

The background is a solid blue color with a pattern of thin, white, curved lines that sweep across the frame from the bottom left towards the top right, creating a sense of motion or flow.

FIND YOUR FLOW

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#findyourflow online

flowsportstech.com
/flowsportstech



At Flow, we're always pushing boundaries to create innovative products that make life easier. Thank you for trusting in us to reduce your body pain, fatigue and help get you back to an active lifestyle faster. With the **NANO**, we wanted to create a product that can be taken anywhere and used anytime. The size and weight makes the **NANO** an ideal travel companion. The combination of massage and heat therapy in one device is revolutionary.

We know it'll help you find your flow again.

IMPORTANT SAFETY INSTRUCTIONS

**BEFORE USING THIS PRODUCT ENSURE YOU HAVE READ THE INSTRUCTION
MANUAL AND ANY WARNINGS ON THE DEVICE**

**Thank you for purchasing
the Flow NANO Handheld Massager
& Heat Therapy device**

Visit support.flowsportstech.com for online help,
support videos, general tips and useful information about Flow.

Warnings



Before undertaking a Flow massage or heat treatment please first obtain approval from your doctor if any of the following apply: Pregnancy, diabetes with complications such as neuropathy or retinal damage, peripheral neuropathy, wearing of pacemakers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUDs, metal pins or plates or any other concerns about your physical health. To avoid severe muscle damage such as Rhabdomyolysis, the pressure applied shouldn't be to the point of severe pain and discomfort. Not for use by persons 13-year-old and under.



Do not use this device on your head or near your genitals. Do not use the device above your C4 (approximately mid-throat level).



Do not place your finger or any objects near the shaft or socket while the device is in use. Do not get hair caught in the massage head socket or shaft or any other moving part on the device.



Do not get the device wet other than by cleaning it with a lightly damp towel.



This device contains an extremely powerful magnet! Users of pacemakers must consult their doctor before using this device.

Safety

- Those aged 14 years and above or persons with reduced physical, sensory or reasoning capabilities should only use this device once they have received supervision or instruction by a responsible person who has demonstrated use of the device in a safe way and disclosed the hazards involved.
- Do not use device as a toy. Close attention is necessary when used near children.
- Keep the device out of reach of children.
- Never submerge the device in water or other liquids or pour water over the device.
- Keep away from heat sources and direct sunlight.
- Keep ports free from dirt, dust, and debris.
- Do not use the device for any other purpose than personal massage or heat treatment.
- Do not handle any part of the USB charger or device with wet hands.
- Do not unplug the USB charger by pulling on the cable. Grasp the connector to unplug, not the cable.
- Do not use any lubricants, cleaning agents, polishes or air fresheners on any part of the device.
- Contact the Flow support team when repair is required. Do not disassemble the device as incorrect reassembly may result in an electric shock or fire.
- If the device is malfunctioning, or has been dropped, damaged, left outdoors, received a sharp blow or dropped into water, do not use and contact the Flow support team.

Battery Safety

The battery is a sealed unit and under normal circumstances poses no safety concerns.

- Therefore keep the device away from excessive heat and direct sunlight. Do not place on or in heating devices, such as microwave ovens, stoves, or radiators. Batteries may explode if overheated.
- Do not put device in a fire as it may explode as damaged batteries may also explode. Dispose of the device in accordance with local regulations.
- Do not smash or pierce the battery casing, or expose it to high external pressure. Doing so may lead to a short circuit or overheating.



IF DAMAGED



Li-ion



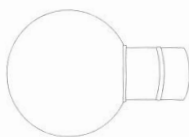
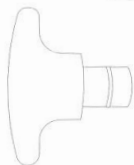
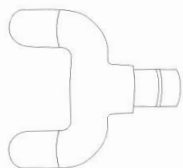
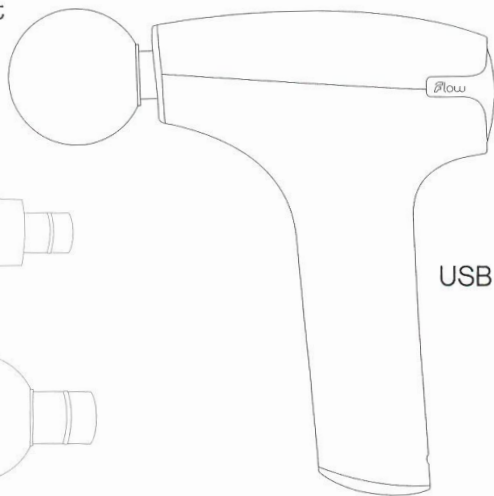
EUROPE



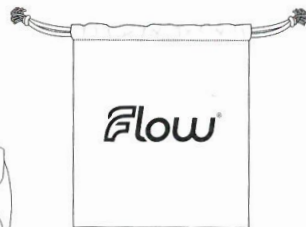
In the Box

NANO

Handheld Massage & Heat
Therapy device

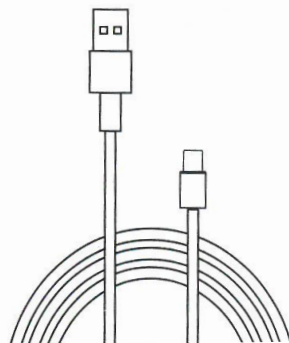


Flow Heads™

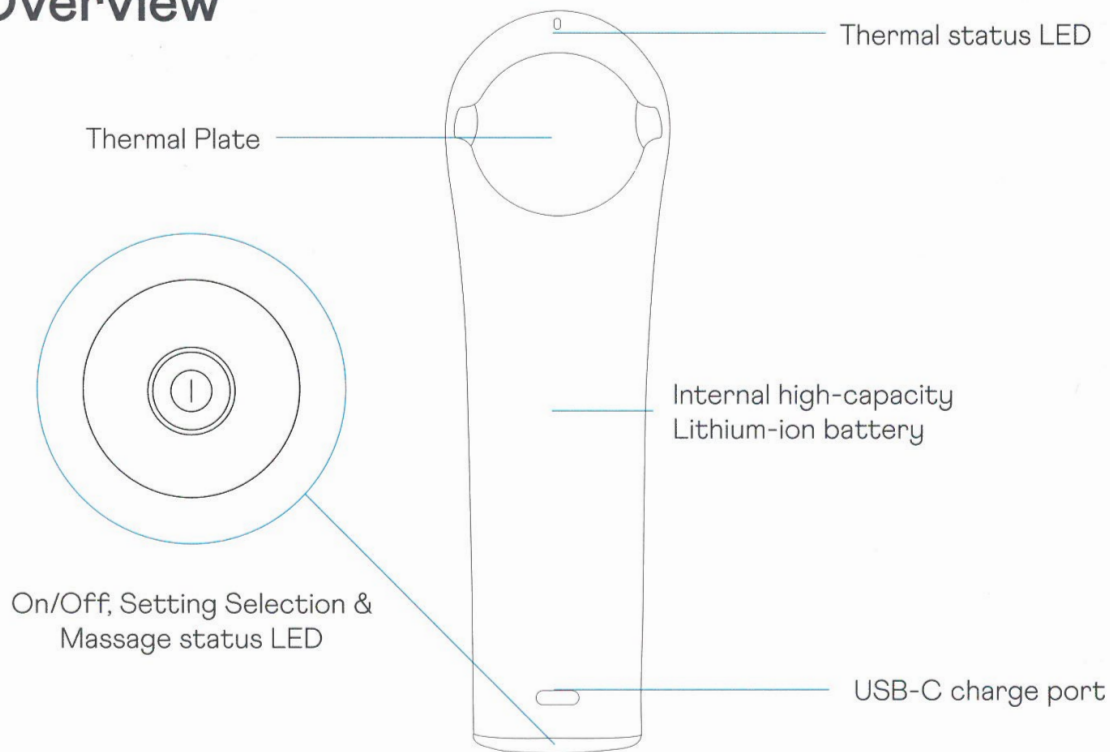


Carry Bag

USB to USB-C Fast Charger



Overview



Flow Heads™

Your device comes with four interchangeable Flow Heads™, which can be quickly and easily swapped. To change, pull the head away from the device. There will be a small click as the head comes off, and you'll be ready to insert a new one.



Hammer

The jack of all trades head, this head is designed for overall body treatment and larger muscles groups.



Bullet

The small diameter of the bullet head makes it perfect for focused muscle treatment; to pinpoint trigger points and work them away.



Fork

Perfect for the spine, lower neck and Achilles' tendon along with major muscle groups like the calves and quadriceps. Care should be taken when using the fork Flow Head™ in tender areas.



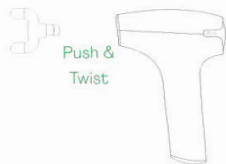
Ball

Made with closed-cell PU foam, this forgiving, non-porous & hygienic head is perfect for all over body use and more sensitive zones.

Quick Start - Massage



Remove the device carefully from the box. Your **NANO** will already have the Ball Flow Head™ fitted. To remove it simply grip the base of the Flow Head™ (Do not pull at the foam part) and tug until you hear a 'Click'.



Push &
Twist

With the device switch off, fully insert the Flow Head™ of your choice by pushing while twisting it into the socket. Do not operate the device without a Flow Head™.



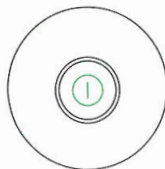
Long Press!

To turn the device on long press the large power button at the bottom of the device. Pressing again will activate the various modes (see opposite). Massage desired body part at the required speed and apply pressure as needed. Cycle through the modes or hold down the power button to switch off when finished.

Modes

Your device is designed to be as easy to operate as possible.

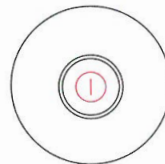
Press the large power button once, and the device will start to operate in **Relax mode**, our first level.



Press again for level two, **Refresh mode**.

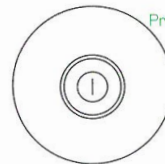


Press once more for maximum power at level 3, **Recharge mode**.



Press! Hold!

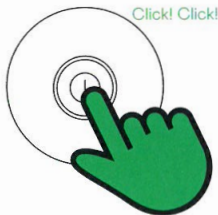
To switch off press and hold for two seconds. There is no need to do anything else, as **NANO** will sleep after 5 minutes of non-use. To wake, simply press the power button again.



Quick Start - Heat



Remove the device carefully from the box. Your **NANO** will already have the **Ball Flow Head™** fitted. There is no need to remove it for Heat treatment.



To activate heat, double click the large power button at the bottom of the device within half a second. Clicking again will activate the various levels (see opposite). Apply the thermal plate to the desired body part, at the required temperature, and apply pressure as needed. Cycle through the levels or hold down the power button to switch off when finished.

Safety Tip: The thermal plate will take approximately 30-60 seconds to cool down.

Modes



Click the large power button twice, and the device will start to warm up to our first level.

Low. 38 °C | 100 °F



Click again for level two heating.

Medium. 42 °C | 108 °F



Click once more for maximum heating at level 3.

High. 46 °C | 114 °F



Press! Hold!

To switch off heat, click and hold then your device will start to cool down. There is no need to do anything else, as **NANO** will auto-sleep after 5 minutes of non-use. To wake, simply press the power button.

To start massage again you may double click instead of powering down.

Charging

Low or No Charge

When your device has very low or zero charge left in it's battery the control panel will display a **Red** LED and may operate sluggishly.

It is not recommended to run the battery down to this point.

Charging your Device

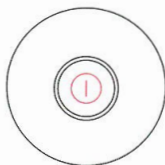
Plug the USB charger securely into a power supply and attach the other end to the USB-C fast charge port on the device.

The device will display a pulsing **Red** LED indicating that the USB charger is connected and providing charge.

Charging Complete

When fully charged the device will display a solid **Green** LED.

The device will not turn on whilst charging.



Cleaning

- Do not clean device while charging.
- Do not use water to clean the device.
- Do not use abrasive cleaning chemicals or solvents.
- Do use a slightly damp towel to clean the device.
- Do use the supplied cloth to dry afterward.



Maintenance

- High-density foam Flow Heads™ should be replaced every three months or if they show obvious signs of wear and tear or become dirty.
- Fully charge the device before first use.
- Recharge device monthly to maintain battery life.
- Device can be recharged at any time and at any battery level.
- Only recharge using the supplied Flow USB charger cable.
- Do not keep/leave/store the device in direct sunlight or at temperatures above 40°C.
- The device and charger work best at normal room temperature. Do not charge in direct sunlight or cold temperatures. The temperature range for charging is 0°C to 40°C.
- Never leave your device operating or charging unattended.
- It is recommended not to fully deplete the battery.

Travel/Storage

- NANO is TSA accepted as a carry-on item, it must only be stored in carry-on baggage. If a carry-on bag is checked at the gate, the device must be removed from the bag and kept with the passenger in the aircraft cabin.
- Fully charge the device prior to long-term storage.

TSA
ACCEPTED

Warranty

TERMS AND CONDITIONS OF THE FLOW INTERACTIVE LTD 2 YEAR LIMITED WARRANTY

WHAT IS COVERED

- The repair or replacement of your NANO if it is found to be defective due to faulty materials, workmanship or function within 24 months of purchase or delivery (if any part is no longer available Flow will replace it with a similar part).
- Where this device is sold outside of the EU, this warranty will only be valid if the device is used in the country in which it was sold.
- Where this device is sold within the EU, this warranty will only be valid (i) if the device is used in the country in which it was sold or (ii) if the device is used in Austria, Belgium, France, Germany, Ireland, Italy, Netherlands, Spain or the United Kingdom.

WHAT IS NOT COVERED

Flow does not guarantee the repair or replacement of a product where a defect is a result of:

- Accidental damage or faults caused by negligent use or care, misuse, abuse, neglect, carelessness using the device in a way which is not in accordance with the NANO Operating Manual.
- Damage caused by not carrying out the recommended device maintenance.
- Damage caused by the failure to adhere to device cleaning directions.
- Damage caused by the failure to adhere to travel and storage directions.
- Use of the device for anything other than as a handheld sports massager.
- Use of parts not assembled or installed in accordance with the instructions of Flow.
- Use of parts and accessories which are not genuine Flow components.
- Repairs or alterations carried out by parties other than Flow or its authorised agents.
- Normal wear and tear (e.g. Flow Heads™ etc.).

If you are in any doubt as to what is covered by your warranty, please contact the Flow customer support team.

PLEASE NOTE THIS WARRANTY REQUIRES THE DATED PROOF OF PURCHASE

If you are a reseller partner, please contact the appropriate Flow wholesaler, dealer or retailer, from whom you directly purchased the product for warranty and return authorisation procedures.

This warranty is initiated and executed by Flow Interactive Ltd.

To have the NANO, or a part repaired, or replaced under the warranty, it must be returned with shipping prepaid and insured, to Flow Returns, 2nd Floor, Mann Island, Liverpool, L3 1BF, United Kingdom.

Disposal

- Flow products are made from high-grade recyclable materials. Recycle where possible.
- The marking below indicates that this product should not be disposed of with other household wastes throughout the EU. To prevent possible harm to the environment or human health please recycle and support the sustainable reuse of materials.
- The box and this manual are all recyclable. Please consider the environment when disposing this packaging.



Disclaimer

- Only use on dry surfaces of the body covered by clothing. Pressing lightly, move slowly across the body spending approximately 60 seconds per region. Use slower movements for greater effect.
- The recommended usage time is 15 minutes per session. For extra sore muscles consider using for an additional 30-60 seconds as and when desired.
- Only use the NANO on soft tissue areas.
- Our Flow Heads™ usage are recommendations only. Use whichever head provides the best effect.
- Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and stop immediately at the first sign of pain or discomfort.

Please save these instructions. Note: Small details may vary from those shown.

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