintes
- Chirurgie récente, blessure, thrombose ou affections de la colonne vertébrale
- Si vous prenez des médicaments (voir la notice)

MODE D'EMPLOI

1. MARCHE / ARRÊT

- Maintenir le bouton d'alimentation pendant 2 secondes pour allumer/éteindre
- L'écran OLED affiche la vitesse, le mode et le niveau de batterie

2. CONTRÔLE DE VITESSE

- Utiliser les boutons de vitesse (+ / -) pour passer entre 6 niveaux :
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. CHANGER DE MODE

- Maintenir le bouton « M » pour entrer dans la sélection des modes
- Appuyer à nouveau sur « M » pour passer en revue les 4 modes :
- M1 : Mode manuel
- M2 : Mode croissant
- M3 : Mode décroissant
- M4 : Mode vague

4. RÉGLAGE DE L'AMPLITUDE

Utiliser la molette du bras rotatif pour ajuster la profondeur de frappe entre 8–16 mm :

- 8–10 mm : stimulation légère et superficielle (échauffement, zones sensibles)
- 11–13 mm : récupération équilibrée (dos, ischio-jambiers)
- 14–16 mm : massage en profondeur (fessiers, quadriceps, tissu dense)

5. POSITIONNEMENT DU BRAS

- Appuyer et faire pivoter le bras réglable (jusqu'à 90°) pour une meilleure portée
- Idéal pour atteindre le dos, les ischio-jambiers et les épaules sans effort

6. CHANGEMENT D'EMBOUTS

- Éteindre l'appareil
- Tirer délicatement pour retirer l'embout et insérer fermement le nouveau
- La tête chauffante s'active automatiquement lorsqu'elle est branchée et que l'appareil est allumé
- Température max : 50°C – favorise la détente musculaire et la circulation

7. EMBOUTS INCLUS

- Tête chauffante
- Cône de déclenchement
- Tête fourche
- Tête hache
- Tête plate
- Tête coupelle
- Chapeau en silicone

GARANTIE (2 ANS)

- Couvre les défauts de fabrication
- Exclut : mauvaise utilisation, accidents, réparations non autorisées
- Utilisation non conforme aux instructions Flowlife
- Absence de preuve d'achat
- Dommages dépassant la valeur du produit

SPÉCIFICATIONS TECHNIQUES

- Amplitude : 8–16 mm (réglable)
- Fréquence de vibration : ≤60 Hz
- Niveaux de vitesse :
 - M1 (Mode manuel) : 6 niveaux réglables
 - Plage RPM : 1500 – 2500 RPM
- Modes de fonctionnement :
 - M1 : Mode manuel
 - M2 : Mode croissant (automatique)
 - M3 : Mode décroissant (automatique)
 - M4 : Mode vague (automatique)
- Durée d'utilisation : minuterie intelligente de 10 minutes
- Puissance nominale : 25 W
- Tension nominale : 21.9 V
- Type de batterie : lithium-ion rechargeable
- Capacité de la batterie : 2600 mAh
- Autonomie : jusqu'à 1–3 heures (selon mode/force/intensité)
- Temps de charge : environ 3 heures
- Port de charge : USB Type-C
- Entrée adaptateur : 100–240V ~ 50/60Hz, 0.5A
- Sortie adaptateur :
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Écran : affichage OLED avec vitesse, mode et batterie
- Bras réglable : rotation du bras jusqu'à 90°
- Arrêt automatique :
 - 10 minutes maximum par session
 - Veille automatique après 60 secondes d'inactivité
 - L'icône de surchauffe déclenche un refroidissement de 30 minutes si l'appareil est trop chaud
- Dimensions :
 - Poids : 1.4 kg

ITALIANO

LINEE GUIDA PER LA SICUREZZA

- Utilizzare solo sui tessuti muscolari. Evitare testa, collo, articolazioni, colonna vertebrale o aree ossee
- Non applicare per più di 60 secondi su un'area. Spostare frequentemente il dispositivo
- Iniziare con una velocità e un'ampiezza basse. Aumentare gradualmente secondo il comfort
- Interrompere immediatamente in caso di dolore, irritazione o effetti indesiderati
- Non utilizzare su lesioni, lividi, ferite o eruzioni cutanee
- Tenere lontani capelli, abiti larghi e gioielli durante l'uso
- Non utilizzare durante il sonno, il bagno o vicino a fonti d'acqua
- Non adatto a bambini senza supervisione o persone con restrizioni mediche
- Tenere libere le prese d'aria. Non utilizzare su superfici morbide o coperte
- Spegner il dispositivo prima di cambiare le testine, pulirlo o caricarlo
- Lasciare raffreddare per 30 minuti dopo 60 minuti di utilizzo
- Se appare l'icona di surriscaldamento sullo schermo, la batteria è troppo calda. Il dispositivo attiverà automaticamente il blocco di sicurezza. Lasciarlo riposare almeno 30 minuti prima di utilizzarlo di nuovo
- Utilizzare solo accessori e caricabatterie approvati da Flowlife

RICARICA E ALIMENTAZIONE

- Caricare completamente prima del primo utilizzo con il caricatore USB-C incluso
- Tempo di ricarica: circa 3 ore
- Durata batteria: fino a 180 minuti (dipende da velocità e pressione)
- Non caricare durante la notte o con adattatori non approvati (rischio di guasto)
- Gli indicatori di carica sono visibili sul display OLED

MANUTENZIONE E PULIZIA

- Pulire con un panno umido dopo l'uso. Evitare detergenti a base di alcol
- Non immergere il dispositivo o le testine in acqua
- Conservare in un luogo fresco e asciutto, usando la custodia inclusa
- Se non usato regolarmente, ricaricare la batteria ogni mese per mantenerne la salute

BATTERIA E SMALTIMENTO

- Contiene una batteria interna agli ioni di litio
- Riciclare solo tramite canali certificati di rifiuti elettronici
- Non forare, cortocircuitare o esporre ad alte temperature
- Tenere fuori dalla portata dei bambini

GRUPPI A RISCHIO – CONSULTARE IL MEDICO PRIMA DELL'USO

- Utenti con pacemaker, malattie cardiache o impianti metallici
- Persone con epilessia, disturbi nervosi o emicranie
- Donne in gravidanza
- Chirurgia recente, lesioni, trombosi o problemi alla colonna vertebrale
- Se si assumono farmaci (consultare il foglietto illustrativo)

ISTRUZIONI PER L'USO

1. ACCENSIONE / SPEGNIMENTO

- Tenere premuto il pulsante di accensione (2 sec) per accendere/spegnere
- Lo schermo OLED visualizza livello di velocità, modalità e stato della batteria

2. CONTROLLO VELOCITÀ

- Utilizzare i pulsanti di velocità (+ / -) per passare tra 6 livelli:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. CAMBIO MODALITÀ

- Tenere premuto il pulsante "M" per accedere alla selezione della modalità
- Premere nuovamente "M" per passare tra 4 modalità:
- M1: Modalità manuale
- M2: Modalità crescente
- M3: Modalità decrescente
- M4: Modalità onda

4. REGOLAZIONE PROFONDITÀ DI PERCUSSIONE (AMPLITUDINE)

- Utilizzare la manopola sul braccio rotante per impostare la profondità da 8–16 mm:
- 8–10 mm: stimolazione leggera e superficiale (riscaldamento, zone sensibili)

- 11–13 mm: recupero equilibrato (schiena, bicipiti femorali)
- 14–16 mm: rilascio profondo (glutei, quadricipiti, tessuto denso)

5. POSIZIONAMENTO DEL BRACCIO

- Premere e ruotare il braccio regolabile (fino a 90°) per una portata migliore
- Ideale per raggiungere schiena, bicipiti femorali e spalle senza sforzo

6. CAMBIO TESTINE

- Spegnerne il dispositivo
- Estrarre delicatamente la testina e inserire saldamente quella nuova
- La testina riscaldante si attiva automaticamente quando collegata e il dispositivo è acceso
- Temperatura max: 50°C, favorisce il rilassamento muscolare e la circolazione

7. ACCESSORI INCLUSI

- Testina riscaldante
- Cono per trigger point
- Testina a forcella
- Testina a lama
- Testina piatta
- Testina a coppa
- Cappuccio in silicone

GARANZIA (2 ANNI)

- Copre difetti di fabbricazione
- Esclude: uso improprio, incidenti, riparazioni non autorizzate
- Uso non conforme alle istruzioni Flowlife
- Mancanza di prova d'acquisto
- Danni superiori al valore del prodotto

SPECIFICHE TECNICHE

- Ampiezza: 8–16 mm (regolabile)
- Frequenza di vibrazione: ≤60 Hz
- Livelli di velocità:
 - M1 (Modalità manuale): 6 livelli regolabili
 - Intervallo RPM: 1500 – 2500 RPM
- Modalità operative:
 - M1: Modalità manuale
 - M2: Modalità crescente (automatica)
 - M3: Modalità decrescente (automatica)
 - M4: Modalità onda (automatica)
- Durata sessione: timer intelligente da 10 minuti
- Potenza nominale: 25 W
- Tensione nominale: 21.9 V
- Tipo di batteria: litio-ion ricaricabile
- Capacità batteria: 2600 mAh
- Autonomia: fino a 1–3 ore (in base a modalità/forza/intensità)
- Tempo di ricarica: circa 3 ore
- Porta di ricarica: USB Type-C
- Ingresso adattatore: 100–240V ~ 50/60Hz, 0.5A
- Uscita adattatore:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Display: schermo OLED con velocità, modalità e livello batteria
- Braccio regolabile: rotazione del braccio fino a 90°
- Spegnimento automatico:
 - 10 minuti max per sessione
 - Standby automatico dopo 60 secondi di inattività
 - L'icona di surriscaldamento attiva il raffreddamento di 30 minuti se il dispositivo si surriscalda
- Dimensioni:
 - Peso: 1.4 kg

ESPAÑOL

GUÍA DE SEGURIDAD

- Utilizar solo sobre tejido muscular. Evitar cabeza, cuello, articulaciones, columna u otras zonas óseas
- No aplicar durante más de 60 segundos en una zona. Mover el dispositivo con frecuencia
- Comenzar con una velocidad y amplitud bajas. Aumentar gradualmente según comodidad
- Detener inmediatamente si se produce dolor, irritación o efectos adversos
- No usar sobre lesiones, hematomas, heridas o erupciones cutáneas
- Mantener el cabello, ropa suelta y joyas alejados durante el uso
- No usar mientras se duerme, se baña o cerca de fuentes de agua
- No apto para niños sin supervisión ni personas con restricciones médicas
- Mantener libres las rejillas de ventilación. No usar sobre superficies blandas o cubiertas
- Apagar el dispositivo antes de cambiar cabezales, limpiarlo o cargarlo
- Dejar enfriar durante 30 minutos tras 60 minutos de uso
- Si aparece el icono de sobrecalentamiento en la pantalla, la batería está demasiado caliente. El dispositivo activará automáticamente el bloqueo de seguridad. Dejar reposar al menos 30 minutos antes de volver a usarlo
- Utilizar solo accesorios y cargadores aprobados por Flowlife

CARGA Y ALIMENTACIÓN

- Cargar completamente antes del primer uso con el cargador USB-C incluido
- Tiempo de carga: aprox. 3 horas
- Duración de batería: hasta 180 minutos (depende de velocidad y presión)
- No cargar durante la noche ni con adaptadores no aprobados (riesgo de fallo)
- Los indicadores de carga son visibles en la pantalla OLED

MANTENIMIENTO Y LIMPIEZA

- Limpiar con un paño húmedo tras el uso. Evitar productos con alcohol
- No sumergir el dispositivo ni los cabezales en agua
- Guardar en un lugar fresco y seco usando el estuche incluido
- Si no se usa regularmente, cargar la batería una vez al mes para mantener su salud

BATERÍA Y RECICLAJE

- Contiene batería interna de ion de litio
- Reciclar únicamente en centros certificados de residuos electrónicos
- No perforar, provocar cortocircuitos ni exponer al calor extremo
- Mantener fuera del alcance de los niños

GRUPOS DE RIESGO – CONSULTAR AL MÉDICO PRIMERO

- Usuarios con marcapasos, enfermedades cardíacas o implantes metálicos
- Personas con epilepsia, trastornos nerviosos o migrañas
- Mujeres embarazadas
- Cirugías recientes, lesiones, trombosis o problemas de columna
- Si está tomando medicación (consultar el prospecto)

INSTRUCCIONES DE USO

1. ENCENDIDO / APAGADO

- Mantener presionado el botón de encendido (2 seg) para encender/apagar
- La pantalla OLED mostrará nivel de velocidad, modo y estado de la batería

2. CONTROL DE VELOCIDAD

- Usar los botones de velocidad (+ / -) para alternar entre 6 niveles:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. CAMBIO DE MODO

- Mantener presionado el botón “M” para acceder a la selección de modo
- Pulsar nuevamente “M” para alternar entre 4 modos:
- M1: Modo manual
- M2: Modo ascendente
- M3: Modo descendente
- M4: Modo ola

4. AJUSTE DE PROFUNDIDAD DE GOLPEO (AMPLITUD)

- Usar la perilla del brazo giratorio para ajustar la profundidad de 8 a 16 mm:
- 8–10 mm: estimulación superficial y ligera (calentamiento, zonas sensibles)
- 11–13 mm: recuperación equilibrada (espalda, isquiotibiales)

- 14–16 mm: liberación profunda (glúteos, cuádriceps, tejido denso)
- 5. POSICIÓN DEL BRAZO
- Presionar y girar el brazo ajustable (hasta 90°) para mejor alcance
- Ideal para acceder a espalda, isquiotibiales y hombros sin esfuerzo

6. CAMBIO DE CABEZALES

- Apagar el dispositivo
- Tirar suavemente para quitar el cabezal e insertar firmemente el nuevo
- El cabezal calefactable se activa automáticamente al estar conectado y encendido
- Máx de calor: 50°C, favorece la relajación muscular y la circulación

7. ACCESORIOS INCLUIDOS

- Cabezal calefactable
- Cono de punto gatillo
- Cabezal de horquilla
- Cabezal de hacha
- Cabezal plano
- Cabezal de copa
- Gorro de silicona

GARANTÍA (2 AÑOS)

- Cubre defectos de fabricación
- Excluye: uso indebido, accidentes, reparaciones no autorizadas
- Uso fuera de las instrucciones de Flowlife
- Falta de comprobante de compra
- Daños superiores al valor del producto

ESPECIFICACIONES TÉCNICAS

- Amplitud: 8–16 mm (ajustable)
- Frecuencia de vibración: ≤60 Hz
- Niveles de velocidad:
 - M1 (Modo manual): 6 niveles ajustables
- Rango de RPM: 1500 – 2500 RPM
- Modos de funcionamiento:
 - M1: Modo manual
 - M2: Modo ascendente (automático)
 - M3: Modo descendente (automático)
 - M4: Modo ola (automático)
- Duración de sesión: temporizador inteligente de 10 minutos
- Potencia nominal: 25 W
- Voltaje nominal: 21.9 V
- Tipo de batería: ion de litio recargable
- Capacidad de la batería: 2600 mAh
- Duración de la batería: hasta 1–3 horas (según modo/fuerza/intensidad)
- Tiempo de carga: aprox. 3 horas
- Puerto de carga: USB Tipo-C
- Entrada del adaptador: 100–240V ~ 50/60Hz, 0.5A
- Salida del adaptador:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Pantalla: pantalla OLED con velocidad, modo y nivel de batería
- Ajuste del brazo: rotación del brazo hasta 90°
- Apagado automático:
 - Máx 10 minutos por sesión
 - Reposo automático tras 60 segundos de inactividad
 - El icono de sobrecalentamiento activa un enfriamiento de 30 minutos si el dispositivo se calienta en exceso
- Dimensiones:
 - Peso: 1.4 kg

NEDERLANDS

VEILIGHEIDSLINSTRUCTIES

- Alleen gebruiken op spierweefsel. Vermijd het hoofd, de nek, gewrichten, de wervelkolom of andere benige gebieden
- Niet langer dan 60 seconden op één plek aanbrengen. Verplaats het apparaat regelmatig
- Begin met een lage snelheid en amplitude. Verhoog geleidelijk op basis van comfort
- Stop onmiddellijk bij pijn, irritatie of bijwerkingen
- Niet gebruiken op verwondingen, kneuzingen, wonden of huiduitslag
- Houd haar, losse kleding en sieraden uit de buurt tijdens gebruik
- Niet gebruiken tijdens het slapen, baden of in de buurt van waterbronnen
- Niet geschikt voor kinderen zonder toezicht of personen met medische beperkingen
- Houd ventilatieopeningen vrij. Gebruik nooit op zachte of bedekte oppervlakken
- Schakel het apparaat uit voordat je opzetstukken vervangt, schoonmaakt of oplaadt
- Laat het apparaat 30 minuten afkoelen na 60 minuten gebruik
- Als het oververhittingssymbool op het scherm verschijnt, is de batterij te heet. Het apparaat activeert automatisch een veiligheidsvergrendeling. Laat het minstens 30 minuten rusten voordat je het opnieuw gebruikt
- Gebruik alleen goedgekeurde Flowlife-accessoires en oplader

OPLADEN EN VOEDING

- Laad het apparaat volledig op vóór het eerste gebruik met de meegeleverde USB-C-oplader
- Opladetid: ongeveer 3 uur
- Batterijduur: tot 180 minuten (afhankelijk van snelheid en druk)
- Laad niet 's nachts op en gebruik geen niet-goedgekeurde adapters (risico op defecten)
- Laadindicatoren zijn zichtbaar op het OLED-display

ONDERHOUD EN REINIGING

- Reinig na gebruik met een vochtige doek. Vermijd alcoholhoudende reinigingsmiddelen
- Dompel het apparaat of de opzetstukken niet onder in water
- Bewaar op een koele, droge plaats in de meegeleverde hoes
- Laad de batterij maandelijks op als het apparaat niet regelmatig wordt gebruikt, om de gezondheid ervan te behouden

BATTERIJ EN AFVALVERWERKING

- Bevat een interne lithium-ion batterij
- Recycleer uitsluitend via erkende e-afvalkanalen
- Niet doorboren, kortsluiten of blootstellen aan hoge hitte
- Buiten bereik van kinderen houden

RISICOGROEPEN – EERST OVERLEG MET EEN ARTS

Gebruikers met pacemakers, hartziekten of metalen implantaten

Personen met epilepsie, zenuwaandoeningen of migraine

Zwangere personen

Recente operaties, blessures, trombose of wervelkolomproblemen

Bij medicatiegebruik (raadpleeg de bijsluiter)

GEBRUIKSAANWIJZING

1. AAN / UIT

- Houd de aan/uit-knop 2 seconden ingedrukt om het apparaat in of uit te schakelen
- Het OLED-scherm toont het snelheidsniveau, de modus en de batterijstatus

2. SNELHEIDSREGELING

- Gebruik de knoppen Speed (+ / -) om tussen 6 niveaus te schakelen:
- 1500 → 1700 → 1900 → 2100 → 2300 → 2500 RPM

3. MODUS WISSELEN

- Houd de "M"-knop ingedrukt om de modusselectie te openen
- Druk opnieuw op "M" om te schakelen tussen de 4 modi:
- M1: Handmatige modus
- M2: Stijgende modus
- M3: Dalende modus
- M4: Golfmodus

4. SLAGDIEPTE AANPASSEN (AMPLITUDE)

- Gebruik de draaiknop op de draaibare arm om de slagdiepte in te stellen van 8–16 mm:
- 8–10 mm: lichte, oppervlakkige stimulatie (warming-up, gevoelige zones)
- 11–13 mm: gebalanceerd herstel (rug, hamstrings)
- 14–16 mm: diepe ontlasting (bilspiieren, quadriceps, dicht weefsel)
- 5. ARM POSITIE
- Druk en draai de verstelbare arm (tot 90°) voor betere bereikbaarheid
- Ideaal voor rug, hamstrings en schouders zonder belasting

6. OPZETSTUKKEN VERVANGEN

- Schakel het apparaat uit
- Trek voorzichtig om het opzetstuk te verwijderen en druk stevig om een nieuw opzetstuk te plaatsen
- De verwarmde kop wordt automatisch geactiveerd wanneer deze is bevestigd en ingeschakeld
- Maximale warmte: 50°C, ondersteunt spierverzachting en doorbloeding

7. MEEGELEVERDE OPZETSTUKKEN

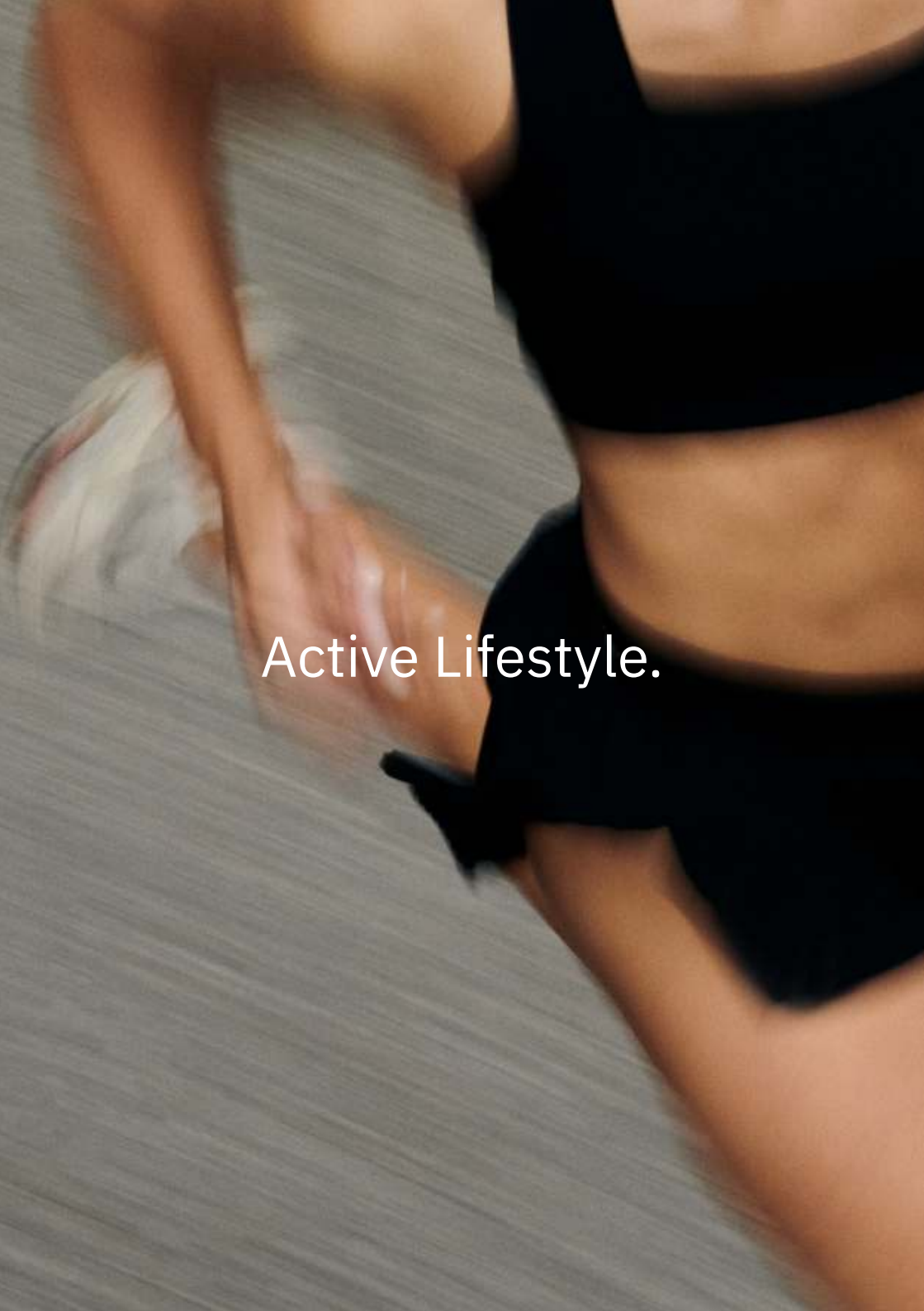
- Verwarmde kop
- Triggerpunt kegel
- Vorkkop
- Bijlkoop
- Platte kop
- Bekerkop
- Siliconen dop

GARANTIE (2 JAAR)

- Dekt fabricagefouten
- Uitsluitingen: verkeerd gebruik, ongelukken, niet-geautoriseerde reparaties
- Gebruik buiten Flowlife-instructies
- Geen aankoopbewijs
- Schade die de waarde van het product overschrijdt

TECHNISCHE SPECIFICATIES

- Amplitude: 8–16 mm (instelbaar)
- Trilfrequentie: ≤60 Hz
- Snelheidsniveaus:
 - M1 (Handmatige modus): 6 instelbare niveaus
 - RPM-bereik: 1500 – 2500 RPM
- Bedieningsmodi:
 - M1: Handmatige modus
 - M2: Stijgende modus (automatisch)
 - M3: Dalende modus (automatisch)
 - M4: Golfmodus (automatisch)
- Sessie duur: 10-minuten intelligente timer
- Nominaal vermogen: 25 W
- Nominale spanning: 21.9 V
- Batterijtype: Oplaadbare lithium-ion
- Batterijcapaciteit: 2600 mAh
- Batterijduur: tot 1–3 uur (afhankelijk van modus/kracht/intensiteit)
- Oplaadtijd: ca. 3 uur
- Oplaadpoort: USB Type-C
- Adapterinvoer: 100–240V ~ 50/60Hz, 0.5A
- Adapteruitvoer:
 - 5V □ 3A
 - 9V □ 2.23A
 - 12V □ 1.67A
- Display: OLED-scherm met snelheid, modus en batterijniveau
- Armverstelling: draaibare arm tot 90°
- Automatisch uitschakelen:
 - Max. 10 minuten per sessie
 - Automatisch standby na 60 seconden inactiviteit
 - Oververhittingsicoon activeert 30 minuten afkoeling bij oververhitting
- Afmetingen:
 - Gewicht: 1.4 kg

A close-up, low-angle shot of a person running on a grey, textured surface. The person is wearing a black sports bra and black shorts. Their right leg is extended forward, and their right hand is visible, reaching down. The background is blurred, suggesting motion. The text "Active Lifestyle." is overlaid in white, sans-serif font in the center of the image.

Active Lifestyle.

A blurred photograph of a person running on a paved path. The person is wearing a black sports top and a black wristband. The background is a blurred grey pavement.

Made Possible.

Follow us on Instagram for more inspiration.

A black and white photograph showing a close-up of a person's neck and shoulder. The person is wearing a dark, possibly black, strap over their shoulder. The skin is smooth and has a slight sheen. The word "FLOWLIFE" is overlaid in white, uppercase, sans-serif font across the center of the image.

FLOWLIFE