

FEIERDUN FED-300

FEIERDUN Home Gym Equipment Instruction Manual

Model: FED-300

PRODUCT OVERVIEW

The FEIERDUN Multi-Functional Workout Equipment is an all-in-one home gym system designed for comprehensive full-body workouts. It features a 154LBS weight stack with adjustable resistance, targeting all major muscle groups. Crafted from 1.5mm thickened quality steel, it supports up to 265lbs, ensuring rock-solid sturdiness and durability. Anti-pinch pulleys and 7-strand wire rope provide safe, smooth, and quiet operation. The electrostatic spraying technology adds durability and corrosion resistance.



Figure 1: FEIERDUN Home Gym Equipment, showcasing its multi-functional design with a user performing a leg press.

SETUP AND ASSEMBLY

Your FEIERDUN Home Gym Equipment is shipped in 4 packages and requires assembly. Detailed installation instructions and step-by-step video guides are provided to assist you. It is recommended to have a ratchet set for quicker assembly, though hand wrenches are included.

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Video 1: Official FEIERDUN Home Gym Assembly Video. This video provides a comprehensive guide to assembling your new home

gym system, including detailed steps for each component.

All parts are individually wrapped and labeled with step numbers (e.g., "STEP 1", "STEP 2") to facilitate organization during assembly. Pay close attention to the pulley system installation, especially the larger wheel, as incorrect placement may require reassembly.



Figure 2: Construction details of the FEIERDUN Home Gym, highlighting 1.5mm thickened steel, anti-pinch pulleys, and 7-strand wire rope for enhanced durability and safety.

OPERATING INSTRUCTIONS

The FEIERDUN Home Gym offers a variety of exercises for a complete workout. Adjust the weight stack by inserting the pin into the desired weight plate. The weight stack ranges from 8.8LBS to 154LBS.

Leg Press

The leg press part is vertically and horizontally adjustable to accommodate different user heights and provide a deep leg workout. It can be removed for switch or storage.

CUSTOMIZED ADJUSTABLE LEG PRESS

Target multiple leg muscles | Suits diverse height needs



Figure 3: Customized adjustable leg press, showing vertical and horizontal adjustment options to target multiple leg muscles.

Chest Presses and Butterfly Arm Training

The L-shaped steel arms provide stable support and a comfortable grip for smooth movement. They offer 3-level adjustment to accommodate different exercise ranges and intensities, effectively enhancing chest and back muscle strength. You can perform chest presses and pectoral flies (arm flies).



Figure 4: Versatile butterfly arm training, illustrating the 3-level adjustment for varied exercise intensity and range of motion.

LAT Pull Down Training Zone

Utilize the high-pull bar to effectively exercise your back muscles. The handle's non-slip grip ensures a secure hold during intense workouts. The hook design on top makes it easy to store the high-pull bar when not in use.



Figure 5: LAT Pull Down Training Zone, demonstrating various exercises for back muscles using the high-pull bar.

Mid and Low-Pull Training Zone

This zone features leg extension, pulley systems, a non-slip bar, a reversible anti-skid pedal, and an ab crunch attachment. It allows for leg workouts, bicep curls, and seated rows, delivering a complete lower body and core training experience.



Figure 6: Low Pull Training, showing exercises like seated rows and leg extensions using the lower pulley system.



Figure 7: Mid Pull Training, demonstrating exercises like ab crunches and tricep extensions using the mid-level pulley and abdominal band.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your home gym. Keep the cables and pulleys clean and free of debris. Inspect all bolts and connections periodically to ensure they are tight. Lubricate moving parts as needed according to the manufacturer's recommendations. The weight stack comes with covers for a professional appearance and to protect the weights.

TROUBLESHOOTING

If you experience issues with cables coming off track, ensure the cables are correctly installed through the designated pulley holes. Refer to the assembly video for proper cable routing. For any other concerns, please contact customer support.

SPECIFICATIONS

Feature	Value
Brand	FEIERDUN
Model Name	FED-300
Material	Alloy Steel
Color	Black
Product Dimensions (LxWxH)	81"D x 42"W x 82"H
Maximum Weight Recommendation	265 Pounds
Tension Level (Weight Stack)	154 pounds
Included Components	Leg press part, Pulley System, Top and Bottom handle bars, Elbow cushion, Ankle strap, Ab Crunch, 154LB Weight Stack, Chain, Weight Cover, Installation instruction

WARRANTY AND SUPPORT

The FEIERDUN Home Gym Equipment comes with a 2-year warranty. For any questions or assistance, please contact FEIERDUN Fitness customer support. You can also find more information and support on the [FEIERDUN Store on Amazon](#).