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› **FEIERDUN 3-in-1 Adjustable Leg Extension and Curl Machine User Manual**

FEIERDUN B0DB5RX5S2

FEIERDUN 3-in-1 Adjustable Leg Extension and Curl Machine User Manual

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your FEIERDUN 3-in-1 Adjustable Leg Extension and Curl Machine. Please read this manual thoroughly before use to ensure safe and effective workouts. Keep this manual for future reference.

THICKENED COMFORT PADS



SKIN-FRIENDLY



BREATHABLE



SWEAT PROOF

2.7 in

SILENT & DURABLE WHEELS



Image: The FEIERDUN 3-in-1 Adjustable Leg Extension and Curl Machine, showcasing its compact design and multiple functions.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Read all instructions before assembling and using the equipment.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface.

- Inspect the equipment for loose or damaged parts before each use. Do not use if damaged.
- Do not exceed the maximum weight recommendation of 700 pounds.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

The FEIERDUN 3-in-1 Leg Extension and Curl Machine requires assembly. Follow the steps below carefully. An assembly video is provided for visual guidance.

Your browser does not support the video tag.

Video: Detailed assembly instructions for the FEIERDUN 3-in-1 Leg Extension and Curl Machine.

Parts List Overview

EASY TO INSTALL



INSTALLATION
VIDEO



ASSEMBLY
MANUAL



PROFESSIONAL
TOOLS



24/7 CUSTOMER
SERVICE



Image: An overview of the machine's components and the 'Easy to Install' features, including an installation video and assembly manual.

Assembly Steps

1. Install the Base Frame:

- Fix the Front Base Frame (#2) to the Base Frame (#1) using one Connecting Piece (#16), two Square Neck Bolts M10*70 (#50), two Flat Washers D10 (#51), and two Nuts M10 (#53). Fully tighten all fixings.
- Fix the Back Base Frame (#3) to the Base Frame (#1) using one Connecting Piece (#16), two Square Neck Bolts M10*70 (#50), two Flat Washers D10 (#51), and two Nuts M10 (#53). Fully tighten all fixings.

2. Install the Front Support Frame:

- Fix the Front Support Frame (#6) to the Front Base Frame (#2) using two Square Neck Bolts M10*70 (#50), two Flat Washers D10 (#51), and two Nuts M10 (#53). **Do not fully tighten fixings at this stage.**

3. Install the Main Frame:

- Fix the Connect Frame (#8) to the Base Frame (#1) using two Square Neck Bolts M10*70 (#50), two Flat Washers D10 (#51), and two Nuts M10 (#53). **Do not fully tighten fixings at this stage.**
- Once both the Front Support Frame and Connect Frame are in place, fully tighten all previously loosened fixings.

4. Install the Handle Tubes and Seat Frame:

- Fix the Right Handle Tube (#12) and Left Handle Tube (#13) to the Main Frame (#9) using two Square Neck Bolts M10*70 (#50), two Flat Washers D10 (#51), and two Nuts M10 (#53). Fully tighten all fixings.
- Insert the Long Insert Pin (#39) into the Seat Frame (#10). There are 3 adjustable seat holes to choose from based on user needs.
- Fix the Seat Cushion (#18) to the Seat Frame (#10) using four Bolts M8*45 (#49) and four Flat Washers D8 (#52). Fully tighten all fixings.
- Insert the Backrest Support (#11) into the Main Frame (#9). There are 8 backrest holes for adjustment.
- Fix the Backrest Cushion (#17) to the Backrest Support (#11) using four Bolts M8*16 (#48) and four Flat Washers D8 (#52). Fully tighten all fixings.

5. Install the Rotating Tube:

- Insert the Stop Axis (#22) into the Front Support Frame (#6). Fasten it with the Short Insert Pin (#37).
- Fix the Upper Rotating Tube (#14) to the Front Support Frame (#6) using one Thin Flat Washer D38 (#44), one Bolt M10*20 (#46), and one Large Flat Washer D38 (#45). There are 8 leg holder holes and 21 leg extension/curl holes for adjustment.
- Fix the Lower Rotating Tube (#15) to the Rotating Square Tube (#4) using one Thin Flat Washer D38 (#44), one Bolt M10*20 (#46), and one Large Flat Washer D38 (#45).
- Insert one Sponge Shaft (#19) into each rotating tube. Insert one End Cap (#25) into each end of the sponge shafts.

6. Install the Olympic Adapter:

- The machine is designed to fit 1" diameter weight plates. To use 2" diameter weight plates, insert the Barbell Plate Conversion Tube (#26) over the existing weight plate holder. Fully tighten the fixings.
- Secure the 2" diameter weight plates with the 2" Barbell Spring Clip (#35).
- For 1" diameter weight plates, insert the ShockPad (#27) onto the weight plate holder and secure with the 1" Barbell Spring Clip (#36).

PRODUCT FEATURES AND ADJUSTMENTS

The FEIERDUN 3-in-1 machine offers multiple adjustment points to accommodate various user heights and exercise preferences.

MULTI-POSITION ADJUSTMENTS



4'1"-6'3"
User Height



MAX 350LBS
User Weight



Image: Diagram illustrating the multi-position adjustments for seat, backrest, leg hold-on, and leg pad, suitable for users from 4'1"-6'3" and up to 350lbs.

- **Seat Adjustment:** The seat can be adjusted to 3 different positions using the Long Insert Pin (#39) to optimize your starting position for various exercises.
- **Backrest Adjustment:** The backrest support offers 8 different height adjustments to provide optimal lumbar support and comfort.
- **Leg Holder Adjustment:** The leg hold-on features 8 holes for precise positioning, ensuring proper form and engagement during exercises.

- **Leg Pad Adjustment:** The leg pad has 21 adjustment holes, allowing for fine-tuning the range of motion for both leg extensions and leg curls.
- **Quick Mode Switching:** The '1S Leg Holder' design allows for seamless switching between different exercise modes without disassembly.

1S LEG HOLDER USER IN AND OUT



NO
DISASSEMBLY



25IN
EXTENDED



Image: Close-up of the '1S Leg Holder' mechanism, highlighting its 25-inch extension and seamless mode switching capability.

OPERATING MODES

Your FEIERDUN 3-in-1 machine supports multiple lower body exercises:

MULTI-MODE LEG TONING



Image: Visual guide demonstrating the four primary exercise modes: Leg Curl, Leg Extension, Single Leg Curl, and Hip Thrust.

- **Leg Extension Mode:** Adjust the leg pad to allow full range of motion for quadriceps engagement. Sit on the seat with your back against the backrest, hook your feet under the leg pads, and extend your legs upwards.
- **Leg Curl Mode:** Adjust the leg pad to position it behind your ankles. Lie face down on the bench (or sit as shown in the video for a seated leg curl variation), hook your heels over the leg pads, and curl your legs towards your glutes.
- **Single Leg Curl:** For isolated hamstring work, perform leg curls with one leg at a time.

- **Hip Thrust:** Position your upper back against the backrest, with the leg pads resting on your hips. Drive through your heels to lift your hips, engaging your glutes.

Always ensure proper form and adjust the machine settings to suit your body and exercise requirements.

SPECIFICATIONS

Key specifications for the FEIERDUN 3-in-1 Adjustable Leg Extension and Curl Machine:

Specification	Value
Brand	FEIERDUN
Model Number (ASIN)	B0DB5RX5S2
UPC	740207940883
Material	Alloy Steel
Color	Black/Red
Item Weight	36.9 kg (81.3 lbs)
Maximum Weight Recommendation	700 Pounds
Handle Type	Fixed Handle
Included Components	Leg extension and curl machine
Parcel Dimensions	97.79 x 62.99 x 26.42 cm

UNWAVERING STABILITY UP TO 700LBS



Image: Illustration of the machine's robust construction, highlighting 2.7mm thick steel and a 700lbs stability capacity.

MINIMIZE FOOTPRINT MAXIMIZE VERSATILITY

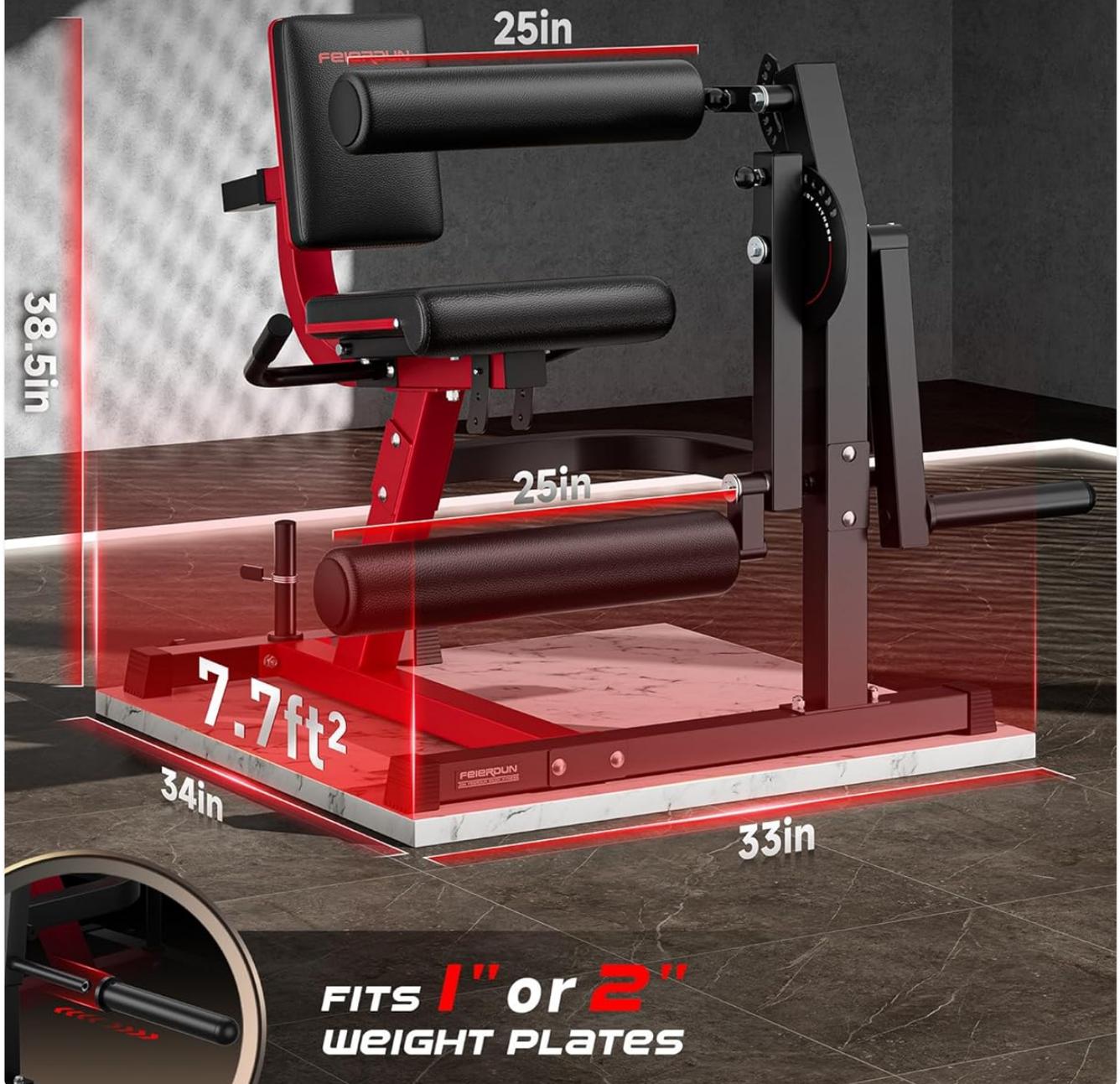


Image: Dimensions of the machine, showing a minimal footprint of 7.7 sq ft and compatibility with 1" or 2" weight plates.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.

- **Lubrication:** Apply a small amount of silicone-based lubricant to moving joints if you notice any squeaking or stiffness.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your machine, refer to the following common solutions:

- **Squeaking Noises:** Check all bolts and nuts for tightness. Apply lubricant to moving joints if necessary.
- **Wobbling/Instability:** Ensure the machine is on a level surface. Verify that all assembly bolts are fully tightened.
- **Difficulty Adjusting Parts:** Ensure adjustment pins are fully disengaged before attempting to move parts. Clean any debris from adjustment holes.
- **Missing Parts:** Refer to the parts list in the assembly video. Contact customer support if any parts are missing or damaged upon arrival.

WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact FEIERDUN customer service. Refer to your purchase documentation for specific warranty terms and contact details.