



FIREFLY RECOVERY USAGE GUIDE

Increase Blood Flow by 400%
Recover 3X Faster

Post Workout/Training -----> 1-4 hours

Warm-Up -----> 30-60 minutes

Travel -----> Duration of Travel

Soreness -----> 4+ hours

“Firefly has been a great recovery tool to flush lactic acid and keep legs feeling fresh. Its easy portability makes it convenient on the road and **player compliance is preferred over other recovery modalities**. It’s always nice when student athletes ask for a modality like Firefly because of its fantastic results.”

- Warren Young
AT, University of Texas Men’s Basketball

“The Firefly Recovery device is **valuable** in any sport where athletes play multiple games and train over consecutive days. Firefly **helps athletes quickly recover** and return to baseline which is a key determinant for success.”

- Dave Hamilton
Head of Performance,
Tampa Bay Buccaneers

“Firefly has done wonders for our **players** for consistent **recovery** postgame and when we **travel**. Great product, very user-friendly, and our players like them a lot!”

- Jason Powell
Head AT, Los Angeles Clippers

“Recently, we shifted away from using Firefly solely as a “recovery” device and **also use it as a “warm-up” device**. Pre-practice meetings typically last 1-2 hours and we like to maximize our players’ time. Firefly devices play a big part in keeping our guys **ready to hit the field**.”

- Matt Gorby
AT, University of Alabama Football