

Flowlife FLFGA

Flowlife Flowgun Air Ultralight Massage Gun FLFGA User Manual

Model: FLFGA

1. INTRODUCTION

The Flowlife Flowgun Air is a compact, powerful, and ultralight massage gun designed for precise treatment of various muscle groups. Weighing only 340 grams, it offers portability without compromising performance. This device is engineered to deliver targeted percussive massage, aiding in muscle activation, recovery, and relaxation.

Key features include a 20W brushless motor, Quiet Sens technology for low noise operation, and a 1500 mAh lithium-ion battery for reliable use. The Flowgun Air provides five speed levels, including an auto mode, delivering 1500-3000 strokes per minute with a 6 mm stroke length for controlled stimulation.

2. WHAT'S IN THE BOX

Carefully unpack your Flowlife Flowgun Air and ensure all components are present:

- Flowlife Flowgun Air Massage Gun
- 4 Interchangeable Massage Heads
- Charging Cable
- Carrying Case
- User Manual (this document)



The Flowlife Flowgun Air massage gun shown with its four interchangeable massage heads.



The Flowlife branded carrying case, designed for convenient storage and transport of the massage gun and its accessories.

3. PRODUCT OVERVIEW

Familiarize yourself with the main components of your Flowgun Air:

- **Power Button:** Located on the handle, used to turn the device on/off and adjust speed.
- **Speed Indicator Lights:** LEDs indicating the current speed level.
- **Battery Indicator Lights:** LEDs showing the remaining battery charge.
- **Charging Port:** For connecting the charging cable.
- **Massage Head Attachment Point:** Where interchangeable heads are inserted.



A close-up view of the Flowlife Flowgun Air, highlighting the brand logo and control panel.

4. SETUP

4.1 Charging the Device

1. Before first use, fully charge the Flowgun Air for approximately 3-4 hours.
2. Connect the charging cable to the charging port on the device and plug the other end into a suitable power adapter.
3. The battery indicator lights will illuminate to show charging progress. All lights will be solid when fully charged.
4. Unplug the device once charging is complete.

4.2 Attaching and Changing Massage Heads

The Flowgun Air comes with four interchangeable massage heads, each designed for specific applications:

- **Ball Head:** General use, suitable for large muscle groups.
- **U-shaped Head:** Designed for the spine, neck, and Achilles tendon.
- **Bullet Head:** For deep tissue massage, trigger points, and small muscle areas.
- **Flat Head:** Suitable for all body parts, offering a broader, softer massage.



The U-shaped massage head, ideal for targeting muscles around the spine and neck.



The bullet-shaped massage head, designed for precise deep tissue work and trigger points.



The flat-shaped massage head, suitable for general muscle relaxation across various body parts.

1. To attach a head, gently push the desired head into the attachment point on the front of the device until it is securely seated.
2. To remove a head, firmly pull it straight out from the device. Do not twist.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

1. To power on, press and hold the power button for 2 seconds. The device will start at the lowest speed setting.
2. To power off, press and hold the power button for 2 seconds.

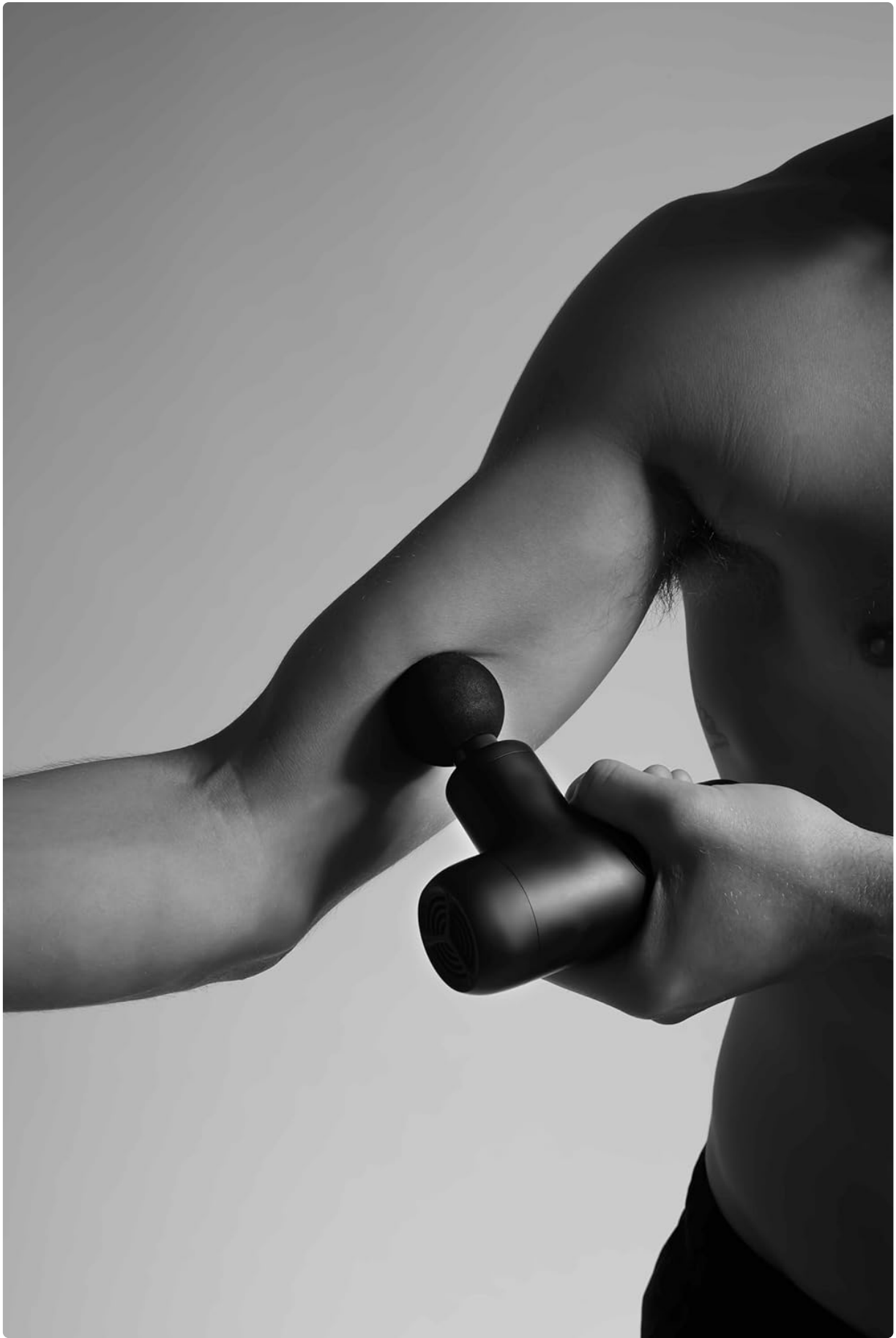
5.2 Adjusting Speed Levels

The Flowgun Air offers five speed levels (1500-3000 strokes per minute) and an auto mode:

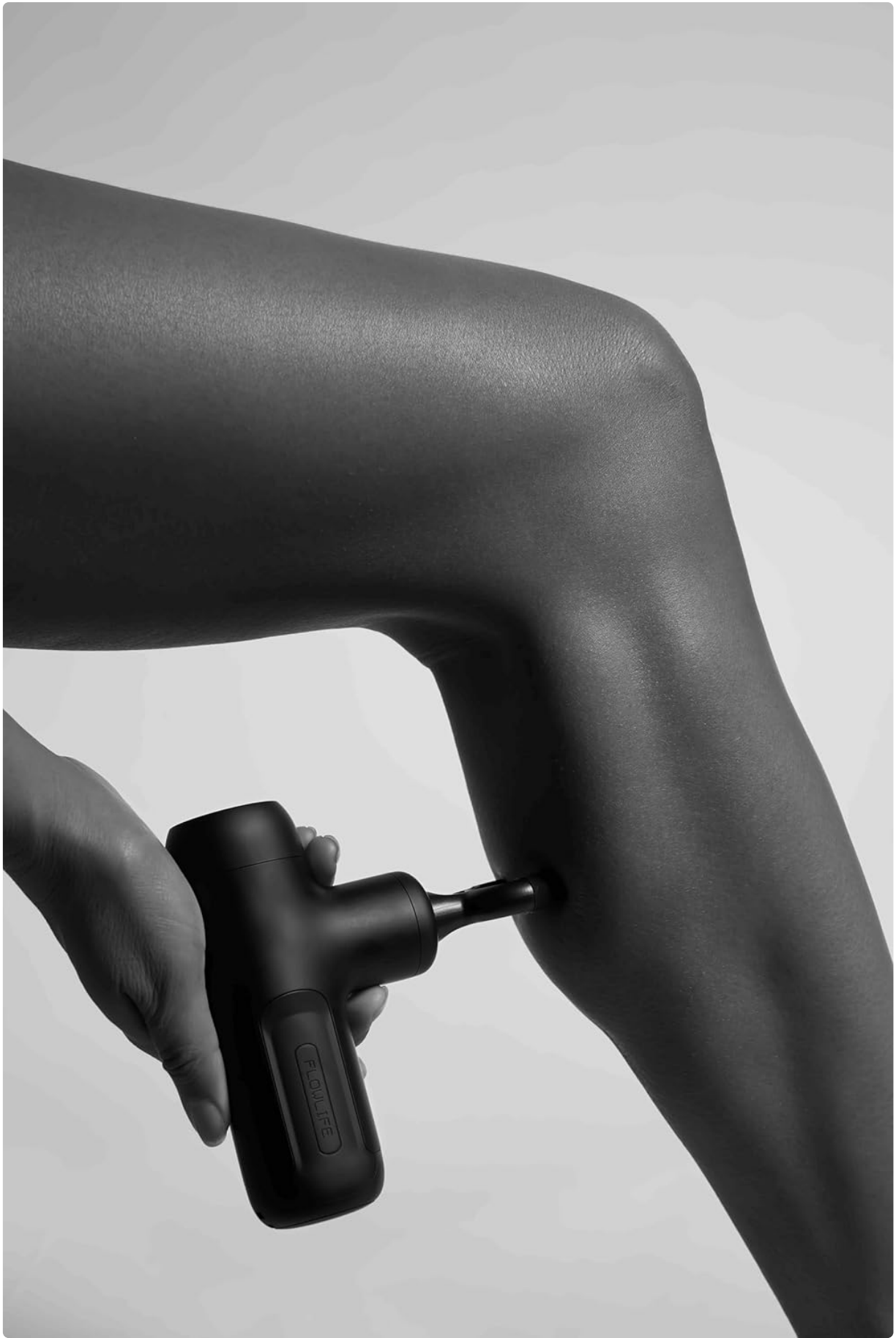
- While the device is on, short press the power button to cycle through the speed levels (1 to 5).
- The speed indicator lights will show the current intensity.
- The auto mode automatically adjusts intensity based on pressure applied.

5.3 Using the Massage Gun

Apply the massage gun to the desired muscle area. The 6 mm stroke length provides controlled stimulation suitable for both sensitive areas and smaller muscle groups. Move the device slowly over the muscle, applying light to moderate pressure. Avoid direct contact with bones, joints, or sensitive areas.



A user demonstrating the application of the Flowgun Air to an arm muscle for targeted relief.



A user demonstrating the application of the Flowgun Air to a leg muscle for recovery or relaxation.

6. MAINTENANCE AND CARE

6.1 Cleaning

- Always turn off the device and disconnect it from the charger before cleaning.
- Wipe the device with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Clean massage heads with a mild soap and water solution, then rinse and air dry thoroughly before reattaching.

6.2 Storage

- Store the Flowgun Air in its carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep out of reach of children.

7. TROUBLESHOOTING

If you encounter issues with your Flowgun Air, refer to the following common solutions:

- **Device not turning on:** Ensure the battery is charged. Connect to the charger and check if indicator lights illuminate.
- **Low power/weak massage:** Recharge the battery. If the issue persists, contact support.
- **Unusual noise or vibration:** Turn off the device immediately. Check if the massage head is properly attached. If the noise continues, discontinue use and contact support.
- **Device stops during use:** The device may have an automatic shut-off feature after prolonged use or if the battery is low. Recharge the battery or allow the device to cool down.

For issues not resolved by these steps, please contact Flowlife customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	FLFGA
Weight	340 grams (device only), 1 kg 50 g (packaged)
Motor	20W Brushless Motor
Speed Levels	5 speeds + Auto Mode
Strokes Per Minute (SPM)	1500-3000 SPM
Stroke Length	6 mm
Battery Type	1500 mAh Lithium-ion
Product Dimensions (LxWxH)	7.9 x 20 x 6 cm (device), 7L x 20W x 2.4H Centimeters (packaged)
Noise Level	Low (Quiet Sens Technology)
Country of Origin	Sweden

9. SAFETY GUIDELINES

Please read and follow these safety guidelines to prevent injury or damage to the device:

- This device is intended for adult use only.
- Do not use the massage gun on your head, face, open wounds, or sensitive skin areas.
- Avoid using on bony areas, joints, or directly over the spine.
- Consult a physician before use if you have any medical conditions, are pregnant, have a pacemaker, or are taking medication.
- Do not operate continuously for more than 15 minutes on a single muscle group. Allow the device to cool down between uses.
- Keep the device away from water and heat sources.
- Do not modify or attempt to repair the device yourself.

10. WARRANTY AND SUPPORT

10.1 Warranty Information

Your Flowlife Flowgun Air comes with a standard manufacturer's warranty. Additionally, a **1 Year Extended Warranty by Onsitego** may be available for purchase, providing extended coverage for your device.

Please retain your proof of purchase for warranty claims.

10.2 Customer Support

For any questions, technical assistance, or warranty inquiries, please contact Flowlife customer support:

- **Email:** hello@attivilife.com
- **Manufacturer:** Flowlife