

FEIERDUN 4-in-1 Adjustable Leg Extension Curl Machine

FEIERDUN 4-in-1 Adjustable Leg Extension Curl Machine User Manual

Model: 4-in-1 Adjustable Leg Extension Curl Machine

1. INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your FEIERDUN 4-in-1 Adjustable Leg Extension Curl Machine. This equipment is designed to facilitate various lower body workouts, including leg extensions, leg curls, hip thrusts, and calf raises, with a robust capacity of up to 700 lbs. Please read this manual thoroughly before use to ensure safe and effective training.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 700 lbs.
- Keep children and pets away from the equipment during operation.
- Use the machine on a stable, level surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Perform a warm-up before and a cool-down after each workout session.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Leg Extension and Curl Machine frame
- Instruction Manual
- All necessary hardware for assembly

- 160 lbs Weight Plate Set (2 x 10 lbs, 2 x 25 lbs, 2 x 45 lbs) -*Note: Weight plates and machine may arrive in separate packages.*

4. ASSEMBLY INSTRUCTIONS

The FEIERDUN Leg Extension Curl Machine is designed for straightforward assembly. Clear instructions and an assembly video are provided to assist you. Assembly typically takes less than 40 minutes.

Assembly Steps:

1. Unpack all components and verify against the package contents list.
2. Follow the step-by-step diagrams and instructions provided in the included manual.
3. Utilize the provided tools for tightening all bolts and nuts securely.
4. Ensure all adjustable parts move freely and lock into position correctly after assembly.

Assembly Video:

For a visual guide, please refer to the official installation video:

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This video provides a detailed, step-by-step guide for assembling your FEIERDUN Leg Extension Curl Machine.

Visual Aid for Assembly:

EASY TO INSTALL



INSTALLATION
VIDEO



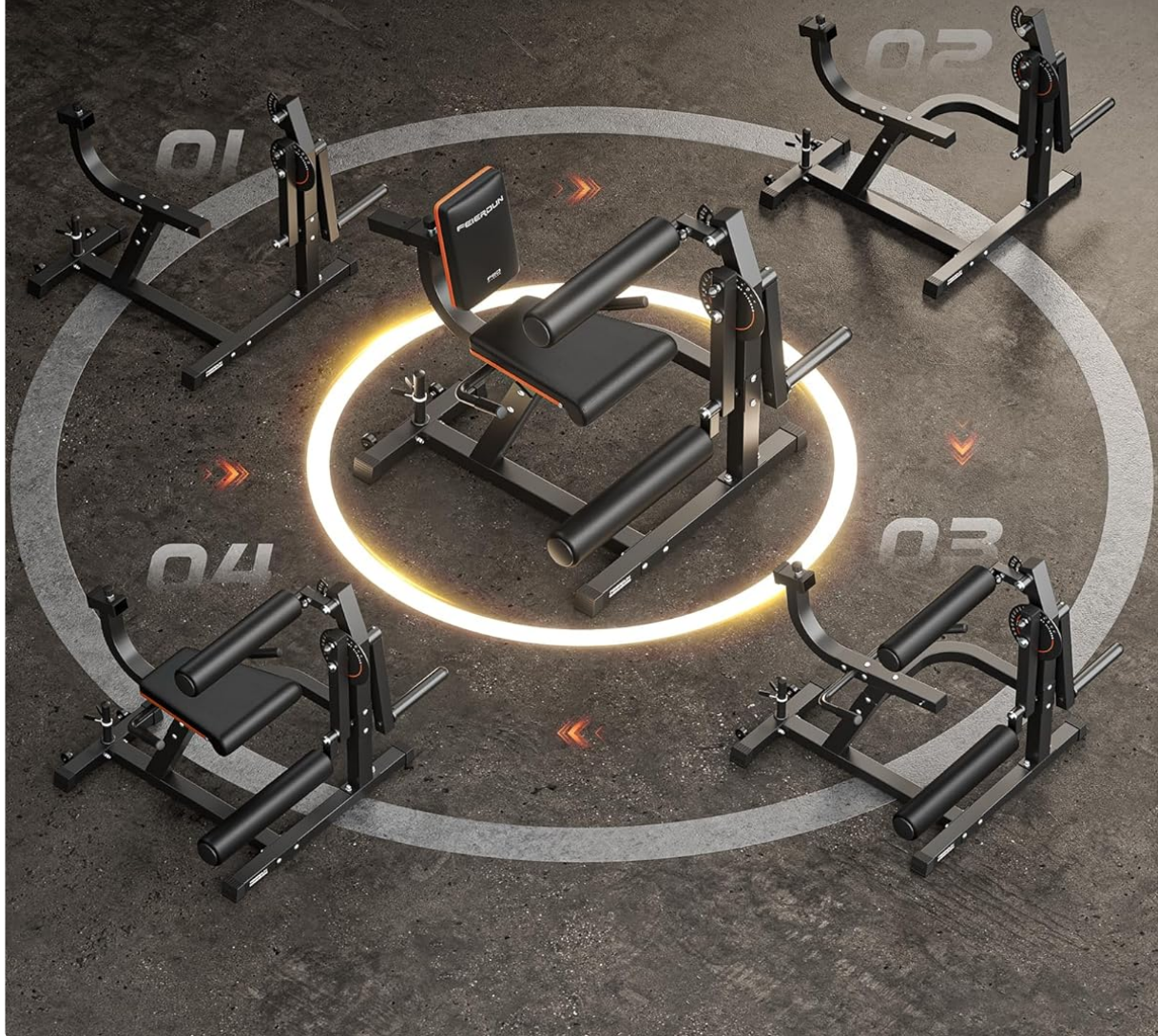
ASSEMBLY
MANUAL



PROFESSIONAL
TOOLS



24/7 CUSTOMER
SERVICE



This image illustrates the simplified installation process, highlighting the key stages of assembly.

5. FEATURES

- **Versatile 4-in-1 Design:** Seamlessly switch between leg extension, leg curl, hip thrust, and calf raise exercises.
- **Robust Construction:** Made from commercial-grade alloy steel, capable of bearing up to 700 lbs for high-intensity training. Features non-slip pads for enhanced stability.
- **Comfortable Padding:** Ergonomically curved seat cushion and thick foam rolls provide maximum comfort and support, fitting natural leg movements.
- **Excellent Adjustability:** Multiple adjustment points for seat (3 positions), backrest (8 positions), leg hold-on (8 positions), and leg pad (21 positions) to accommodate various user heights and training

needs.

- **Weight Plate Compatibility:** Equipped with an Olympic adapter to fit both 1-inch and 2-inch weight plates. High-quality spring clips secure plates during workouts.
- **Space-Saving Design:** Compact dimensions (33 x 34 x 38.5 inches) make it suitable for home gyms. Includes a plate storage bar for organization and added stability.

Feature Highlights:



This image demonstrates the machine's versatility, allowing for multiple lower body exercises.

1S LEG HOLDER USER IN AND OUT



NO
DISASSEMBLY



25IN
EXTENDED



Detail of the leg holder, illustrating its quick adjustment for different exercises without disassembly.

UNWAVERING STABILITY UP TO 700LBS



This image emphasizes the machine's heavy-duty construction and high weight capacity for stable workouts.



This image showcases the comfortable, skin-friendly, breathable, and sweat-proof padding, along with the silent and durable transport wheels.

6. OPERATION AND USAGE

The FEIERDUN 4-in-1 machine allows for a variety of lower body exercises. Always ensure the machine is properly adjusted for your body and the specific exercise before starting.

General Operation:

1. Select the desired exercise (leg extension, leg curl, hip thrust, or calf raise).
2. Adjust the seat, backrest, leg hold-on, and leg pad positions to fit your body comfortably and ensure proper form. (Refer to Section 7: Adjustments).

3. Load appropriate weight plates onto the weight post, securing them with the spring clips.
4. Perform the exercise with controlled movements, focusing on muscle contraction and full range of motion.
5. Do not use momentum to lift weights; maintain strict form.

Exercise Examples:

Your browser does not support the video tag.

This video demonstrates various exercises that can be performed with the adjustable leg extension curl machine to strengthen the lower body.

Your browser does not support the video tag.

A short demonstration highlighting the compact design and versatility of the 4-in-1 leg extension and curl machine for home gyms.

7. ADJUSTMENTS

The machine offers extensive adjustability to ensure a proper fit and optimal exercise mechanics for users of varying heights and preferences.

Adjustment Points:

- **Seat:** 3-position adjustment to modify the distance from the backrest.
- **Backrest:** 8-position adjustment for angle and support.
- **Leg Hold-on:** 8-position adjustment to secure your thighs during leg extensions and curls.
- **Leg Pad:** 21-position adjustment for the roller pad, ensuring it rests comfortably on your shins or behind your ankles.
- **360° Auto Adjustment:** The main pivot point allows for smooth transitions between leg extension and leg curl movements.

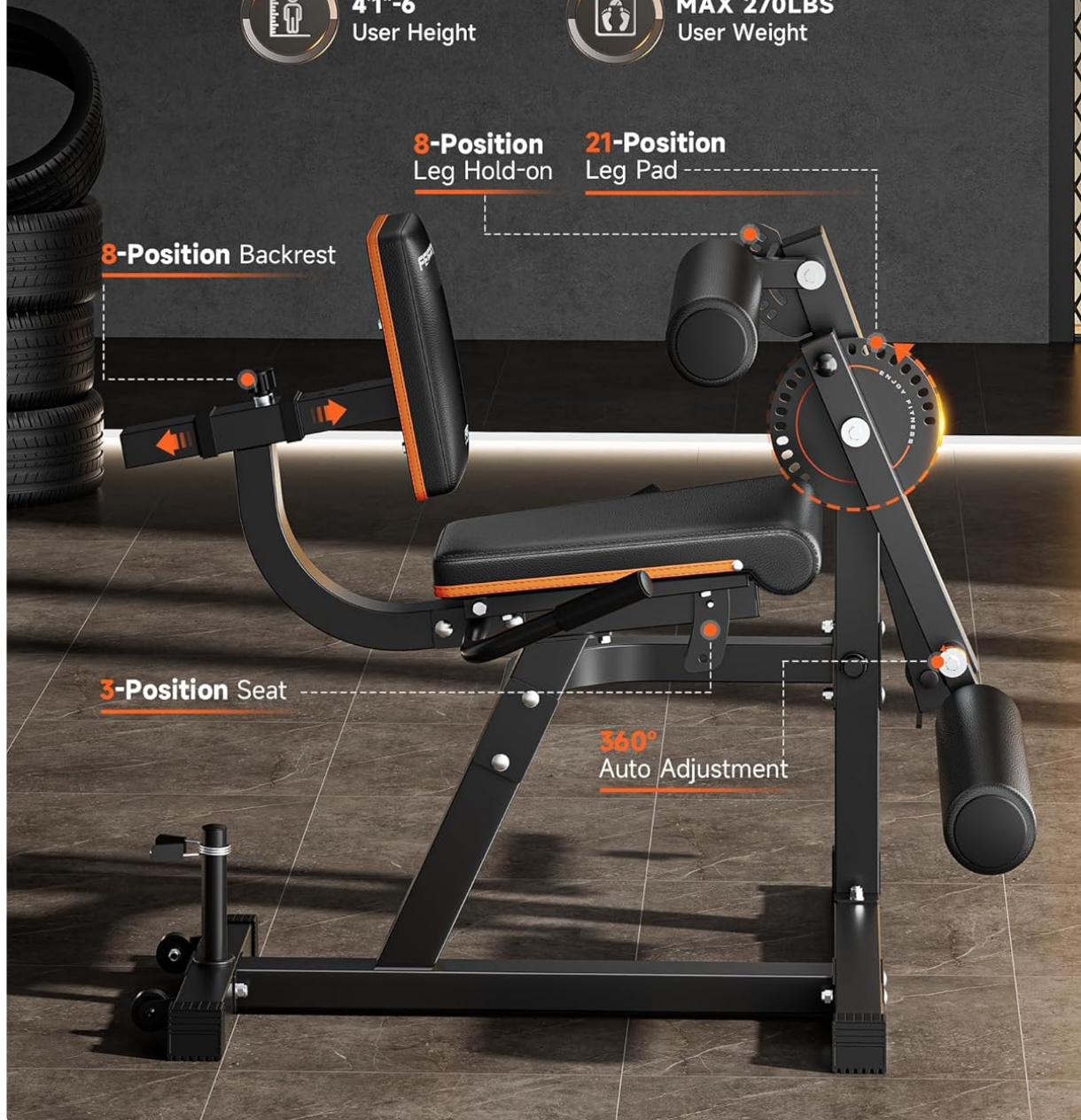
MULTI-POSITION ADJUSTMENTS



4'1"-6
User Height



MAX 270LBS
User Weight



This diagram highlights the various adjustment points for customizing the machine to your body and exercise needs.

8. MAINTENANCE

Regular maintenance will prolong the life of your FEIERDUN Leg Extension Curl Machine and ensure safe operation.

- **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 and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points and moving parts as

needed to ensure smooth operation.

- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

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

- **Squeaking Noises:** Check for loose bolts and lubricate moving parts.
- **Unstable Operation:** Ensure the machine is on a level surface and all feet are making firm contact. Verify all assembly bolts are tightened.
- **Difficulty Adjusting:** Check for any obstructions or debris in the adjustment mechanisms. Apply lubricant if movement is stiff.
- **Missing Parts:** If any parts were missing upon delivery, contact customer support immediately.

10. SPECIFICATIONS

Attribute	Specification
Brand	FEIERDUN
Model Name	4-in-1 Adjustable Leg Extension Curl Machine
Material	Alloy Steel
Maximum Tension Level	700 lbs
Number of Items	1 (machine)
Dimensions (L x W x H)	33 x 34 x 38.5 inches (approximate)
Included Components	Instruction, Hardwares, Leg Extension and Curl Machine

MINIMIZE FOOTPRINT
MAXIMIZE VERSATILITY



This image illustrates the compact design, making it suitable for various home gym spaces.

11. WARRANTY AND SUPPORT

Your FEIERDUN 4-in-1 Adjustable Leg Extension Curl Machine comes with a **1-year warranty**.

For any product damage, missing parts, or other issues, please contact FEIERDUN customer support. We aim to respond within 12-24 hours to assist you.

For further assistance, please visit the official FEIERDUN store: [FEIERDUN Store on Amazon](#)