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Flowlife FLFGHVX1

Flowlife Flowgun Heat Massage Gun User Manual

Brand: Flowlife | Model: FLFGHVX1

1. INTRODUCTION

Thank you for choosing the Flowlife Flowgun Heat Massage Gun. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before operation and retain it for future reference. The Flowgun Heat is designed to provide targeted muscle relief, recovery, and relaxation through percussion massage combined with adjustable heat and cooling therapy.

2. SAFETY INFORMATION

To reduce the risk of electric shock, fire, and injury, please observe the following safety precautions:

- Do not immerse the device in water or use it near water.
- Keep the device away from heat sources and direct sunlight.
- Use only the provided charging cable.
- Do not operate if the device or charging cable is damaged.
- This device is for external use on soft tissue only. Do not use on head, bony areas, open wounds, or sensitive body parts.
- Consult a physician before use if you have any medical conditions, are pregnant, have a pacemaker, or are on medication.
- Do not use for more than 15 minutes on a single muscle group.
- Keep out of reach of children.
- Discontinue use immediately if you experience pain or discomfort.

3. PACKAGE CONTENTS

Your Flowlife Flowgun Heat package should include the following items:

- Flowlife Flowgun Heat Massage Gun
- Round Head attachment

- Fork Head attachment
- Bullet Head attachment
- Flat Head attachment
- USB-C Charging Cable
- User Manual

4. PRODUCT OVERVIEW



The Flowlife Flowgun Heat Massage Gun shown with its four primary interchangeable massage heads: a U-shaped fork head, a spherical round head, a pointed bullet head, and a flat head. The main device is black with 'FLOWLIFE' branding and a red accent ring near the attachment point.



A detailed view of the control panel located at the top of the Flowgun Heat. The circular panel features a central power button, a snowflake icon for cooling, a wave icon for heating, and a bar graph icon for speed adjustment. Red indicator lights are visible, indicating current settings.

The Flowlife Flowgun Heat is a versatile percussion massage device featuring a robust design and intuitive controls. It

integrates advanced heat and cooling therapy directly into the massage head, allowing for comprehensive muscle treatment. The device is ergonomically designed for comfortable handling and effective reach to various body parts.

Key Components:

- **Massage Head Port:** Where interchangeable massage heads are attached.
- **Control Panel:** Features power, speed adjustment, heat therapy, and cooling therapy controls.
- **Handle:** Ergonomically shaped for a secure grip.
- **USB-C Charging Port:** Located at the base of the handle for convenient charging.

5. SETUP

5.1 Charging the Device

Before first use, fully charge the Flowgun Heat. Connect the provided USB-C charging cable to the charging port at the bottom of the handle and plug the other end into a compatible USB power adapter (not included). The battery indicator lights will show charging progress. A full charge takes approximately 4-5 hours.

5.2 Attaching Massage Heads

To attach a massage head, simply align the base of the desired head with the port on the front of the device and push firmly until it clicks into place. To remove, pull the head straight out. Ensure the device is turned off before changing heads.

6. OPERATING INSTRUCTIONS

6.1 Powering On/Off

Press and hold the power button on the control panel for 2 seconds to turn the device on or off. The device will start at the lowest speed setting when powered on.

6.2 Adjusting Speed Settings

Press the speed adjustment button (bar graph icon) to cycle through the 5 available speed settings, ranging from 1600 to 3000 strokes per minute. The indicator lights will show the current speed level.

6.3 Using Heat Therapy

Press the heat therapy button (wave icon) to activate the heating function. There are three levels of heat therapy, reaching up to 50°C. The indicator lights will illuminate to show the selected heat level. Heat therapy is ideal for warming up muscles, improving circulation, and promoting relaxation.



A person is shown using the Flowlife Flowgun Heat massage gun on their upper thigh. The device is held firmly, and the red glow from the heat therapy function is visible on the massage head, indicating active heat application to the muscle.

6.4 Using Cooling Therapy

Press the cooling therapy button (snowflake icon) to activate the cooling function. There are three levels of cooling therapy, reaching down to 11°C. The indicator lights will illuminate to show the selected cool level. Cooling therapy is beneficial for reducing inflammation and aiding post-workout recovery.



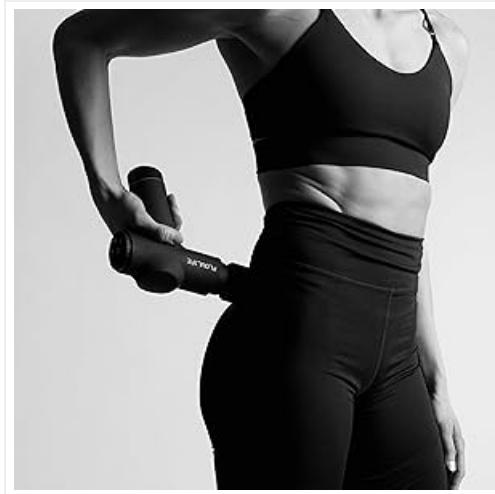
A person is demonstrating the use of the Flowlife Flowgun Heat massage gun on their upper thigh. The device is positioned against the leg, and a blue glow emanates from the massage head, indicating that the cooling therapy function is active and being applied to the muscle.

6.5 Recommended Usage

Apply the massage gun to the desired muscle group, moving it slowly across the area. Do not apply excessive pressure. For optimal results, use for 1-2 minutes per muscle group. The ergonomic design allows for easy reach to areas like the back, legs, and glutes.



A person is using the Flowlife Flowgun Heat massage gun on their shoulder. The device is held with one hand, targeting the muscle area, demonstrating its use for upper body relief.



A person is shown using the Flowlife Flowgun Heat massage gun on their gluteal or hip area. The device is positioned to target the muscle, illustrating its application for lower body massage and recovery.

7. MAINTENANCE

7.1 Cleaning

Turn off the device and unplug it before cleaning. Wipe the surface of the massage gun with a slightly damp cloth. Do not use harsh chemicals or abrasive cleaners. The massage heads can be cleaned with mild soap and water, then air-dried completely before reattaching.

7.2 Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case to prevent damage.

7.3 Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods (e.g., once every 3 months).

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on	Low battery; Device not powered on correctly	Charge the device fully; Press and hold the power button for 2 seconds
No heat/cooling function	Function not activated; Device malfunction	Ensure heat/cooling button is pressed; Contact customer support if issue persists
Weak percussion/stops working	Low battery; Overuse/overheating protection activated	Recharge the device; Allow device to cool down for 30 minutes before resuming use
Unusual noise during operation	Loose massage head; Internal issue	Ensure massage head is securely attached; Discontinue use and contact customer support

9. SPECIFICATIONS

Feature	Specification
Model Number	FLFGHVX1
Brand	Flowlife
Dimensions	36 x 32 x 16 cm
Weight	1.6 kg
Speed Settings	5 (1600-3000 RPM)
Stroke Length	10mm
Heat Therapy Range	Up to 50°C (3 levels)
Cooling Therapy Range	Down to 11°C (3 levels)
Battery Type	2400mAh Li-ion
Usage Time per Charge	1-2 hours
Charging Time	4-5 hours (USB-C)
Noise Level	Below 56dB
Material	Plastic
Color	Blackone
Power Source	Battery Powered
Specific Uses	Myofascial, Muscle Therapy, Pain Relief, Tissue Therapy

10. WARRANTY AND SUPPORT

Flowlife products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Flowlife website. For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Flowlife customer service through their official channels or the seller from whom you purchased the product.

You can visit the Flowlife Store for more information: [Flowlife Amazon Store](#)