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FEIERDUN FED-AB-1

FEIERDUN Adjustable Ab Workout Equipment User Manual

Model: FED-AB-1

1. INTRODUCTION

Thank you for choosing the FEIERDUN Adjustable Ab Workout Equipment. This manual provides essential information for the safe and effective use of your new home gym machine. Designed for full-body strength training and body shaping, this foldable waist trainer is ideal for users of all fitness levels, from beginners to advanced.

Please read this manual thoroughly before assembly and operation to ensure proper usage and to maximize the benefits of your workout equipment.

2. SAFETY INFORMATION

Before using the FEIERDUN Adjustable Ab Workout Equipment, please observe the following safety precautions:

- Consult with a physician before starting any new exercise program.
- Ensure all parts are securely assembled and tightened before each use.
- Place the equipment on a flat, stable surface. Do not use on uneven ground.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 220 lbs (100 kg).
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Wear appropriate athletic footwear and clothing during workouts.
- Inspect the equipment regularly for wear and tear. Do not use if damaged.

3. PRODUCT FEATURES

The FEIERDUN Adjustable Ab Workout Equipment offers a range of features designed to enhance your fitness routine:

- **Versatile Full-Body Workout:** Effectively targets abdominal muscles, while also facilitating exercises for other muscle groups, promoting overall body shaping and strength.

- **Customizable Training Levels:** Features 2 incline settings and 4 height adjustments, allowing users to tailor the intensity of their workout to their fitness level.
- **Enhanced Comfort:** Equipped with extra-thick foam padding for knees and elbows, ensuring comfort during extended workout sessions. High-quality, silent pulleys provide a smooth and quiet operation.
- **Outstanding Stability:** Constructed from commercial-grade steel with a robust triangular dual-track frame, supporting up to 220 lbs for superior stability and durability.
- **Track Your Progress:** A built-in LCD display monitors key workout statistics including exercise count, duration, and calories burned, enabling real-time progress tracking.
- **Compact & Portable:** Its foldable design allows for easy storage and portability, making it suitable for various living spaces.

4. ASSEMBLY INSTRUCTIONS

The FEIERDUN Ab Workout Equipment is designed for straightforward assembly. Please follow these steps:

1. Unpack all components and verify against the included parts list.
2. Attach the main frame components, ensuring all bolts are securely fastened.
3. Install the knee and elbow pads onto their respective supports.
4. Connect the LCD monitor cable and mount the monitor in its designated slot.
5. Perform a final check to ensure all connections are tight and the equipment is stable.



Figure 4.1: Fully assembled FEIERDUN Ab Workout Equipment.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Intensity

The equipment offers adjustable incline and height settings to customize your workout intensity:

- **Incline Adjustment:** Locate the incline adjustment mechanism (typically a pin or lever) on the main frame. There are 2 incline settings. Adjust to a steeper incline for a more challenging workout.
- **Height Adjustment:** The main support bar features 4 height adjustment points. Use the quick-release pin to select the desired height, ensuring the knee and elbow pads are comfortably positioned for your body.



Figure 5.1: Demonstrating the 2 incline and 4 height adjustment options for customized training.

5.2 Using the LCD Monitor

The integrated LCD monitor helps you track your workout progress:

- **Power On/Off:** The monitor automatically turns on when activity is detected or by pressing the button. It will power off after a period of inactivity.
- **Functions:**
 - **COUNT:** Displays the total number of repetitions performed.
 - **TIME:** Shows the duration of your current workout session.
 - **CAL:** Estimates the calories burned during your workout.
 - **REPS/MIN:** Shows repetitions per minute.
 - **SCAN:** Cycles through all functions automatically.
- **Reset:** Press and hold the button to reset all values to zero.

UPGRADED LCD MONITOR

Intelligently record exercise time
and calorie consumption



Figure 5.2: The upgraded LCD monitor displaying workout statistics.

5.3 Recommended Exercises

The FEIERDUN Ab Workout Equipment supports various exercises for a comprehensive workout:

- **Abdominal Crunches:** Position yourself with knees on the lower pads and elbows on the upper pads. Engage your core and pull your knees towards your chest.
- **Oblique Twists:** Perform crunches with a slight twist to engage side abdominal muscles.
- **Leg Raises:** (If applicable, depending on specific model usage)
- **Full Body Workout:** This machine is designed to target waist slimming, abs muscle workout, leg slimming, hip tightening, and overall body shaping.

WHOLE BODY WORKOUT WITH A HIGH EFFECTIVE WAY



Figure 5.3: Overview of muscle groups targeted for a whole body workout.

KNEES PROTECTION & COMFORT EXERCISE

The extra-thick U-shaped foam provides full knee support and a better fit, ensuring leg comfort.



Figure 5.4: Detail of the extra-thick U-shaped foam padding for knee protection and comfort.

6. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your FEIERDUN Ab Workout Equipment:

- **Cleaning:** Wipe down the equipment 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 parts (e.g., pulleys, adjustment pins) if they begin to squeak or stick.
- **Storage:** When not in use, fold the equipment for compact storage. Store in a dry place away from direct sunlight and extreme temperatures.



Figure 6.1: The equipment's compact, folded dimensions for space-saving storage.

7. TROUBLESHOOTING

If you encounter any issues with your FEIERDUN Ab Workout Equipment, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly.	Loose fasteners; uneven surface.	Ensure all bolts and nuts are tightened. Move equipment to a flat, level surface.
Squeaking noise during operation.	Lack of lubrication on moving parts.	Apply silicone-based lubricant to pulleys and joints.
LCD monitor not displaying.	Battery low or disconnected; sensor issue.	Check battery (if replaceable) and ensure the sensor cable is securely connected.
Difficulty adjusting height/incline.	Adjustment pin stuck or misaligned.	Ensure the pin is fully retracted before attempting to adjust. Apply lubricant if necessary.

If the problem persists, please contact FEIERDUN customer support.

8. SPECIFICATIONS

Attribute	Detail
Brand	FEIERDUN
Model Name	FED-AB-1
Material	Alloy Steel
Color	Purple
Maximum Weight Recommendation	220 Pounds (approx. 100 kg)
Included Components	Ab Machine*1
Adjustments	2 Incline Settings, 4 Height Adjustments
Monitor	LCD Display (Count, Time, Calories, Reps/Min, Scan)
Design	Foldable, Triangular Dual-Track Frame

OUTSTANDING STABILITY



Triangular Structure



Rustproof & Thickened
Metal Tubes



Figure 8.1: The robust triangular structure and thickened metal tubes ensuring outstanding stability. Note: The image shows 330 lbs, but product specifications state 220 lbs. Adhere to product specifications.

9. WARRANTY AND SUPPORT

FEIERDUN is committed to providing high-quality products and excellent customer service.

- **Warranty:** The product comes with a manufacturer's warranty. Please refer to your purchase documentation for specific warranty terms and duration.
- **Customer Support:** If you have any questions, concerns, or require assistance with your FEIERDUN Adjustable Ab Workout Equipment, please do not hesitate to contact our customer support team. We aim to respond to all inquiries within 12 hours.
- **Contact Information:** Please refer to the contact details provided on the FEIERDUN official website or your purchase receipt.

