

MANUAL FLOWIN® SPORT



FLOWIN®
Friction Training™

INTRODUCTION

FLOWIN® is an efficient and easy to learn fitness concept based on Friction Training™ - a high intensity, low impact workout which utilizes a patented friction technology to help you get the most out of your fitness routine.

Read through this manual carefully, and always consult your physician before embarking on a new training regime.

Exercises and workout programs can be accessed on our website www.flowin.com. Create a free account to get started today.

Should you not be able to complete a full workout program, we recommend that you pick a couple of exercises and stick to them 2-3 times a week, then gradually increase the number of exercises until you can complete a full program. Alternatively you can always follow along to each program at your own pace, and slowly build up your strength to go faster and further with correct form.

Our basic programs are just 10-15 minutes each, so getting started on your new workout routine couldn't be easier!

If you have any questions about your workout, always feel free to reach out and someone from the FLOWIN® Team will be happy to assist you.



SAFETY INSTRUCTIONS

Before you start training

Always consult your physician before you start a new exercise routine if you suffer from any illness, injury or other health complication.

Immediately stop exercising and consult your physician if you are experiencing dizziness, pain (apart from sore muscles), or any other discomfort before, during, or after exercise.

Children under 15 years of age should not use the product without adult supervision.

The FLOWIN® Board should only be used on horizontal, even surfaces, preferably hard floors.

FLOWIN AB or local distributors are not responsible for personal injury or material damage as a result of using this product.

Instructions should be read carefully before, and followed during, use.

Any use of FLOWIN® is at your own risk. The product should be used responsibly, with proper indoor training shoes or barefoot, as well as barehanded. Pads and board should be kept clean and dry. Oils, lotions, and other body care products or chemicals must not come in contact with the board, nor be applied on body parts or clothing risking contact with the product.

SPECIFICATIONS & PARTS

What's included

- 1 x FLOWIN® Sport Board
- 1 x FLOWIN® Carrier Bag
- 2 x No. 1 Pads
- 2 x No. 2 Pads
- 1 x No. 3 Pad
- 1 x Manual
- Online Training



Use

Place the FLOWIN® Board on an even surface with the logo facing upward. Place the No. 1 or No. 2 Pads with the felted surface against the board. Place the No. 3 Pad on the floor in front of the board. The No. 3 Pad is for support only and will not slide on the FLOWIN® surface.

Note: The surfaces of the board and pads should always be kept clean and dry. Using the cardboard transportation tube will help prevent damage when rolling up the board. For the board to keep its flat shape, it is recommended to roll it with the rubber side outward from time to time.

Cleaning Instructions


The FLOWIN® Board can be safely cleaned using a damp cloth. For deeper cleaning denatured alcohol can be used.


Note: Do not use household cleaners to clean the board, as this may damage the surface.



FLOWIN®

Get inspired by the global FLOWIN® community

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