

FLOWIN®

For the physiotherapist and patient, Friction Training™ with FLOWIN® offers rehabilitation with very accessible open and closed chain variables. The uniqueness of the product lies in its simplicity and exercise versatility. You are able to perform safe stabilization training as well as to maintain the workload, even at the end of ROM (range of motion). FLOWIN® offers active flexibility training at its best.

The FLOWIN® high friction device and the training techniques enable strength training without the use of weights, and the workout provides resistance along horizontal, vertical, rotational and diagonal vectors. The plate is also a great dynamic stretching tool, allowing flexibility training during strength exercises. The use of multiple movement levels and multi-joint exercises will give you an invaluable workout, no matter if the trained muscles are primary movers, secondary movers or stabilizers. Friction Training™ with FLOWIN® will help you improve stability, mobility, balance, control and co-ordination.



FRICION TRAINING™

The FLOWIN® training tool offers a very efficient comprehensive full body workout. With the FLOWIN® concept you will benefit from a great number of professionally designed training exercises - all fully maximised for highest efficiency.

With many years of experience from athletics, the FLOWIN® team has strived to develop a functional and complete training tool intended for all people - of all fitness levels.

FLOWIN® FRICTION TRAINER™

FITNESS, SPORT AND REHABILITATION

FLOWIN® Sport - Ideal for Home Use

- 1 x foldable plate, 140x100cm
- 1 x instructional DVD
- 1 x manual
- 2 x foot pads
- 2 x hand pads
- 1 x knee pad
- 1 x travel carry bag



FLOWIN® Pro - Ideal for Clinic Use

- 1 x non-foldable plate 140 x 100 cm
- 2 x foot pads
- 2 x hand pads
- 1 x knee pad



Andreas Lilja, NHL Hockey Player.
Stanley Cup Champion 2008.



As Purchased by:

GB Rowing, British Judo, English Institute of Sport, Lilleshall Sports Injury, UK Athletics,
Manchester City FC, Stoke City FC, West Brom FC, Cardiff Blues.

TESTIMONIALS

"The Brisbane Roar FC have recently acquired the Flowin friction training system for use in the preparation and maintenance of our squad for the 2009-2010 Hyundai A-League season. The Flowin system is easy to use and extremely practical. The ability to load both groin and hip flexor musculature with progressive eccentric force forms an integral part of our squads injury prevention. I would thoroughly recommend the Flowin system for both football specific athletes and general physiotherapy clinic applications."

- Tony Ganter - Director of Athletic Performance - Brisbane Roar FC

"I have been using the Flowin for six months now. The research evidence supports the use of controlled eccentric loading in the rehabilitation of both tendinopathy and recurrent muscles strains. The Flowin affords the physiotherapist and other rehabilitation specialists the opportunity to administer multi-directional and multi-level loading to a variety of upper, core and lower limb structures in a unique way. I support the use of the product as an integral component of progressive loading for my clients."

- Michael Dalgleish BAppSci(Phty) BHMS MPhySt(Sports) FASMF FAICD - APA Sports Physiotherapist & Sports Scientist - Optima Sports Medicine - Director of The Golf Athlete



CUSTOMER DETAILS

If you have an account with us, please tick here and your order will be dispatched within 24hrs

Company Name: _____

Contact Name: _____

Delivery Address: _____

Phone: _____

ORDER DETAILS (all pricing shown is inclusive of GST)

PRODUCT	QTY	UNIT COST	TOTAL COST
FLOWIN® Sport (RRP \$249)		\$183.15	
FLOWIN® Pro (RRP \$349)		\$274.89	
FLOWIN® DVD 1 (RRP \$59) <small>Contains instructions, demonstrations and 3 complete work-out programs for home use.</small>		\$44.55	
FLOWIN® DVD 2 (RRP \$59) <small>Contains even more instructions, demonstrations and 3 additional complete work out programs for home use.</small>		\$44.55	
FLOWIN® Pad Kit (RRP \$47) <small>Replacement Pad kit contains 2 x foot pads, 2 x hand pads, 1 x knee pad.</small>		\$35.20	
		Order Total	
		Delivery	\$11.00
		Grand Total	

PAYMENT DETAILS

Please charge to my account Sending Cheque Credit Card

CREDIT CARD DETAILS

Card Number:

Expiry Date: / Signature: _____

Fax order form to: Alphasport 07 3841 1864 or Practitioner Supplies 08 8277 7577 for priority order processing.



Phone: 1800 647 400 or 07 3341 8033
21 Darnick Street, Underwood, QLD 4119
www.alphasport.com.au



Phone: 1800 088 668 or 08 8277 7677
1234 South Road, Clovelly Park SA 5042
www.practitionersupplies.com.au