

USER MANUAL

PERFORM  **9i**



USER MANUAL PERFORM W9I

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1. IMPORTANT INFORMATION

1.1 HEALTH

Important:
read this instruction manual first and follow the instructions
carefully before using the product.

- Consult an expert to determine the training level that is most suitable for you.
- If you experience any dizziness, nausea or any other physical discomfort while training, cease the training immediately and consult a physician.
- Watch your heart beat during the training and immediately stop training when values are inconsistent.
- We advise you to do warming up and cooling down exercises during five to ten minutes before and after use of the product. This way your heart rate can increase and decrease gradually and you can prevent painful muscles.

1.2 SAFETY

- Only use this product as described in this instruction manual.
- Before using this product check that the product functions as it should. In case of malfunction or a defect stop training immediately and contact your vendor.
- Do not use the product when there is a malfunction.
- The product is only meant for use in the home and it has to be positioned on a flat surface.
- The product can only be used by one person at the time.
- The product can be used by persons with a body weight of up to 180 kilos.
- Always make sure that there is at least one meter of free space in all directions around the product when you are training.
- Don't stick any objects in any opening of the equipment.
- Keep children and pets away from the product.
- Disabled persons should get consent from a medical expert and follow their directions for training with the product.
- Do not place hands or feet under the product.

- Never hold your breath during a training session. Your breathing should be at a normal interval depending on the intensity of the training.
- Start your training schedule slowly and build it up gradually.
- Always wear appropriate clothing during training. Don't wear anything that's too loose and can get caught between moving parts of the equipment.
- When moving the equipment always use the appropriate lifting techniques to prevent back injury.
- Check screws and bolts regularly and fasten them if they are loose.
- The owner of the product is responsible for all users to be aware of the warnings and instructions as mentioned in this instruction manual.
- This product is intended for use in a clean and dry environment. Storage in cold and / or moist areas could lead to problems with the product.
- This product is not suitable for therapeutic supports / or professionally use in physical therapy.

WARNING

Have your physical condition checked by a licensed physician before you start training. This is particularly important for persons over 35 years old or persons who have any problems with their health. Read all instructions before using the equipment. Flow Fitness is not responsible for any personal injury or damage to property caused by the use of this equipment.

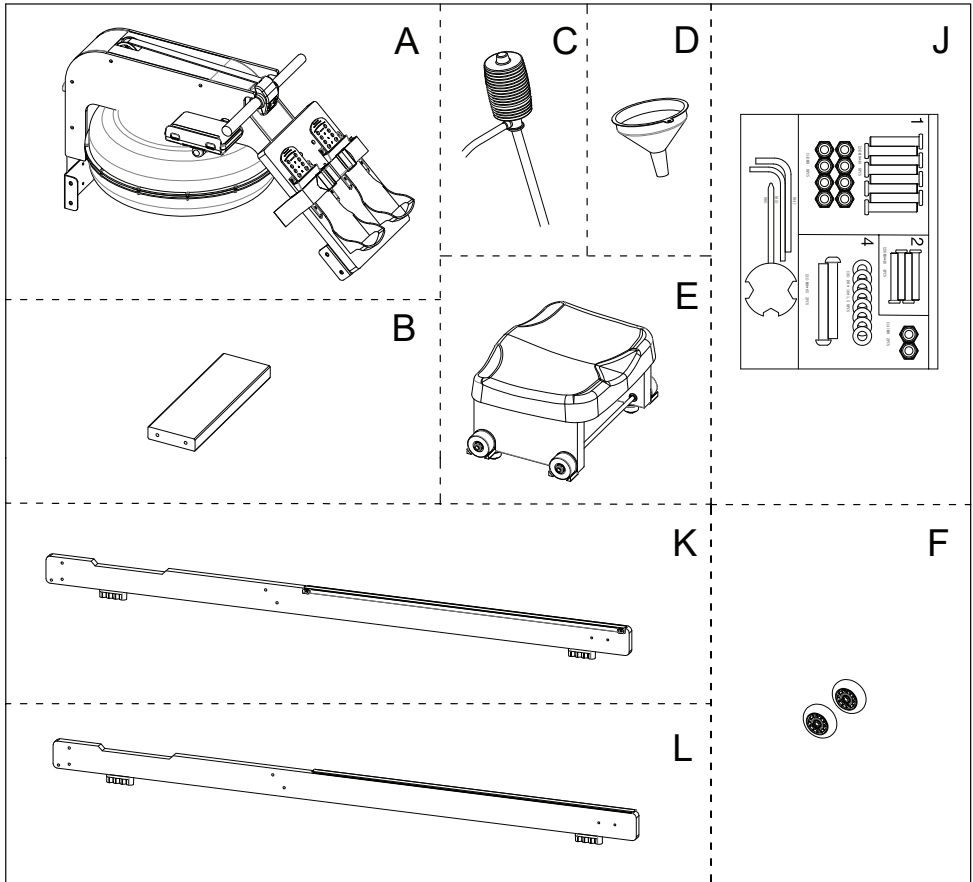
This product is not suited for rental or use in a commercial or professional environment.

2. INTRODUCTION

Thank you for purchasing the Perform W9i. We are convinced that this product will meet your expectations. You will have had several different reasons for purchasing this Flow Fitness product. This Flow Fitness product can be purchased for several reasons. Whatever yours may be, improve stamina, lose weight, rehabilitation or just because you like to exercise, we are convinced this product will meet your requirements.

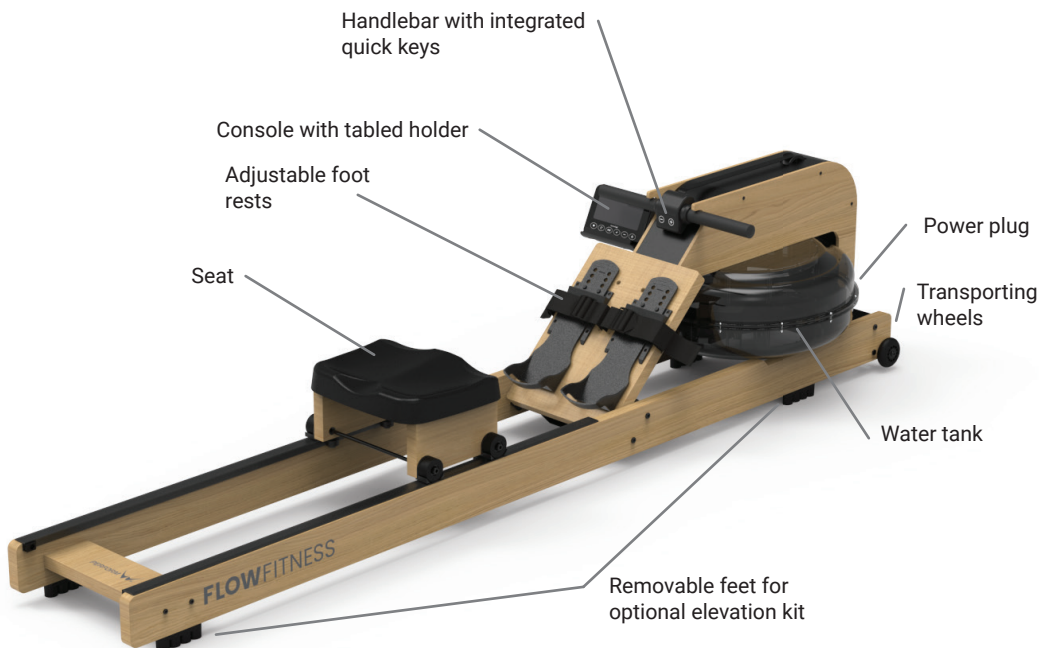
Flow Fitness wishes you successful and enjoyable training sessions.

2.1 CONTENTS OF PACKAGE



2. INTRODUCTION

2.2 IMPORTANT PARTS



2.3 SPECIFICATIONS

Length:	219 cm
Height:	49.5 cm
Width:	54 cm
Weight:	33.2 kg

What is fitness? In general a fitness exercise can be described as an activity that makes your heart pump more oxygen from your lungs to your muscles by means of circulating the blood. The more strenuous the training, the more fuel (oxygen) the muscles need and the more work the heart has to do to pump oxygen rich blood to the muscles. If you are in good physical shape your heart can pump more blood to the muscle with each contraction. This means the heart doesn't have to contract as many times to transport the necessary oxygen to your muscles. Your resting heart beat and heart beat when exercising will therefore decrease.

3.1 TRAINING BY HEART RATE

While training it is important to monitor your heart rate. The heart rate is essential for the result of your training. Your best training heart rate depends firstly on your age. Your maximum heart beat can be determined by this. Secondly the most effective heart rate depends on your training goals. If your training goal is to lose weight, then the most effective training is at 60% of your maximum heart rate. If your training goal is to improve your stamina, then you should train at 90% of your maximum heart rate.

The body stores energy in two forms: carbohydrates and fat. When we exercise we use a combination of these two energy supplies. If the training intensity is at a high level the body will mostly choose the energy that burns fast: carbohydrates. Since there is a limited supply of these carbohydrates you can't continue this for a long period of time. When training at a low intensity the body will mostly choose to use a long lasting source of energy: fat. Since this is stored in large quantities in the body, you can continue this kind of training for a longer time.

Below you will find a schedule allowing you to calculate the best heart rate for your training. In this schedule each age category has a range that your heart rate should be in during your training. The middle column has the values you should try to maintain if you want to lose weight. If you want to improve your stamina you should try to maintain the rates in the right column.

3. FITNESS

Age	Weight loss (beats per minute) 60%	Improve stamina (beats per minute) 90%
20 - 24	120 - 118	170 - 167
25 - 29	117 - 115	166 - 163
30 - 34	114 - 112	162 - 158
35 - 39	111 - 109	157 - 154
40 - 44	108 - 106	153 - 150
45 - 49	105 - 103	149 - 145
50 - 54	102 - 100	144 - 141
55 - 59	99 - 97	140 - 137
60 and older	96 - 94	136 - 133

For each individual the best way to start training is different. If you have not exercised in some time or are overweight, you should start your training schedule slowly and gradually increase the level of activity.

In the last chapter of this instruction manual you will find several different training schedules (chapter 5. general information). You can use these schedules to reach your training goals. The schedules are divided in two phases. The first phase can be used for beginners or persons who start training after a long period of inactivity. During this phase the level of intensity is built up gradually. After six weeks the second phase begins. You can then choose a training schedule to lose weight or improve your stamina.

3.2 WARMING UP AND COOLING DOWN

A good training schedule starts with a good warming up and ends with a cooling down of the muscles. This will prevent painful muscles and injury. Below you will find some suitable exercises.



Head Roll

Tilt your head to the right. Hold this for one second, so that you feel a little pull in the muscles on the left side of your neck. Do the same for the other side, front and back. Repeat two or three times.



Toe Touch

Slowly bend forward with your back and arms relaxed. Bend as far as you can and hold the position for ten seconds. Repeat this two or three times.



Side Stretch

Extend both your arms up in the air and reach as high as you can with your right arm. Lean a bit to the left so that the muscles in the right side of your torso are stretched. Hold this position for one second. Relax and make the same motion on the other side of your body. Repeat this three or four times.



Knee bend

Set your feet shoulder-width apart and your stretched your hands out. Lower yourself no more than 10cm by bending your knees. Come back up again and repeat several times.



Lower back stretch

Start on all fours. Stretch your arms out in front of you, allowing your face to lower to a position near the floor. Gently sit back. Rest your glutes just above your heels. Ease back and feel the gentle stretch in your lower back.



Hamstring Stretch

Sit down on the floor with your right leg extended in front of you and place the sole of your left foot on the inside of your right upper leg. Bend forward in the direction of your right foot and hold this position for ten seconds. Relax and then do the same with your other leg. Repeat two or three times.

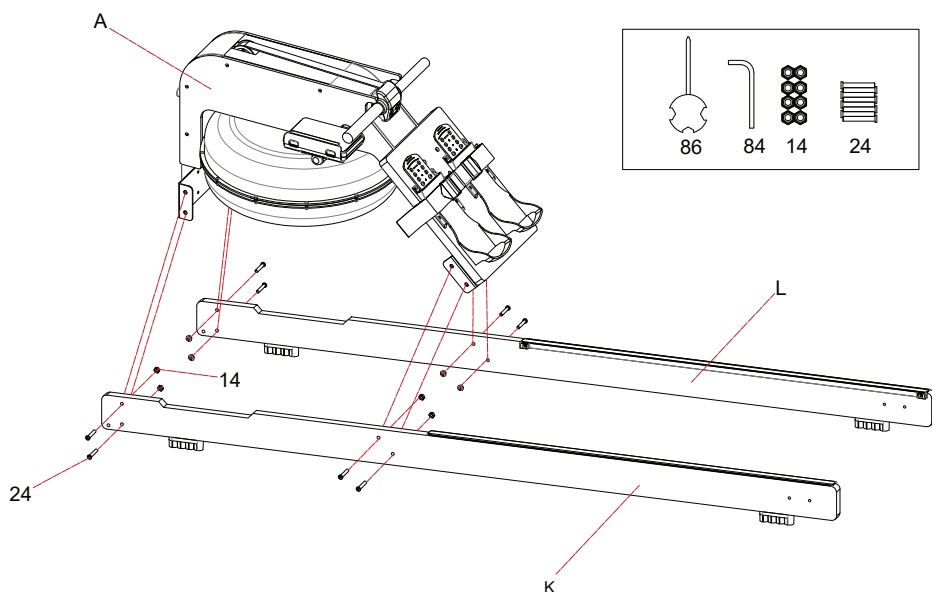
4. USE

4.1 ASSEMBLY

Step 1

Assemble the side rails (K & L) to the main frame (A) by fastening Bolts (24) and self locking nuts (14) as displayed in the illustration below.

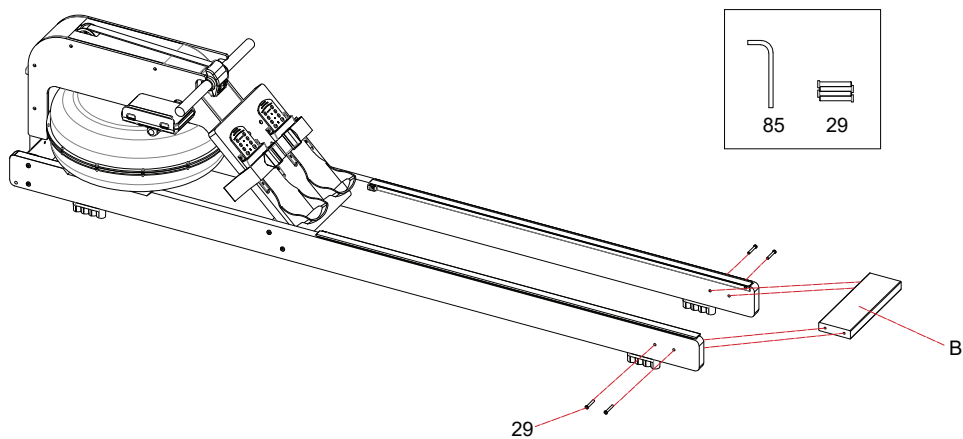
Please note: Do not fully tighten all the bolts to make the next assembly step easier.



Step 2

Assemble the rear wooden cross member (B) by fastening the Allen Bolts (29).

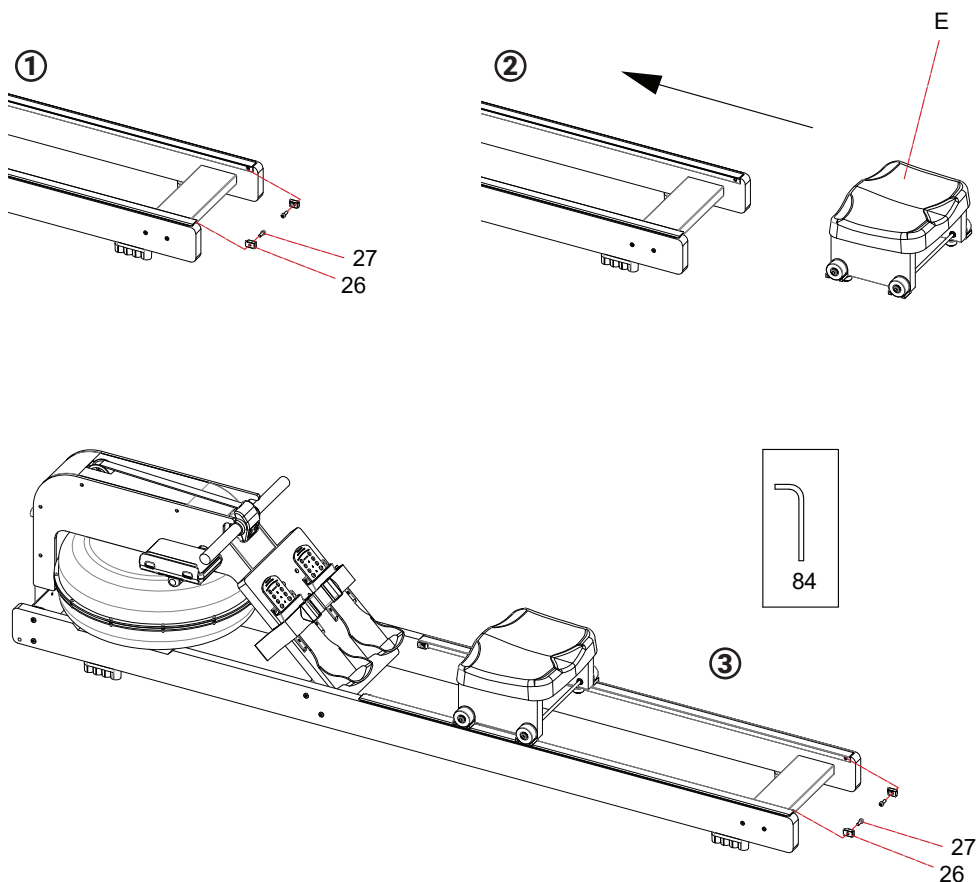
Fasten all bolts and nuts tightly including the bolts and nuts from step 1.



4. USE

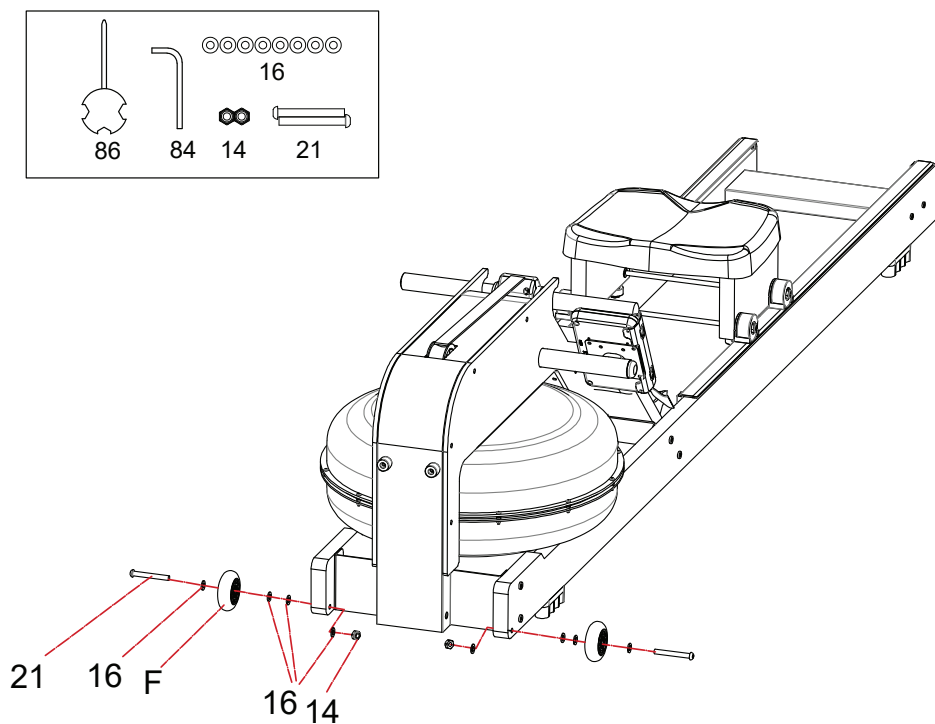
Step 3

1. Remove rear wheel stopping blocks (26) by unscrewing Allen bolts (27).
2. Slide the seat (E) onto the rower as illustrated in the image below. Please note that the seat is design to work in one direction and cannot be reversed.
3. Assemble the wheel stopping blocks (26) that have been removed in step 3.1 again by fastening Allen bolts (27).



Step 4

1. Assemble the transporting wheel (F) to the water rower by fastening bolt (21) with washers (16) and nut (14)
2. Do the same for the other side.

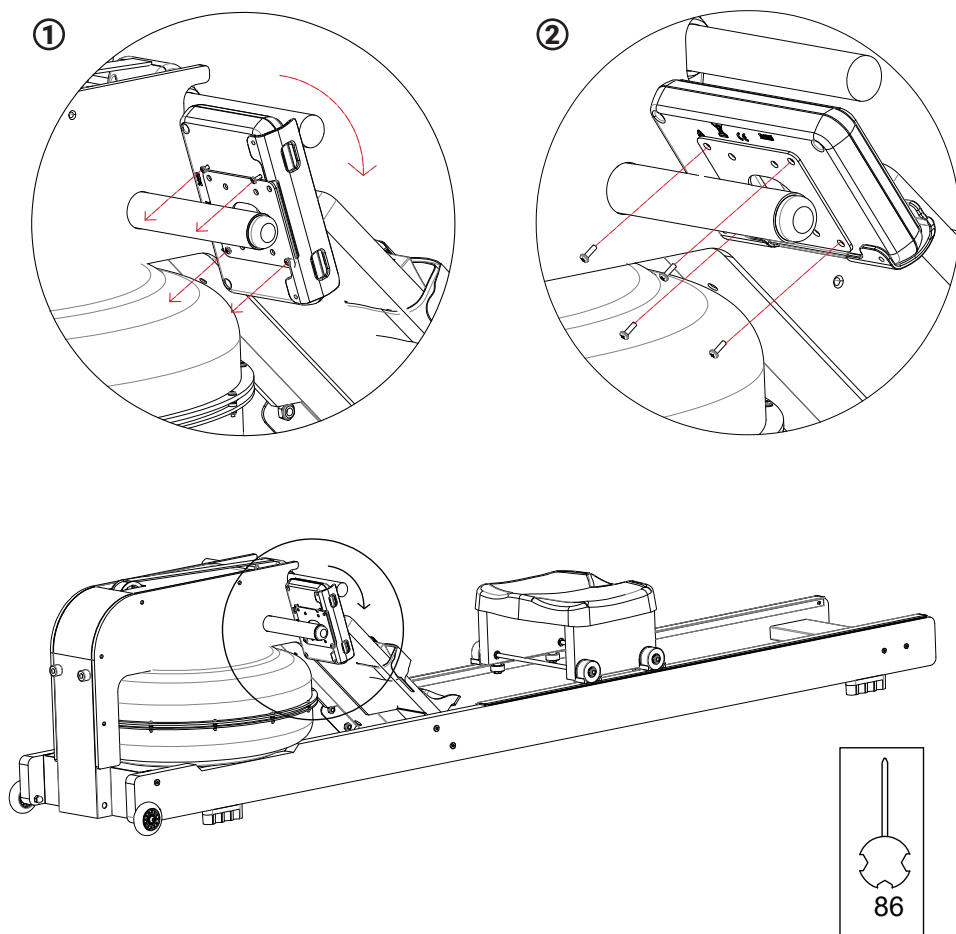


4. USE

Step 5

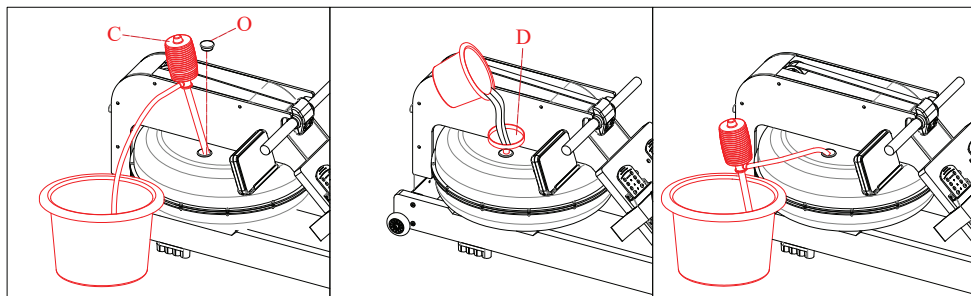
1. Remove the bolts from the console and rotate the console to the correct position.
2. Fasten the console to the console bracket using the bolts that have been removed from the console.
3. The console can now be tilted (forwards or backwards) to the preferred viewing angle.

Please make sure that no connection cables are stuck between console and bracket before fastening the bolts.



Step 6

Now that the water rower has been fully assembled it can be filled, remove the plug (O). The tanks can be filled by using the provided syphon (C) or funnel.

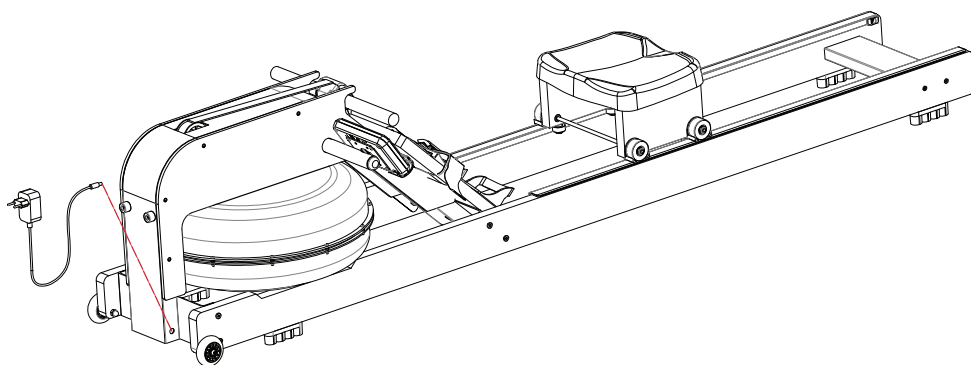


This rower has a hybrid system with two types of resistance; water and friction. Water being the base resistance of this rower. Please fill the tank to the preferred base resistance level. The resistance by friction will be added automatically and be controller by the console. After filling the tank add the provided water treatment chloride and install the plug (O) to the tank opening.

It is strongly recommended to place a cloth or a blanket underneath the water tank when filling the rower with water or whenever the tank plug is opened for water treatment.

Transport the rower to the preferred location and connect the power supply plug to the rear of the rower and wall socket.

To keep the best water quality do not place the water tank in direct sunlight.

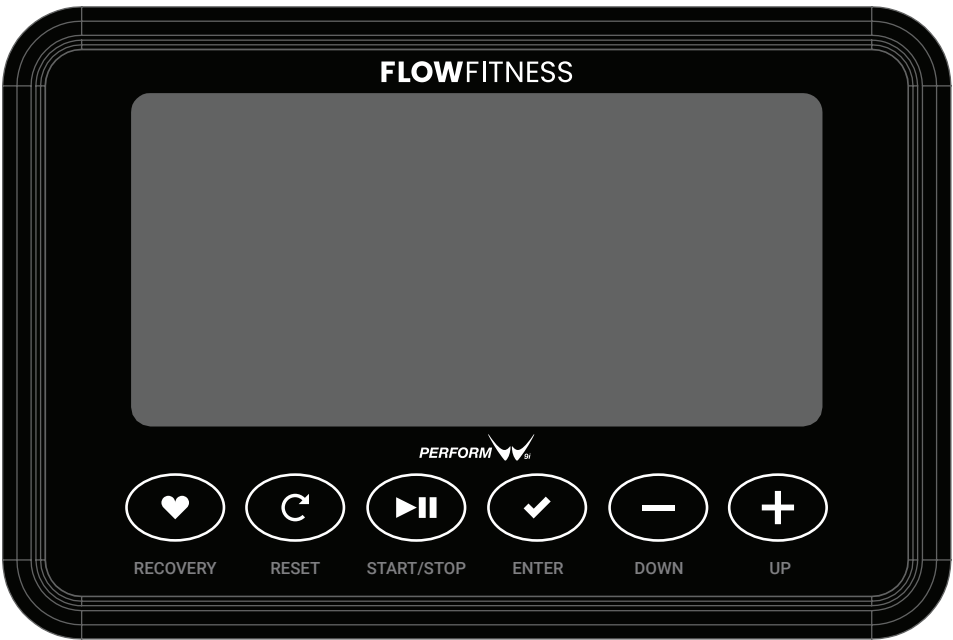


4. USE

4.2 USE OF THE CONSOLE

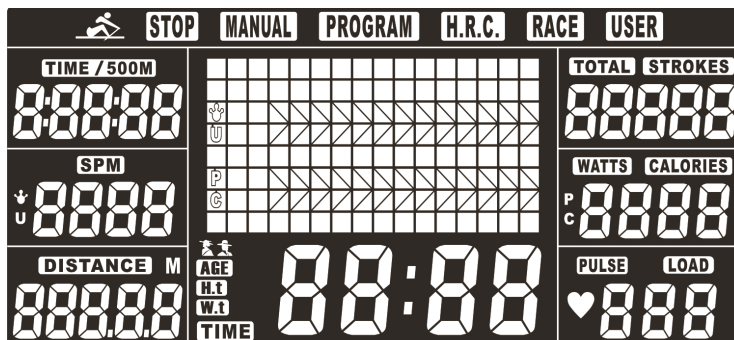
Power up

Connect the adapter to the water rower and outlet and wait for the acoustic sound signal to sound, indicating the rower is ready for use.



Button functions

RECOVERY	Use this key directly after a training session to start the recovery stamina test.
RESET	1. Press this key to reset the current value. 2. Press this key to go back to the main menu Press and hold for 2 seconds to reset all values.
START/STOP	Use this key to start, pause or stop a training session.
ENTER	Confirm a selection, setting or value.
DOWN	1. Select program within the main menu. 2. To increase the target values. Use this key to decrease the resistance level when in training program.
UP	1. Select program within the main menu. 2. To increase the target values. Use this key to increase the resistance level when in training program.



Display values

SPM	Strokes per minute
TIME/500m	Your current rowing pace in time over 500 meter
DISTANCE	Your elapsed or remaining distance depending on the setting.
CALORIES	An indication of your burned calories
STROKES	Amount of rowing strokes
PULSE	Display of your heart rate in BPM (Beats Per Minute). This value is only visible when wearing the optional Flow Fitness Bluetooth chest belt or Arm band

Standby

After four minutes of inactivity the rower's console will automatically enter standby mode. Press any button or start rowing to wake the console from standby.

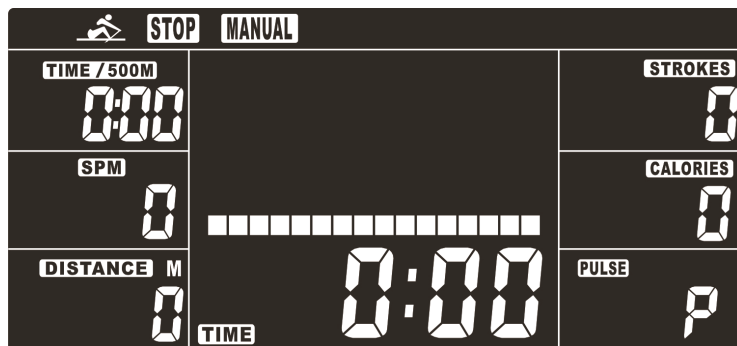
Values and training data

All training values will be measures or calculated by the rower and console. Heart rate data can be loaded from an external Bluetooth source. This can be the Flow Fitness Bluetooth Chest belt or Flow Fitness Bluetooth Heart rate Arm band. When connect the Pulse window will show your current heart rate instead of the "P" symbol. The console will pick up the signal directly and no pairing process is necessary.

4. USE

Manual program

With the manual mode you can directly start training or reach your goal by setting up target values.



1. Select **MANUAL** with **UP** or **DOWN**, confirm with **ENTER**.
2. Press **START/STOP** to start the training session or setup a target time or distance:
 - Set a target time with **UP** or **DOWN**, confirm with **ENTER**.
 - Set a target distance by leaving the target time at 0 and directly pressing **ENTER** then setup the target distance with **UP** or **DOWN**, confirm with **ENTER**.
3. Next to the target time or distance you are able to set up target calories and a target heart rate pulse.
 - Set a target calories with **UP** or **DOWN**, confirm with **ENTER**.
 - Set a target pulse with **UP** or **DOWN**, confirm with **ENTER**.
4. Press **START/STOP** to start the training session.
5. The training session will start with resistance level one.

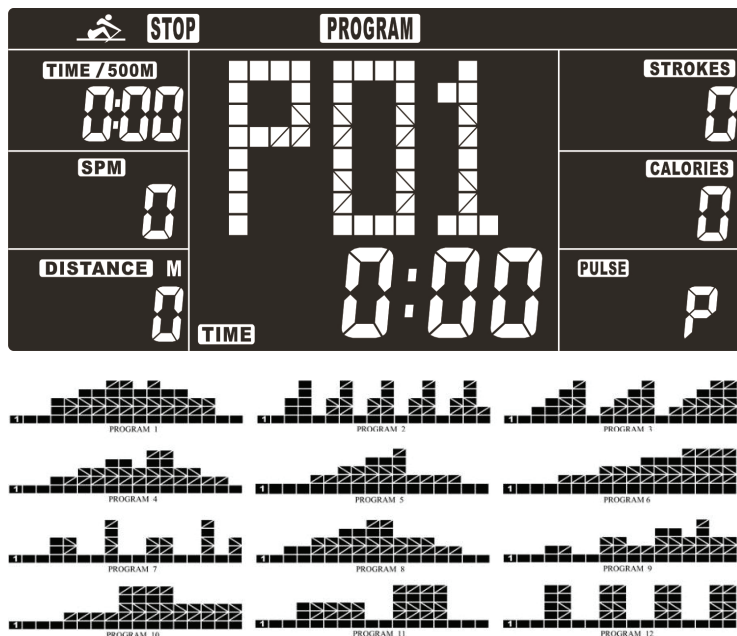
The training sessions is finished when one or the target values reaches 0 and an sound signal will be played.

During a training session you are able to change resistance load level by pressing **UP** or **DOWN** on the console or quick keys in the handlebar.

You can pause your training by pressing **START/STOP**, press **RESET** to return to the main menu or press **START/STOP** to resume the training session.

Program

With preset programs you can choose between 12 resistance profiles for your training session. The resistance will automatically change according to the selected resistance profile.



1. Select program with **UP** or **DOWN**, confirm with **ENTER**.
2. Select one of the 12 profiles with **UP** or **DOWN**, confirm with **ENTER**.
3. Set the training duration with **UP** or **DOWN**, confirm with **ENTER**.
4. Press **START/STOP** to start the training session.

The training sessions is finished when the set time has elapsed and a sound signal will be played.

During a training session you are able to change resistance load of the profile by pressing **UP** or **DOWN**.

You can pause your training by pressing **START/STOP**, press **RESET** to return to the main menu or press **START/STOP** to resume the training session.

4. USE

H.R.C. Heart Rate Controlled

With the H.R.C. mode you can train using your heart rate, the W9i water rower will automatically adjust the resistance load level to maintain your heart rate at the entered value.



You are able to train at a set percentage of your maximum heart rate (55% 75% or 90%) or enter the preferred beats per minute (TA). This training only works with the use of an optional Flow Fitness Bluetooth chest belt or Flow Fitness Bluetooth heart rate Arm band.

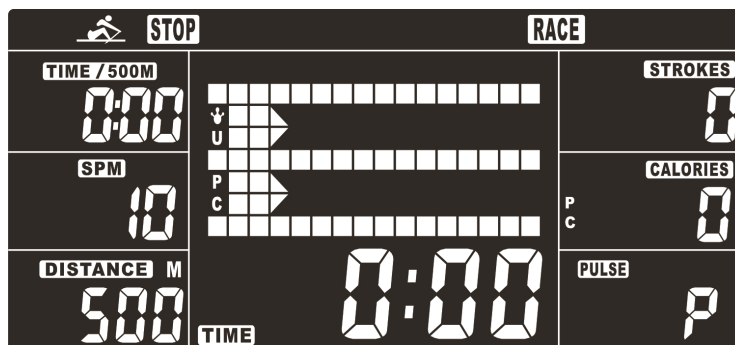
1. Select H.R.C with **UP** or **DOWN**, confirm with **ENTER**.
2. Set your age with **UP** or **DOWN**, confirm with **ENTER**. Your age is needed to calculate you maximum heart rate.
3. Set the a percentage 55%, 75%, 90% or TA with **UP** or **DOWN**, confirm with **ENTER**.
4. If your pressed TA in the previous step you need to set the beats per minute with **UP** or **DOWN**, confirm with **ENTER**.
5. Set the training duration with **UP** or **DOWN**, confirm with **ENTER**.
6. Press **START/STOP** to start the training session.

The training sessions is finished when the set time has elapsed and a sound signal will be played.

During a training session you can pause your training by pressing **START/STOP**, press **RESET** to return to the main menu or press **START/STOP** to resume the training session.

Race

With the race mode you can race against the Perform W9i water rower with a set pace in strokes per minute.



1. Select race with **UP** or **DOWN**, confirm with **ENTER**.
2. Set the preferred SPM (Strokes Per Minute) of the computer opponent with **UP** or **DOWN**, confirm with **ENTER**.
3. Set the race distance in meters with **UP** or **DOWN**, confirm with **ENTER**.
4. Press **START/STOP** to start the training session.

The race ends when you or the computer have finished the racing distance. The display will now show the winner; PC or user.

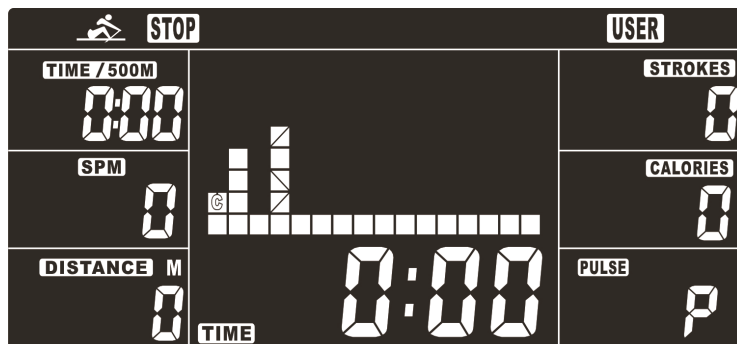
During the race you are able to change resistance load level by pressing **UP** or **DOWN** on the console or with the quick resistance buttons on the handlebar.

You can pause your training by pressing **START/STOP**, press **RESET** to return to the main menu or press **START/STOP** to resume the training session.

4. USE

User Program

With the user program you can create your own training resistance profile. The resistance will automatically change according to your own resistance profile.



1. Select user with **UP** or **DOWN**, confirm with **ENTER**.
2. Set the desired resistance of the blinking column with **UP** or **DOWN**, confirm with **ENTER**.
3. Repeat step two until all resistance columns are set.
4. Press and hold **ENTER** for 3 seconds to exit the profile editing menu. The program will be saved.
5. Set the training duration with **UP** or **DOWN**, confirm with **ENTER**.
6. Press **START/STOP** to start the training session.

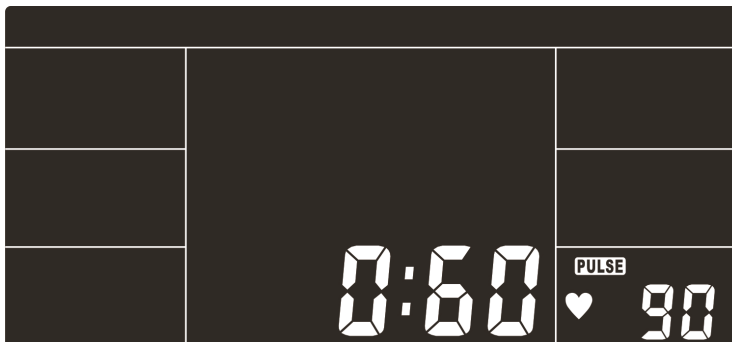
The training sessions is finished when the set time has elapsed and a sound signal will be played.

During a training session you are able to change resistance load of the profile by pressing **UP** or **DOWN**.

You can pause your training by pressing **START/STOP**, press **RESET** to return to the main menu or press **START/STOP** to resume the training session.

Recovery

To check your stamina press the recovery button directly after your training session is finished and your heart rate is still elevated. The computer will now measure your Heart Rate Recovery for one minute.



After the measurement your score will be displayed (F1-F6).



In the list below you can check the state of your stamina with the score from the recovery test. The RECOVERY test will only work with a compatible Bluetooth chest belt or Bluetooth heart rate monitor and after an intensive workout that has raised your heart rate. When the computer does not receive a heart rate the recovery test would not work.

F1:	Excellent
F2:	Good
F3:	Average
F4:	Below average
F5:	Bad
F6:	Very bad / no correct measurement

4.3 TRAINING WITH APPS

Download apps

For training with smartphone or tablet you need to download one of the available apps. The apps compatible with your Flow Fitness product are listed on this page. Check www.flowfitness.com for any new apps.



iConsole+ Training

The iC+ training app lets you control your Flow Fitness product with your smartphone or tablet. You are able to log your training results or train virtually anywhere in the world using the google maps and street view. The iConsole+ training app is completely free. Download the iC+ training app in the app or play store by searching for 'iC+ training' in the app store / 'iConsole+ training' in the play store or follow one of the links below

Apple iOS App store

<https://itunes.apple.com/us/app/ic-training/id1347028353?mt=8>

Google Android Play Store

<https://play.google.com/store/apps/details?id=com.changyow.icp4th>



Kinomap

Choose from the geotagged video on Kinomap and go! Your position is shown in the video, in an icon on the map and in the altitude graph: your goal is to keep pace with the original video. A multiplayer mode and other exercises programs are also available. Kinomap requires a paid subscription. Download the Kinomap app in the app or play store or follow one of the links below

Apple iOS App store

<https://itunes.apple.com/nl/app/kinomap/id611177969?mt=8>

Google Android Play Store

<https://play.google.com/store/apps/details?id=com.kinomap.training>



EXR

EXR brings the outdoors inside: Hear the oars splash into the water and enjoy ducks passing by. Row at your own pace and explore environments that are based on real locations to spot your favorite landmarks.

Apple iOS App store

<https://apps.apple.com/nl/app/exr/id1518208077>

Google Android Play Store

<https://play.google.com/store/apps/details?id=com.SaltyLemonEntertainment.EXR&hl=nl&gl=US>

4.4 MAINTENANCE AND CLEANING

Cleaning

The metal, wooden and plastic parts of the PERFORM W9i can be cleaned by using Flow Fitness shine and protect. However, make sure that all parts are completely dry before use.

Water treatment

Water treatment schedules for the rower will vary based on the water tank exposure to sunlight, expect 8-12 months when the tank is exposed to direct sunlight and 2 years in a darker location with no direct sunlight. When the water turns slightly clouded, add a water chloride treatment tablet. It is strongly recommended to place a cloth or a blanket underneath the water tank whenever the tank plug is opened for water treatment.

Maintenance

Flow Fitness advises to check the product regularly and fasten nuts and bolts with the tool supplied with the product if necessary. To prevent unnecessary wear, the product can only be used indoors and in a dry environment.

5.1 TRAINING SCHEDULE

Introduction schedule

Schedule week 1 and 2

Train at 60% of your maximum heart rate.
Max. 3 times a week.

Warming up 5 - 10 minutes.
Train 4 minutes.
Rest 1 minute.
Train 2 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 3 and 4

Train at 60% of your maximum heart rate.
Max. 4 times a week.

Warming up 5 - 10 minutes.
Train 5 minutes.
Rest 1 minute.
Train 3 minutes.
Calmly train 1 minute.
Cooling down 5 minutes.

Schedule week 5 and 6

Train at 60% of your maximum heart rate.
Max. 5 times a week.

Warming up 5 - 10 minutes.
Train 6 minutes.
Rest 1 minute.
Train 4 minutes.
Calmly train 3 minutes.
Cooling down 5 minutes.

After completing the introduction training schedule for six weeks, you can choose the follow-up training schedule that is best suited to your needs. You can choose a schedule that will maximize your weight loss, or one that will improve your stamina. Both training schedules are on the next pages.

Training schedule to improve stamina (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 7 minutes.

Rest 1 minute.

Train 5 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 90% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 10 minutes.

Rest 1 minute.

Train 10 minutes.

Repeat training 2 or 3 times.

Calmly train 1 minute.

Cooling down 5 minutes.

Training schedule to lose weight (follow-up to introduction training schedule)

Schedule week 7 and 8

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 7 minutes.

Rest 1 minute.

Train 5 minutes.

Calmly train 1 minute.

Cooling down 5 minutes.

Schedule week 9 and beyond

Train at 60% of your maximum heart rate.
Max. 6 times a week.

Warming up 5 - 10 minutes.

Train 10 minutes.

Rest 1 minute.

Train 10 minutes.

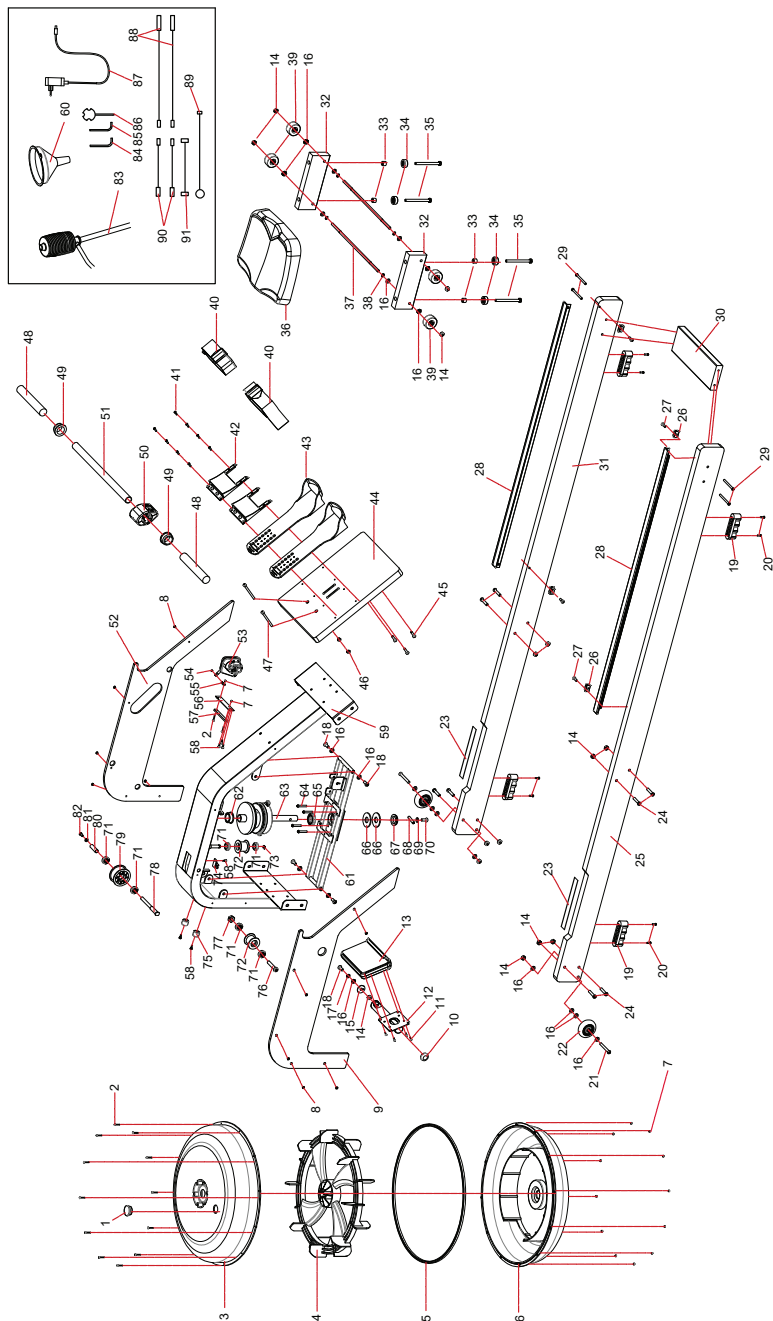
Repeat training 2 or 3 times.

Calmly train 1 minute.

Cooling down 5 minutes.

5. GENERAL INFORMATION

5.2 EXPLODED VIEW



5. GENERAL INFORMATION

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Plug	1	47	Allen screw M6*75*S5	2
2	Screw M3x20xΦ6	14	48	Grip	2
3	water tank upper cover	1	49	Ring	2
4	Paddle	1	50	Remote control	1
5	Water tank seal	1	51	Roller	1
6	Water tank lower cover	1	52	Right block	1
7	Nylon nut M3xH3.8xS6	14	53	Motor	1
8	Screw ST4.2*16	10	54	Nylon nut M4	1
9	Left block	1	55	Braking pole	1
10	End cap	1	56	Spring plate	1
11	Screw M5*10	4	57	Resistance cowhide	1
12	Computer bracket	1	58	Screw ST4.2*16	6
13	Computer	1	59	Main frame	1
14	Nylon nut M8	13	60	Funnel	1
15	Washer	1	61	Water tank fixing plate	1
16	Flat washer D8	21	62	Upper axle cover	1
17	Spring washer φ25*φ17.2*15	1	63	coil spring box supporting	1
18	Allen screw M8*15*S5	5	64	Allen screw M6*15	4
19	Foot cap	4	65	Bearing 6904ZZ	1
20	Screw ST4.2*19	8	66	Plastic washer	2
21	Allen screw M8*65*S5 2		67	Rubber gasket	1
22	Wheel	2	68	Fixing pin	1
23	Eva pad	2	69	Washer D8	1
24	Allen screw M8*40*S5	8	70	Allen screw M8*20*S5	1
25	Left sliding rail	1	71	Bering 6000ZZ	6
26	Seat block	4	72	Wheel	2
27	Allen screw M6*16*S5	4	73	Block ring D10	1
28	Guiding rail 30*18*1200	2	74	Sensor bracket	1
29	Allen screw M6*40*S4	4	75	Cap	2
30	Rear connecting plate	1	76	Allen screw M10*55	1
31	Right sliding rail	1	77	Nylon nut M10	1
32	Seat fixing plate	2	78	Axle	1
33	Sleeve tube φ16*φ8.2*12	4	79	Pulley	1
34	Wheel	4	80	Sleeve tube	1
35	Hex bolt M8*150	4	81	Flat washer D6	1
36	Seat	1	82	Allen screw M6*15	1
37	Axle φ8*345	2	83	Manual water pump	1
38	Ring D8	4	84	Allen spanner S5	1
39	Wheel	4	85	Allen spanner S4	1
40	Pedal strap	2	86	Cross spanner	1
41	Screw M4*15	8	87	Adaptor	1
42	Fixing plate of pedal	2	88	Sensor cable	2
43	adjustable pedal	2	89	Power cable	1
44	Pedal supporting	1	90	Computer Sensor Cable	2
45	Wooden screw M6×25×S10	3	91	Computer motor Cable	1
46	Nylon nut M6	2			

6. WARRANTY

6.1 WARRANTY

The warranty is provided by the Flow Fitness distributor of your country and the reseller where you have purchased your product. Please check <https://www.flowfitness.com> for more information.

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