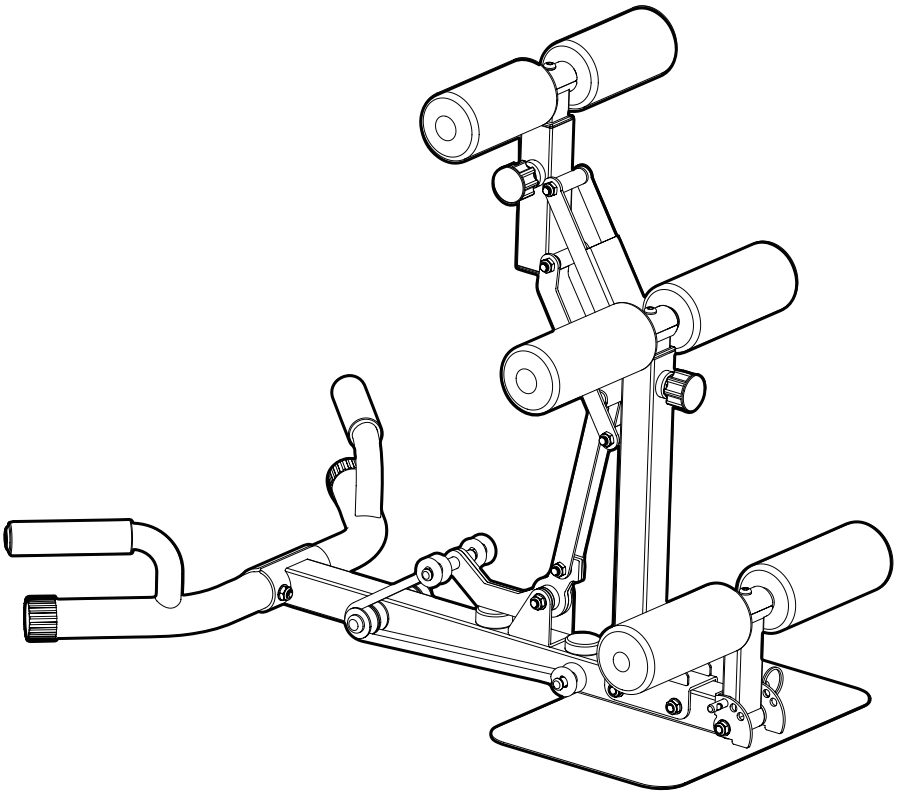


# FEIERDUN

## Deep Squat Machine FD03-01



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# SAFETY INFORMATION

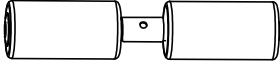

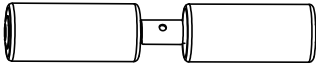
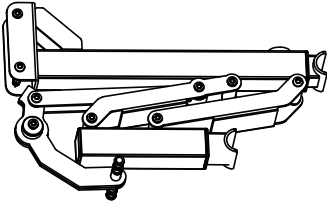
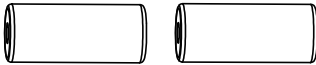
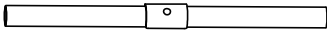
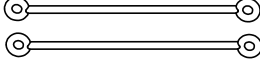
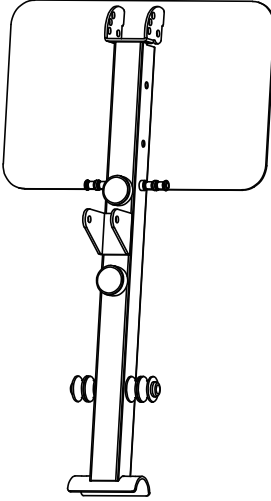
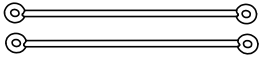
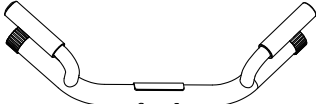
**For Your Safety, Please Read All Instructions Before Installing and Using the Product.**

- Before beginning any exercise program, consult your physician to determine whether you have any medical or physical conditions that may affect your health or safety.
- Stop exercising immediately and seek medical advice if you experience any of the following symptoms: pain, chest tightness, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or nausea.
- If this is your first time using the product, it is recommended to support yourself by holding onto a wall or another stable object during use to prevent falls due to unfamiliarity.
- Keep children and pets away from equipment intended for adult use only.
- Use the equipment on a solid, flat, and level surface with a protective mat to avoid damage to your floor or carpet. Ensure there is at least 2 feet (60 cm) of free space around the equipment for safe operation.
- Before each use, check that all nuts and bolts are securely tightened. Regularly inspect the equipment for signs of damage or wear to ensure safety.
- Use the equipment only as directed. If you notice any defective parts or hear unusual noises during assembly or use, stop using the equipment immediately. Do not resume use until the issue has been properly resolved.
- Do not insert fingers or objects into moving parts of the equipment.
- Maximum user weight capacity: 330 lbs (150 kg).
- This equipment is not intended for therapeutic or medical use.
- To avoid injury or damage, always lift and move the equipment properly using correct lifting techniques.
- Do not store the equipment in extremely cold, hot, or humid environments, as this may cause corrosion or other damage.
- This equipment is intended for home use only and is not designed for commercial or professional gym environments.



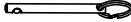
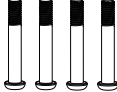



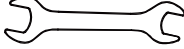

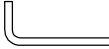

## **Warm Tips:**

- Warm up before exercising.
- The training intensity should be gradual.
- Excessive training can cause injury.

# FRAME PARTS LIST

<p>①</p>  <p>Hip Foam Bar (Short) ×1</p>	<p>⑧</p>  <p>Foot Hook Connecting Tube ×1</p>
<p>②</p>  <p>Knee-Back Foam Bar (Long) ×1</p>	<p>⑨</p>  <p>Main Frame ① ×1</p>
<p>③</p>  <p>Foot Hook Foam Pad ×2</p>	
<p>④</p>  <p>Foot Hook Tube ×1</p>	
<p>⑤</p>  <p>φ9 Resistance Cord ×2</p>	<p>⑩</p>  <p>Main Frame ② ×1</p>
<p>⑥</p>  <p>φ10 Resistance Cord ×2</p>	
<p>⑦</p>  <p>Bottom Leg Tube ×1</p>	

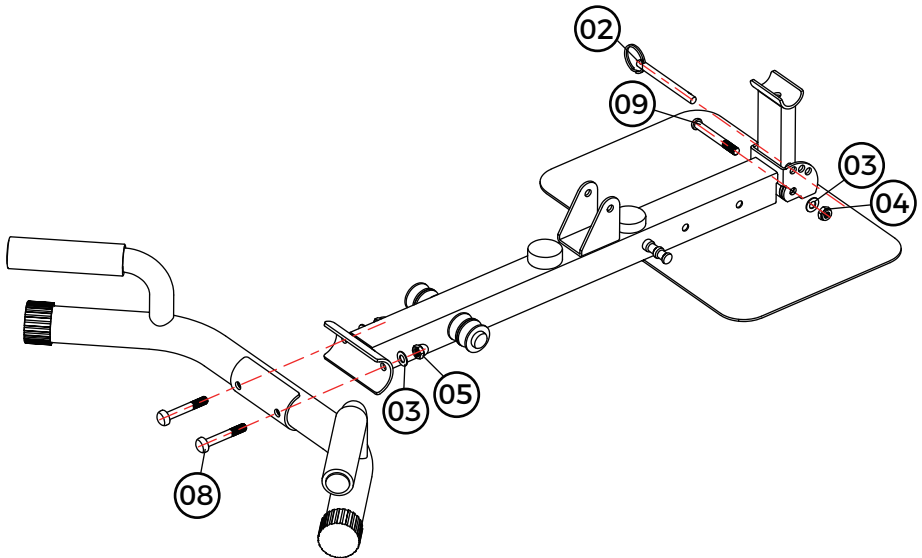
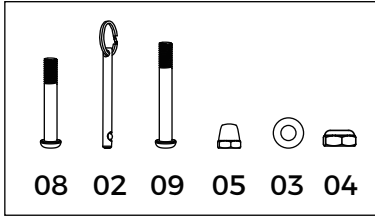
# SCREW PARTS LIST

<p>01</p>  <p>Pull-Out Screw ×2</p>	<p>07</p>  <p>M8×40 Screw ×3</p>
<p>02</p>  <p>Safety Pin ×1</p>	<p>08</p>  <p>M8×55 Screw ×4</p>
<p>03</p>  <p>Washer ×9</p>	<p>09</p>  <p>M8×65 Screw ×1</p>
<p>04</p>  <p>M8 Nut ×4</p>	<p>10</p>  <p>Open-End Wrench ×1</p>
<p>05</p>  <p>M8 Cap Nut ×2</p>	<p>11</p>  <p>Allen Wrench ×1</p>
<p>06</p>  <p>M8×30 Screw ×1</p>	

# ASSEMBLY INSTRUCTIONS

## STEP 1

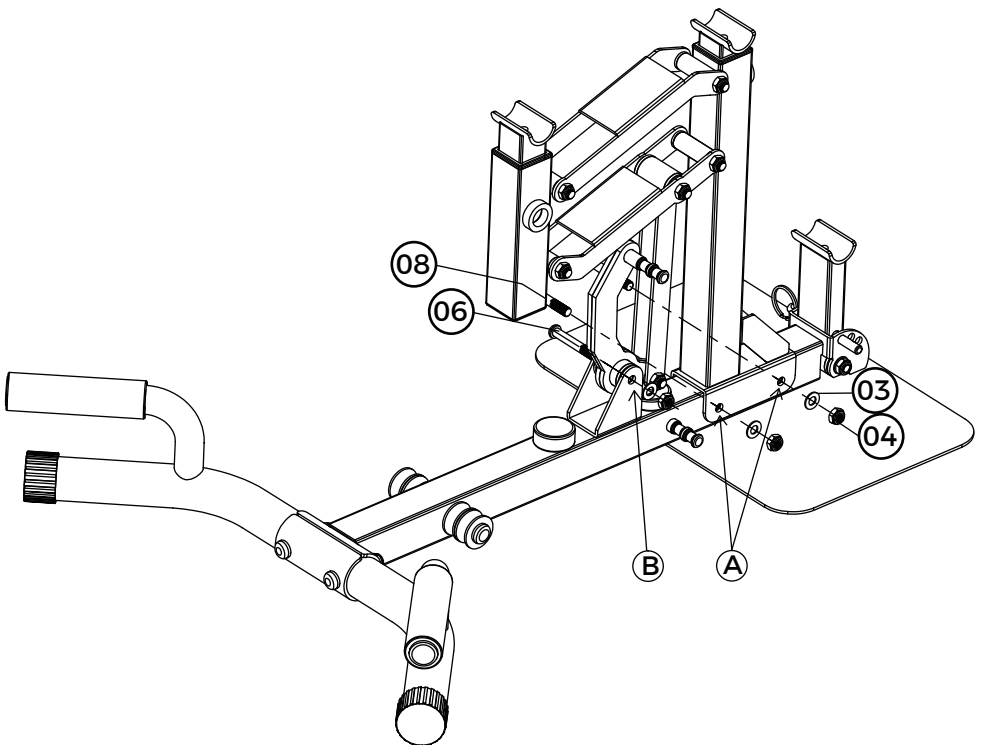
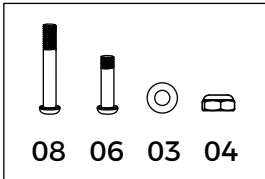
- Attach the bottom leg tube to the main frame<sup>②</sup> and secure it with M8×55 screws, washers, and M8 cap nuts. Next, install the foot hook connecting tube and fasten it with M8×65 screws, washers, and M8 nuts. And insert the safty pin into one of the holes.



# ASSEMBLY INSTRUCTIONS

## STEP 2

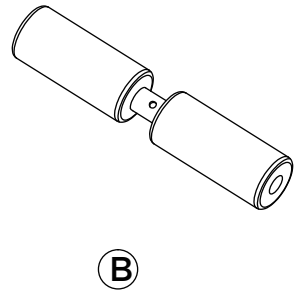
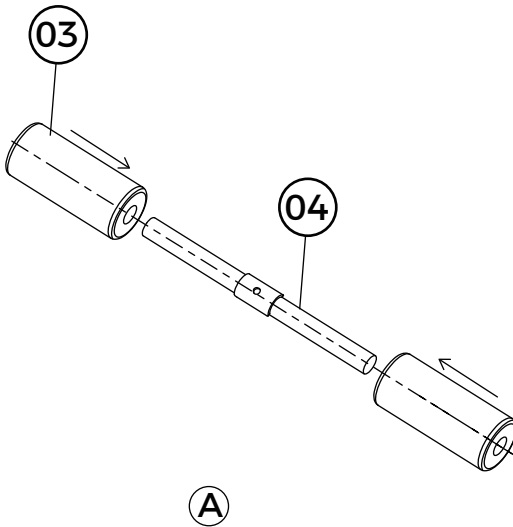
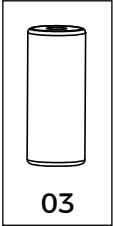
- Install the main frame① by securing it with M8×55 screws, washers, and M8 nuts. Then, use M8×30 screws, washers, and M8 nuts to tighten the support rods (ensure not to overtighten this screw).



# ASSEMBLY INSTRUCTIONS

## STEP 3

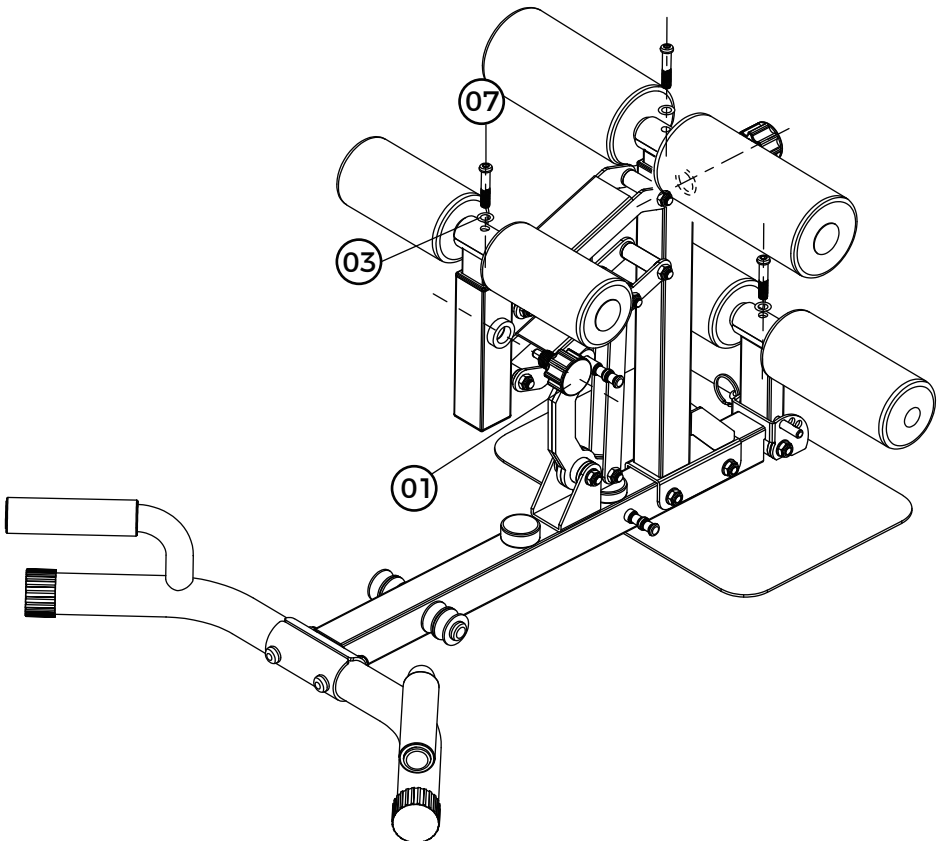
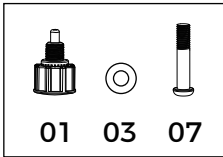
- Install the foam. Slide foam pads onto foot hook tube, making sure the foam end is flush with the tube opening.



# ASSEMBLY INSTRUCTIONS

## STEP 4

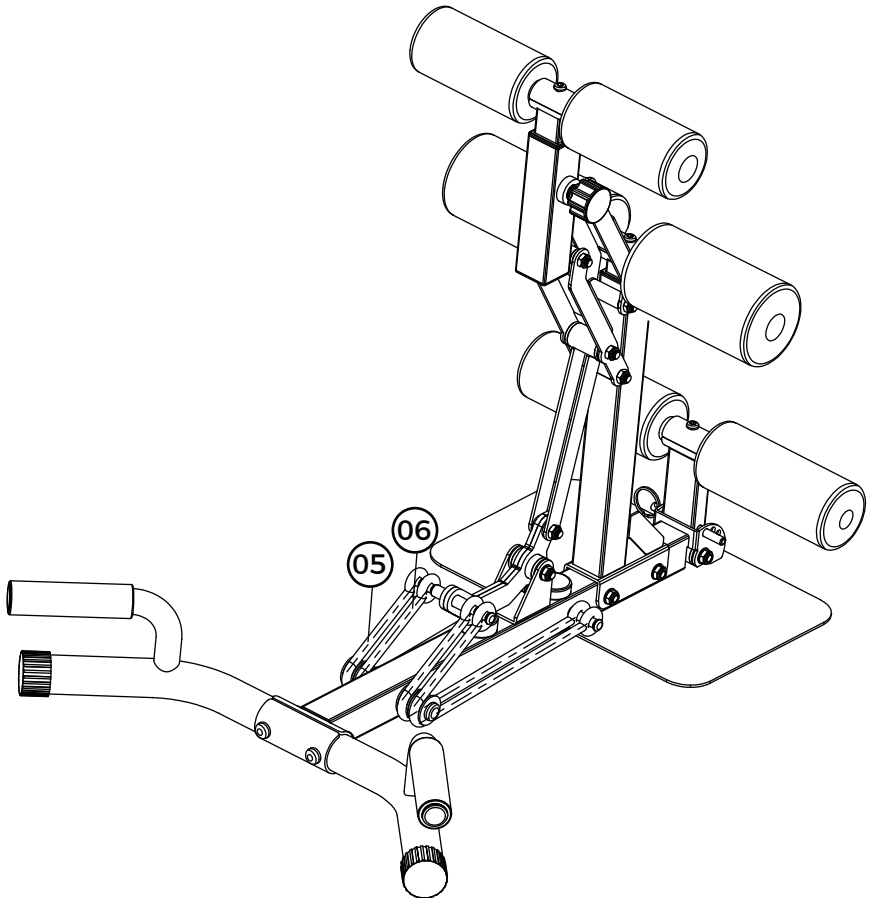
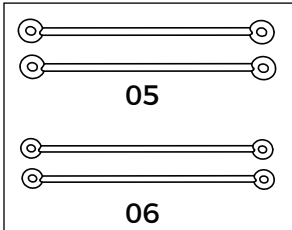
- Install the foam tubes in the positions shown. Secure them with M8×40 screws and washers. Then, tighten the pull-out screws. Each position offers 3 adjustable height levels.



# ASSEMBLY INSTRUCTIONS

## STEP 5

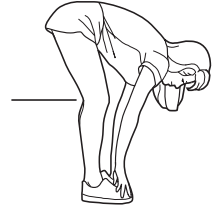
- Install the resistance cords. Attach the  $\phi 10$  cords to the inner sides and the  $\phi 9$  cords to the outer sides.



# WARM-UP EXERCISE

- **Standing Forward Bend**

Bend your knees slightly and bend forward slowly, letting your back and shoulders relax as you try to touch your toes. Hold this position for 10-15 seconds. Repeat 3 times.



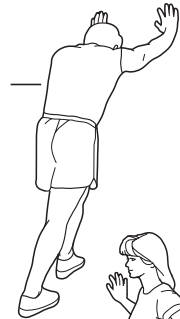
- **Hamstring Stretch**

Sit on the floor with your left leg bent, placing the sole of your left foot against your inner right thigh. Extend your right leg straight. Keeping your spine long, reach both hands toward your right foot. Hold the stretch for 10-15 seconds while breathing naturally. Switch sides and repeat. Complete 3 rounds on each leg.



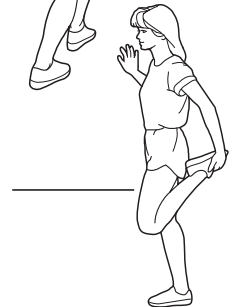
- **Calf and Foot Stretch**

Stand with both hands pressed against a wall for support. Place your left foot forward, toes pointing at the wall, and keep your right leg extended behind you with the heel on the floor. Gently straighten your left knee to stretch the muscles in your left calf. Switch legs and repeat 3 times.



- **Quadriceps Stretch**

Stand on your right leg, holding a support (e.g., wall) with your right hand. Bend your left knee and grip your left ankle, gently pulling your heel toward your left glute. Keep your back straight and left knee pointing downward (avoid arching your lower back). Hold for 15-30 seconds. Switch legs and repeat. Complete 3 repetitions per leg.



- **Inner Thigh Stretch**

Sit with the soles of your feet together, knees bent outward. Gently hold your ankles or feet with both hands. Keeping your spine long, inhale to lengthen your torso, then exhale as you use your elbows to press your thighs downward toward the floor. Hold for 15-30 seconds while breathing deeply. Release and repeat for 3 rounds.



# WARRANTY

We provide one year warranty for this product. In this period, replacements for all accessories are freely provided.

If you need replacement parts or any assistance, please don't hesitate to contact us. This is our email: [support@feierdun.fit](mailto:support@feierdun.fit)

Our customer service will get back to you within 24 hours.

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order Number

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Product

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Issue

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Request

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Address

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Phone Number

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