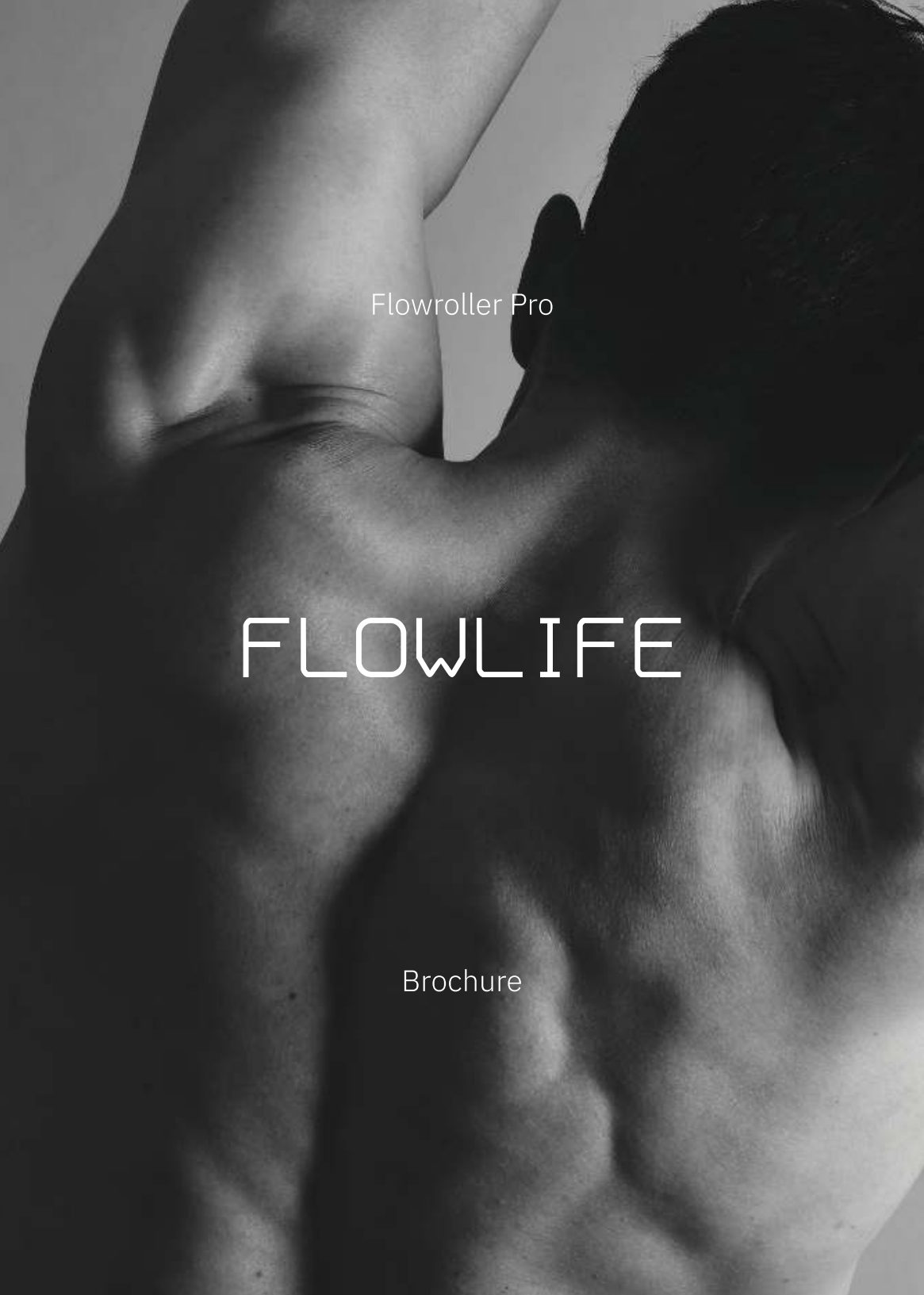




Flowroller Pro

FLOWLIFE

Brochure

Flowroller Pro



Vibrating Foam Roller

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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 Flowroller Pro?

Advanced vibration technology for faster recovery, more profound relief, and optimized performance.

Deep Tissue Vibration for Maximum Recovery - Flowroller Pro combines high-intensity vibration with deep tissue massage, increasing blood circulation and reducing muscle stiffness. The three adjustable speed levels (2000-3700 RPM) and auto-mode allow you to tailor the intensity to your recovery needs, delivering precise relief to sore muscles.

Optimized Muscle Activation & Relaxation - Unlike traditional foam rollers, Flowroller Pro's 3mm vibration amplitude more effectively stimulates muscle fibers, enhancing neuromuscular response and improving mobility. The vibration technology also reduces discomfort while rolling, making recovery sessions more efficient and less painful.

Smart Auto-Shutoff & Ergonomic Design - Designed for both performance and safety, Flowroller Pro features a built-in 10-minute auto-shut off to prevent overstimulation and ensure optimal recovery times. The high-density EPP foam construction provides targeted pressure, transports the vibration smoothly while maintaining durability and comfort.

Long-Lasting Battery & Portable Performance - Powered by a 2,600 mAh battery, Flowroller Pro delivers up to 4 hours of usage on a single charge. The USB-C charging system ensures fast and convenient recharging, making it the perfect recovery tool for home, gym, or travel.

Engineered for Precision & Efficiency - Flowroller Pro's brushless motor ensures quiet operation while delivering consistent, high-intensity vibration. Whether warming up pre-workout, cooling down post-session, or managing daily muscle tension, Flowroller Pro optimizes every aspect of your recovery.

Unlock Your Body's Full Potential - From athletes to everyday movers, Flowroller Pro is designed to enhance recovery, improve mobility, and reduce downtime—so you can train harder, move better, and feel stronger.

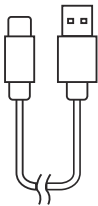
Accessories

Enhance your Flowroller Pro experience with essential accessories designed for maximum convenience and care.



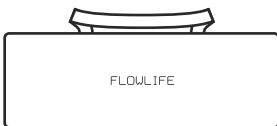
Flowroller Pro

Engineered with high-density EPP foam and a powerful brushless motor, Flowroller Pro delivers deep tissue relief and enhanced recovery. Three vibration intensity levels (2000–3700 RPM) provide a personalized massage experience for optimal muscle activation and relaxation.



USB-C Charging Cable

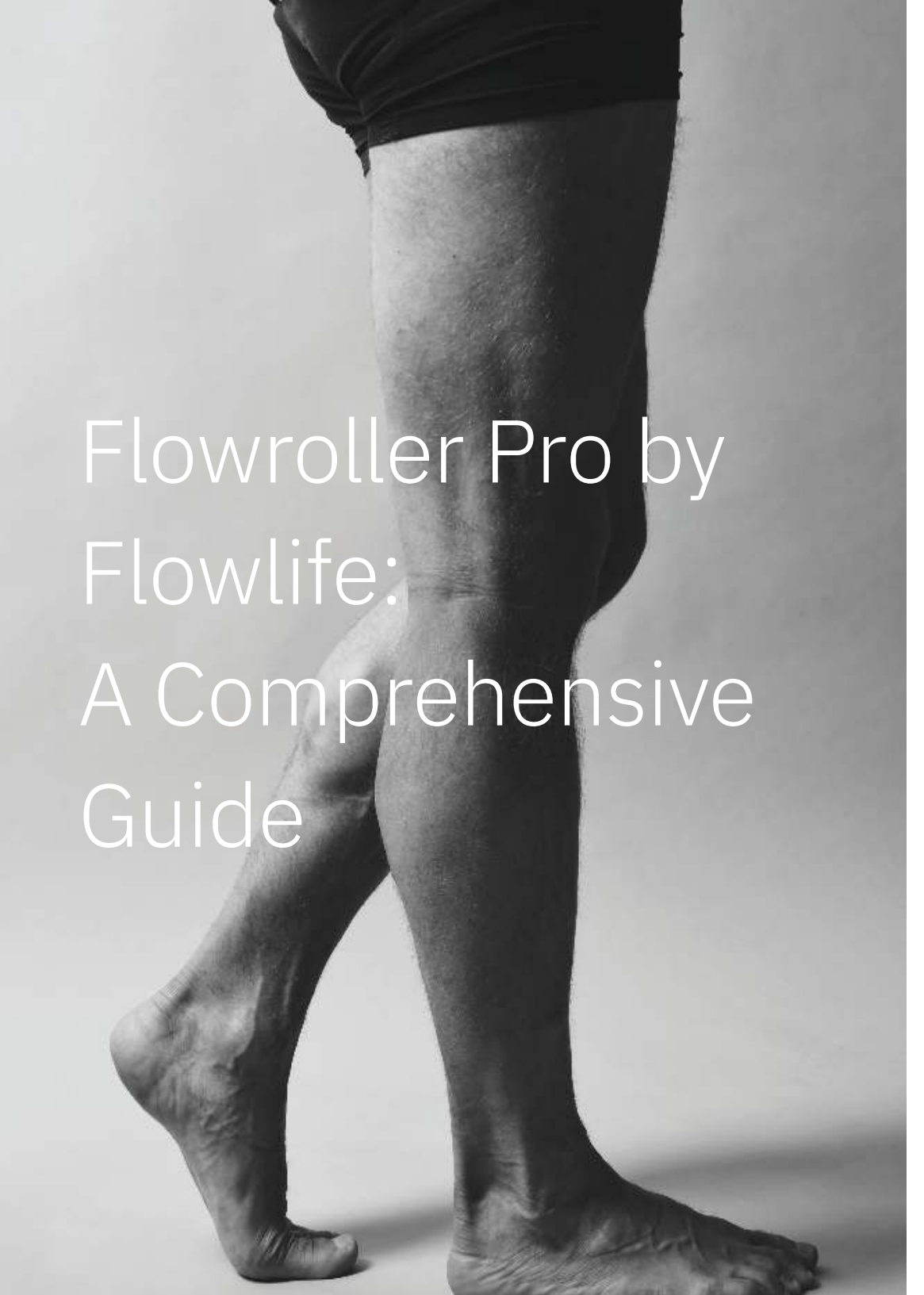
The charging USB-C cable ensures efficient power delivery, keeping Flowroller Pro ready. It is designed for 5V 2A adapters to maintain reliable performance.



Carry Bag

This lightweight and durable storage bag is easy to transport, whether at home, in the gym, or on the go. It keeps Flowroller Pro protected and ready for use.

These accessories are designed to complement Flowroller Pro, providing seamless usability, portability, and enhanced recovery efficiency.

A black and white photograph of a person's legs from the mid-thigh down to the feet. The person is wearing dark shorts. The legs are in a dynamic, slightly bent position, with the right leg forward and the left leg back. The skin is fair and shows some texture. The background is a plain, light-colored surface.

Flowroller Pro by Flowlife: A Comprehensive Guide

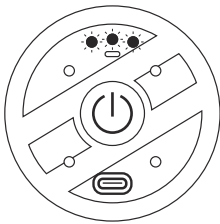
This guide will help you unlock the full benefits of your Flowroller Pro. With advanced vibration technology, three speed levels, and an ergonomic design, it's built to improve circulation, ease muscle soreness, and support better mobility—whether you're recovering after training or preparing for your next session.

Preparing for Your Session

Flowroller Pro is designed for use before or after training, whether you're warming up, recovering, or relieving muscle tension. It can be used directly on skin or over clothing, making it convenient in any setting.

Use Flowroller Pro on a firm surface, such as the floor or a workout mat, to ensure stability and effective muscle engagement for optimal results.

Powering On & Starting Your Session



Turn On

Press the power button. You will notice the battery indicator of three bars. Press the power button again to start level 1.

Position the Roller

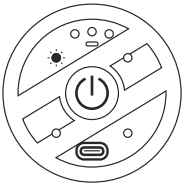
Place it under the target muscle and let your body weight create pressure. Adjust your position for maximum contact.

Activate the Right Intensity

Start with a lower speed and gradually increase as needed.

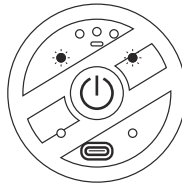
Adjusting Vibration Intensity

Flowroller Pro features three speed levels (2000–3700 RPM), designed for a personalized recovery experience:



Level 1

Low-intensity vibration for warm-up and relaxation.



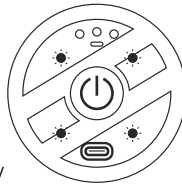
Level 2

Moderate intensity for light muscle relief and circulation boost.



Level 3

Maximum intensity is needed for intensive recovery and stubborn muscle knots.



Level 4

Dynamic level, which loops all three vibration levels

Recommended Usage & Session Duration

5–10 Minutes

Ideal for pre-workout muscle activation or quick relief.

10–15 Minutes

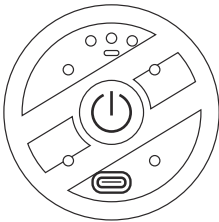
Best for post-workout recovery and muscle relaxation.

15 Minutes (Maximum)

Extended deep tissue release, but avoid exceeding this duration to prevent overstimulation.

Auto Shut-Off: Flowroller Pro includes a 10-minute automatic shut-off to prevent overuse.

Ending Your Session



Power Off

Press and hold the power button for two seconds.

Store Properly

Place Flowroller Pro in its protective carry bag and keep it in a cool, dry place.

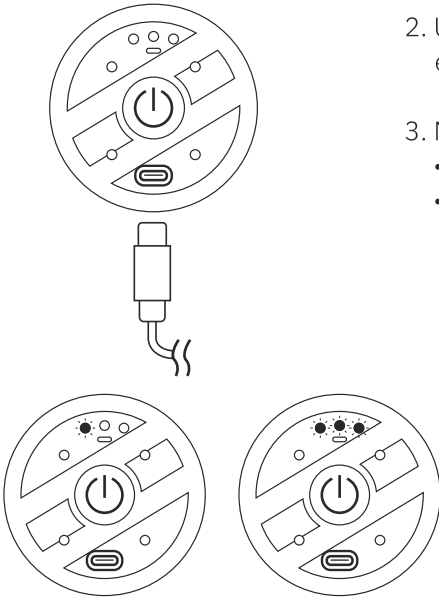
Battery Maintenance

Charge at least once per month if unused for an extended period.

Battery & Charging Instructions

Charging the Device

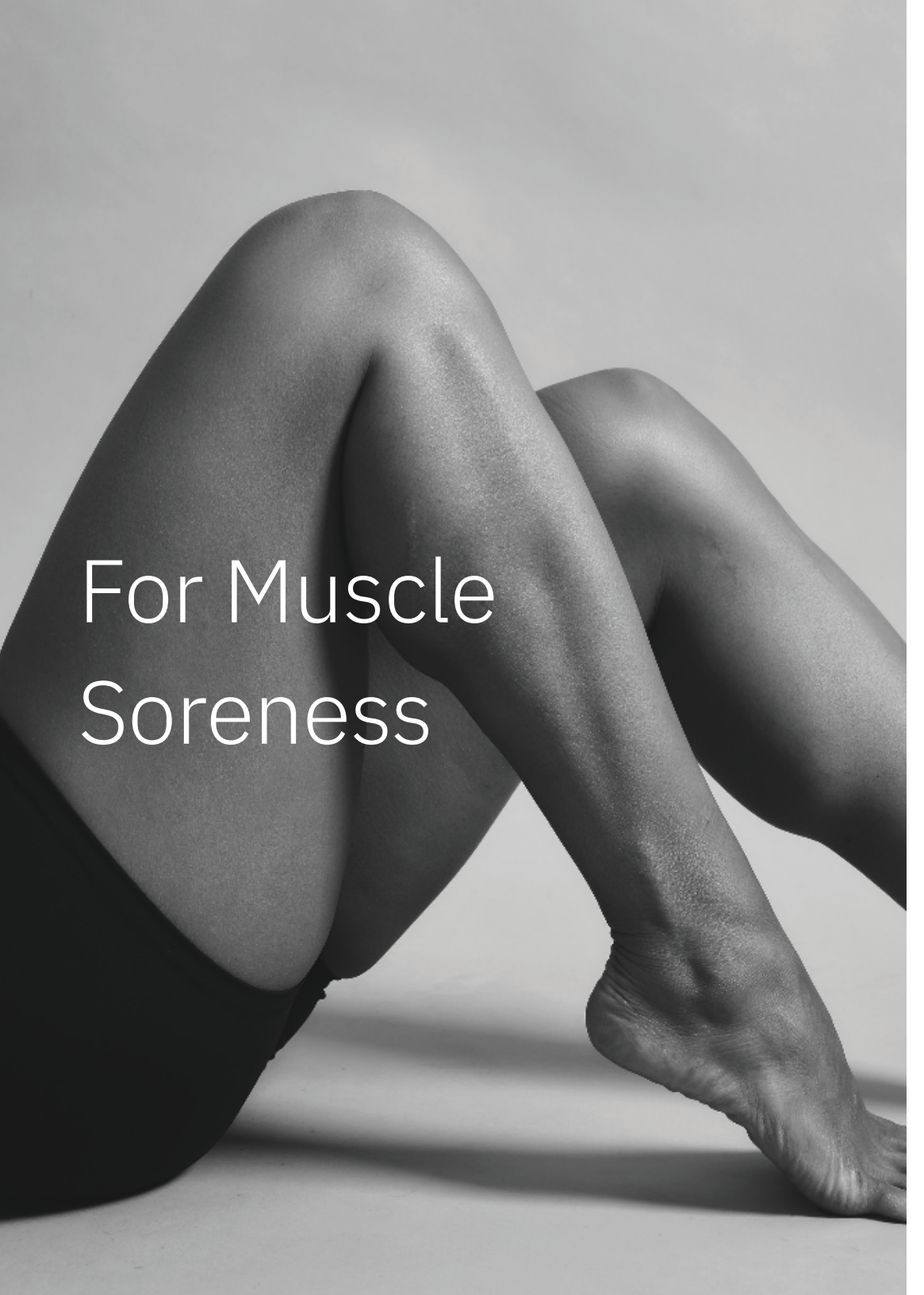
1. Connect the USB-C charging cable to the charging port.
2. Use a 5V 2A adapter for optimal charging efficiency.
3. Monitor the LED indicator:
 - Red Light pulsating – Charging in progress.
 - Glowing three red lights - Fully charged



Charging Time & Battery Life

- Charging Time: ~5 hours for a full charge.
- Usage Time: 2–4 hours, depending on intensity level.

Note: Flowroller Pro cannot be used while charging to preserve battery longevity.

A black and white photograph of a person's legs in a dynamic, athletic pose. The legs are bent and crossed, with one foot flat on the ground and the other leg raised. The skin is smooth and has a slight sheen. The background is a plain, light-colored surface.

For Muscle
Soreness

Why Flowroller Pro Helps

Flowroller Pro combines deep tissue pressure and vibration therapy to speed up recovery by:

Increasing circulation, delivering oxygen and nutrients to the muscles faster.

Reducing muscle tightness, allowing fibers to relax and regain flexibility.

Flushing out lactic acid and metabolic waste, preventing prolonged soreness.

Stimulating the nervous system, which helps override pain signals and ease discomfort.

How to Use Flowroller Pro for Muscle Soreness

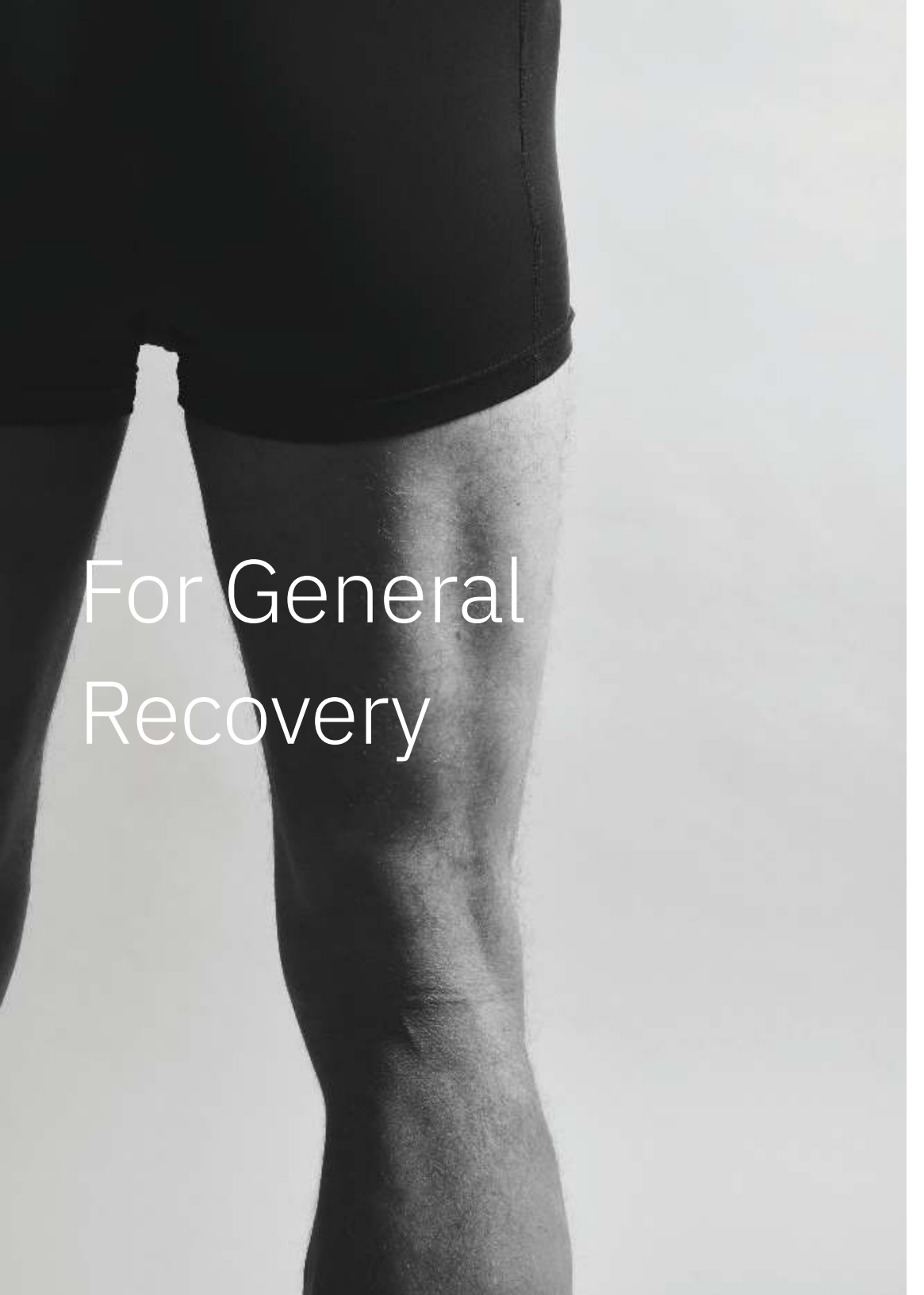
Start with broad movements, rolling over larger muscle areas first to improve circulation.

Use slow, controlled rolling, moving 2–4 cm per second to let the vibration penetrate deep into the muscle tissue.

Pause on tension points for 10–20 seconds, allowing the vibration to work on tight areas before continuing.

Adjust intensity gradually, starting with lower levels (1–2) and increasing if the soreness allows.

Flowroller Pro reduces muscle stiffness and soreness faster, helping you move freely and return to training sooner.

A black and white photograph of a person's leg, likely a male athlete, wearing dark athletic shorts. The leg is positioned vertically, showing the calf and ankle area. The skin is light-toned, and the muscles are visible. The background is a plain, light-colored surface.

For General
Recovery

Why Flowroller Pro Helps

By integrating Flowroller Pro into your routine, you can:

Promote healthy blood circulation, keeping muscles oxygenated and reducing fatigue.

Prevent stiffness and tightness that can develop from inactivity.

Maintain flexibility and movement efficiency, ensuring muscles function at their best.

Support overall muscle health, preventing long-term mobility issues.

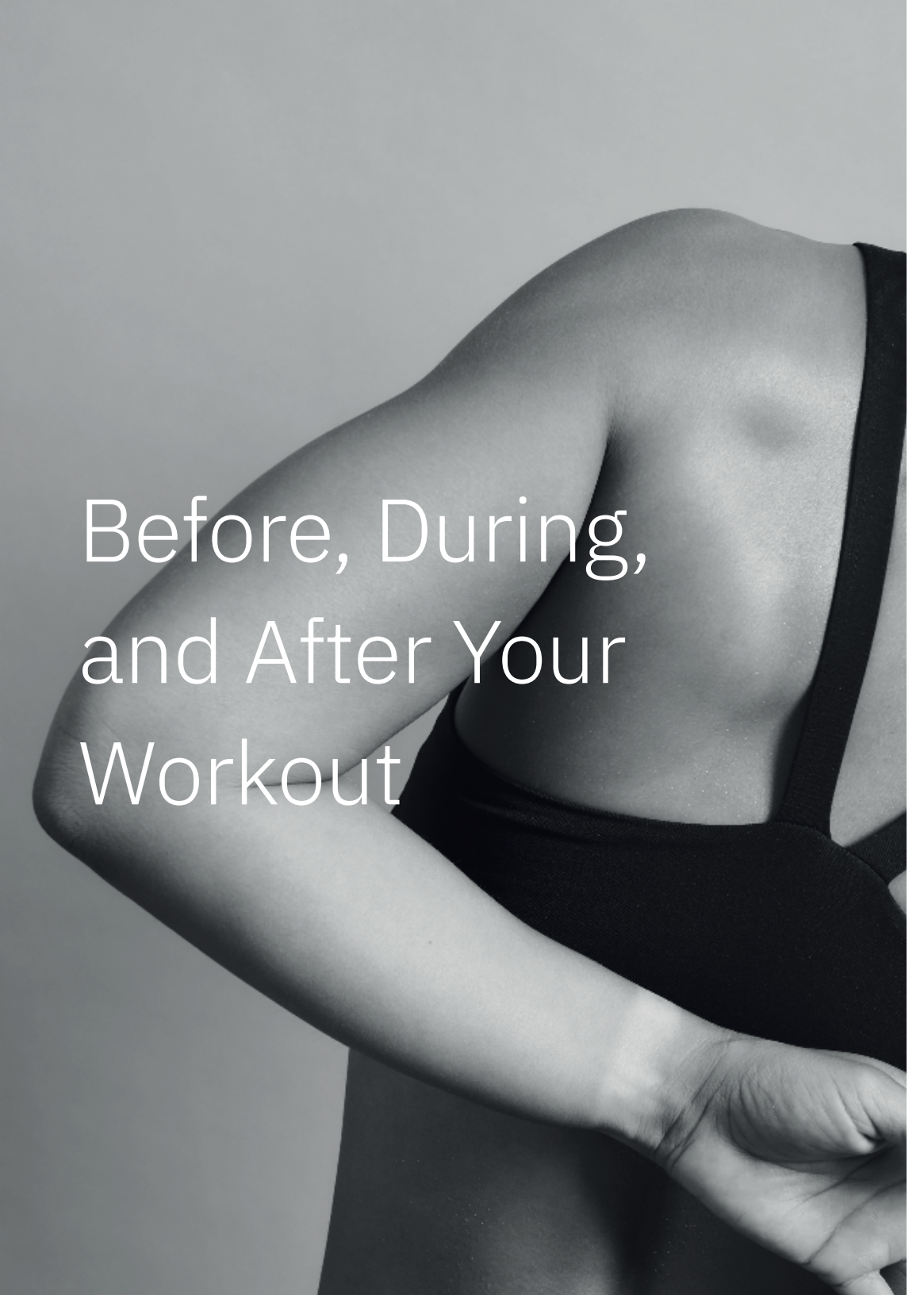
How to Use Flowroller Pro for General Recovery

Use smooth, full-length rolling across muscle groups to maintain elasticity and prevent tightness.

Keep intensity moderate (Level 2–3) for a comfortable, practical recovery session.

Roll for 5–10 minutes, focusing on areas prone to stiffness from daily activity.

Making Flowroller Pro part of your daily routine keeps muscles relaxed, reduces tension buildup, and supports long-term movement quality.

A black and white photograph of a person's back and right arm. The person is wearing a black halter top. The text "Before, During, and After Your Workout" is overlaid in white, sans-serif font on the left side of the image.

Before, During,
and After Your
Workout

Before Your Workout – Prepare & Activate Muscles

What Happens in the Body?

Before a workout, muscles rest, which results in lower blood circulation and reduced elasticity. If not adequately warmed up, they may struggle to contract efficiently, leading to stiff movements, limited range of motion, and an increased risk of strain or injury. Cold, tight muscles require more force to move, which can cause unnecessary tension on joints and connective tissue.

Why Flowroller Pro Helps

Using Flowroller Pro before training helps by:

Increasing blood flow, preparing muscles for movement.

Improving flexibility, allowing for smoother, more efficient movement patterns.

Reducing stiffness ensures muscles can stretch and contract appropriately under load.

How to Use Flowroller Pro Before a Workout

Use Low to Moderate Intensity (Level 1–2) to gently activate the muscles.

Spend 30–60 seconds per muscle group, using dynamic movements rather than deep tissue pressure.

Focus on areas that feel tight to maximize mobility before training.

This method optimizes muscle function and reduces the risk of injury, helping you perform at your best.

During Your Workout – Maintain Mobility

What Happens in the Body?

As muscles contract repeatedly during exercise, they can tighten and restrict movement, reducing performance and increasing fatigue. Excessive muscle tightness mid-session can sometimes affect posture, technique, and force production.

Why Flowroller Pro Helps

Using Flowroller Pro briefly between sets can help:

- Reduce muscle tightness, keeping movement smooth and efficient.

- Prevent fatigue from building up, ensuring consistent performance.

- Loosen up stiff areas, allowing for better range of motion throughout the workout.

How to Use Flowroller Pro Mid-Workout

- Roll for 10–15 seconds between sets if muscles feel stiff.

- Use moderate intensity (Level 1-2) to stimulate circulation without overstimulating the muscle.

- Keep movements light and quick, focusing on mobility rather than deep tissue work.

This approach prevents stiffness from affecting technique and performance, allowing you to train more effectively.

After Your Workout – Enhance Recovery & Reduce Stiffness

What Happens in the Body?

Post-workout, muscles are fatigued, often with mild inflammation, increased tension, and metabolic waste products like lactic acid. If these are not properly flushed out, muscles can become stiff, sore, and less responsive in the following days.

Why Flowroller Pro Helps

Using Flowroller Pro after exercise aids in:

Flushing out waste products, reducing soreness.

Relaxing tight muscle fibers, preventing excessive stiffness.

Accelerating muscle repair, helping tissues recover more efficiently.

How to Use Flowroller Pro After a Workout

Use Moderate to High Intensity (Level 2-3) depending on fatigue levels.

Roll for 1–2 minutes per muscle group, focusing on overworked areas.

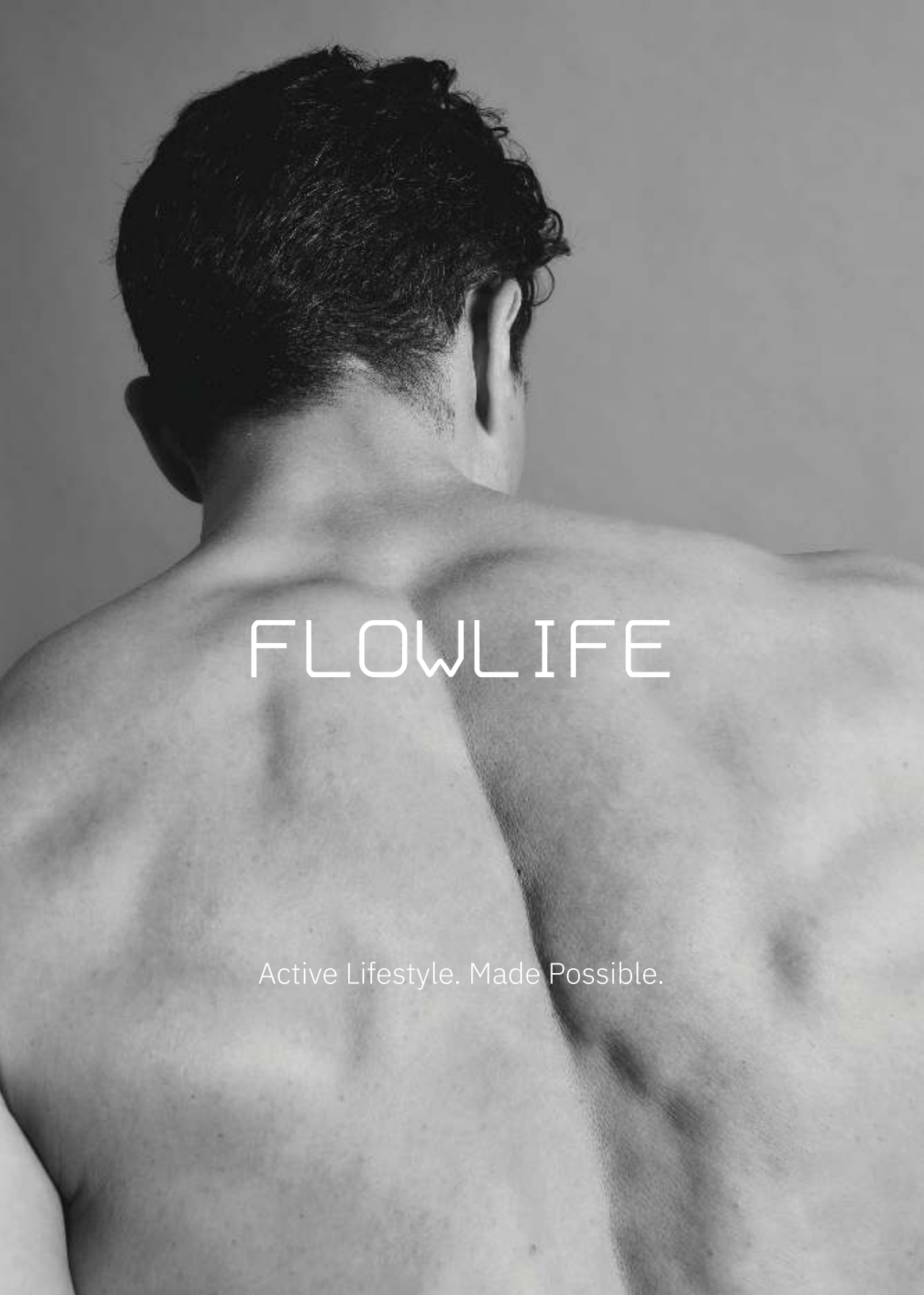
Pause on tight spots for 15–30 seconds to allow the vibration to penetrate deeper.

Using Flowroller Pro before, during, and after training maximizes muscle efficiency, minimizes soreness, and accelerates recovery, ensuring you're always ready for your next session.

By integrating Flowroller Pro into your routine, muscles function better, minimize soreness, and improve overall movement quality.



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FLOWLIFE

Active Lifestyle. Made Possible.