

## FEIERDUN DDJ-002

# FEIERDUN 3-in-1 Leg Press Hack Squat Machine (Model DDJ-002) Instruction Manual

## 1. IMPORTANT SAFETY INFORMATION

Before operating the FEIERDUN 3-in-1 Leg Press Hack Squat Machine, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions may result in serious injury or equipment damage.

- Consult a physician before starting any exercise program.
- Ensure all components are correctly assembled and securely fastened before each use.
- Do not exceed the maximum weight capacity of 1200 lbs for the machine.
- Always use the safety pins and handle safety settings to prevent accidental drops.
- Keep children and pets away from the equipment during operation.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- Wear appropriate athletic footwear and clothing.

## 2. PRODUCT OVERVIEW

The FEIERDUN 3-in-1 Leg Press Hack Squat Machine is designed for comprehensive lower body training, combining a leg press, hack squat, and stretch board into one versatile unit. It features a heavy-duty steel frame for durability and stability.

### Key Features:

- **3-in-1 Functionality:** Seamlessly switch between leg press, hack squat, and stretch board modes.
- **Ultra-Quiet Pulley System:** Upgraded pulleys ensure smooth, stable sled movement with noise levels under 50 dB.
- **Triple Safety Protection:** Dual-side safety pins with 3 adjustable lockout positions, 5-level handle safety settings, and a leg press bottom control valve for enhanced user safety.
- **Full Range of Motion:** Supports extended ROM for effective muscle targeting (quads, glutes, hamstrings, core).
- **Maximum Adjustability:** Features 6 adjustable footplate angles and 5 base height settings to accommodate users from 4'9" to 6'4".

- **Durable Construction:** Built with a heavy-duty steel frame and reinforced welds, supporting up to 1200 lbs.
- **Comfortable Design:** High-quality, wear-resistant leather padding and wide, flat shoulder pads for comfort during intense workouts.
- **Weight Plate Compatibility:** Compatible with both 1" and 2" Olympic weight plates without additional adapters.



Image: The FEIERDUN 3-in-1 Leg Press Hack Squat Machine demonstrating its three primary functions: leg press, hack squat, and leg stretch.

# Triple-Locked, Train Secured



Image: Visual comparison highlighting the ultra-quiet pulley system of the FEIERDUN machine against a traditional noisy bearing system.

### 3. SETUP AND ASSEMBLY

The FEIERDUN 3-in-1 Leg Press Hack Squat Machine is delivered in multiple boxes (typically 5 separate boxes) and requires assembly. Due to the weight and size of the components, **two people are recommended for assembly** to ensure safety and ease of installation.

- Unpack all components and verify against the parts list in the included instruction booklet.
- The hardware (nuts, bolts, washers) for each step is typically organized and packaged separately, making assembly more straightforward.
- Follow the step-by-step instructions provided in the dedicated assembly manual for detailed guidance.
- Ensure all bolts are tightened securely after assembly.

## 2-in-1: Stretch Board & Squat Block



Image: The product packaging, indicating that the machine is shipped in multiple boxes for safe delivery.

### 4. OPERATING INSTRUCTIONS

This machine offers three primary modes of operation: Hack Squat, Leg Press, and Stretch Board. Always ensure the machine is properly configured and safety mechanisms are engaged or disengaged as required for each exercise.

#### 4.1. Hack Squat Mode

1. **Conversion:** Remove the backrest pad from its leg press position. The backrest will then serve as the shoulder pads for hack squats.
2. **Footplate Adjustment:** Adjust the footplate to your desired angle using the 6 available positions.
3. **Positioning:** Stand on the footplate with your shoulders under the pads and your back against the main carriage.
4. **Safety Release:** Push up slightly to disengage the safety handles.
5. **Execution:** Slowly lower your body by bending your knees, keeping your back straight and shoulders pressed against the pads. Push back up to the starting position.
6. **Re-engage Safety:** Once finished, engage the safety handles before exiting the machine.

# Smooth Pulley vs Noisy Bearing

Feel the Ultimate Control & Fluidity



Image: A user demonstrating the hack squat exercise, emphasizing the full range of motion and targeted muscle groups (quads, glutes, hamstrings, core).

## 4.2. Leg Press Mode

1. **Conversion:** Attach the backrest pad to its designated position for leg presses.
2. **Footplate Adjustment:** Adjust the footplate to your preferred angle.
3. **Positioning:** Sit comfortably on the seat with your back firmly against the backrest. Place your feet shoulder-width apart on the footplate.
4. **Safety Release:** Push the footplate forward to disengage the safety handles.
5. **Execution:** Slowly lower the footplate by bending your knees, ensuring your lower back remains pressed against the pad. Push the footplate back to the starting position, extending your legs without locking your knees.
6. **Re-engage Safety:** Once finished, engage the safety handles before exiting the machine.

# Built for Demanding Legbuilder



Image: A user performing leg presses, illustrating the machine's triple safety protection system in action.

## 4.3. Stretch Board Function

The integrated stretch board can be used for pre-workout warm-ups or post-workout cool-downs to improve flexibility and range of motion in the lower body.

- Position the stretch board as desired.
- Place your feet on the board and lean forward gently to stretch your calves and hamstrings.

Video: An official FEIERDUN Fitness video demonstrating the smooth pulley system and various exercises possible with the Leg Press Hack Squat Machine.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your FEIERDUN Leg Press Hack Squat Machine.

- **Lubrication:** Periodically apply a small amount of lubricant (oil, if provided) to the guide rods and pulley system to maintain smooth operation and prevent noise.
- **Inspection:** Regularly check all nuts, bolts, and connections for tightness. Tighten any loose fasteners

immediately.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Padding:** Inspect the leather padding for any signs of wear or damage.

## 6. TROUBLESHOOTING

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

- **Excessive Noise:** If the machine becomes noisy during operation, apply lubricant to the guide rods and check the pulley system for any obstructions.
- **Difficulty Switching Modes:** Ensure all pins and adjustment mechanisms are fully disengaged or engaged as required. Check for any obstructions preventing smooth movement.
- **Unstable Operation:** Verify that all assembly bolts are securely tightened and the machine is placed on a flat, stable surface.

For issues not covered here, please contact FEIERDUN customer support.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	DDJ-002
Brand	FEIERDUN
Maximum Machine Support Weight	1200 lbs
Maximum User Weight Recommendation	500 Pounds
Item Dimensions (LxWxH)	88.98"D x 33.07"W x 60.23"H
Item Weight	69.2 Pounds (machine only)
Material	Alloy Steel
Color	Black
Included Components	FEIERDUN Leg Press Hack Squat Machine, 100 LBS Olympic Bumper Plates (25 lbs*4pcs)
User Height Range	4'9" to 6'4"

# Top-to-Bottom Adjustability

Fits Users 5'1" to 6'5"

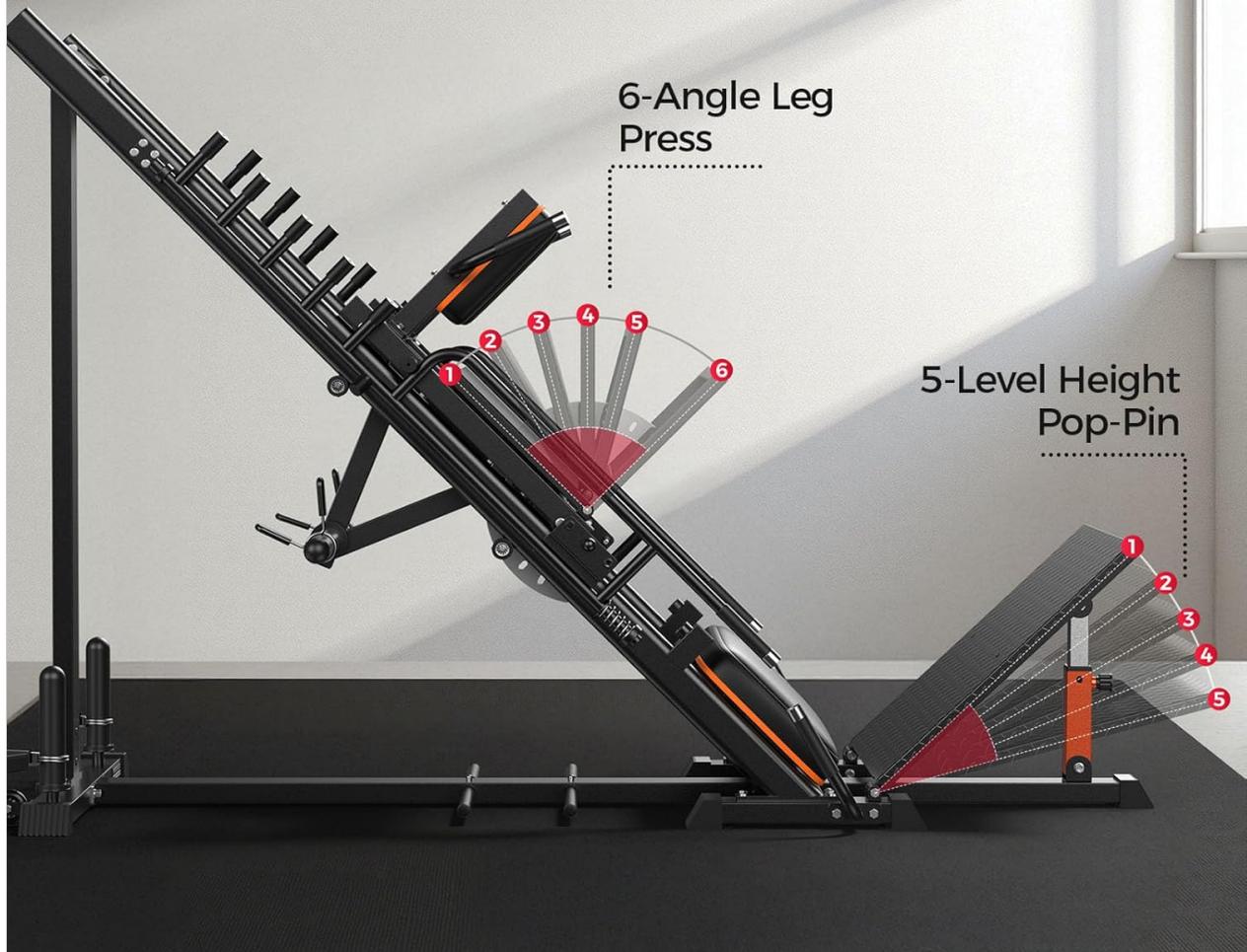


Image: The robust construction of the FEIERDUN machine, highlighting its heavy-duty steel tube frame and 1200 lbs weight capacity.

## 8. WARRANTY AND SUPPORT

Your FEIERDUN 3-in-1 Leg Press Hack Squat Machine comes with a **1-Year Warranty** from the date of purchase, covering manufacturing defects.

For warranty claims, technical support, or any questions regarding your product, please contact FEIERDUN Fitness customer service. Please have your purchase receipt and product model number (DDJ-002) available when contacting support.

Contact information can typically be found on the FEIERDUN official website or through your retailer.