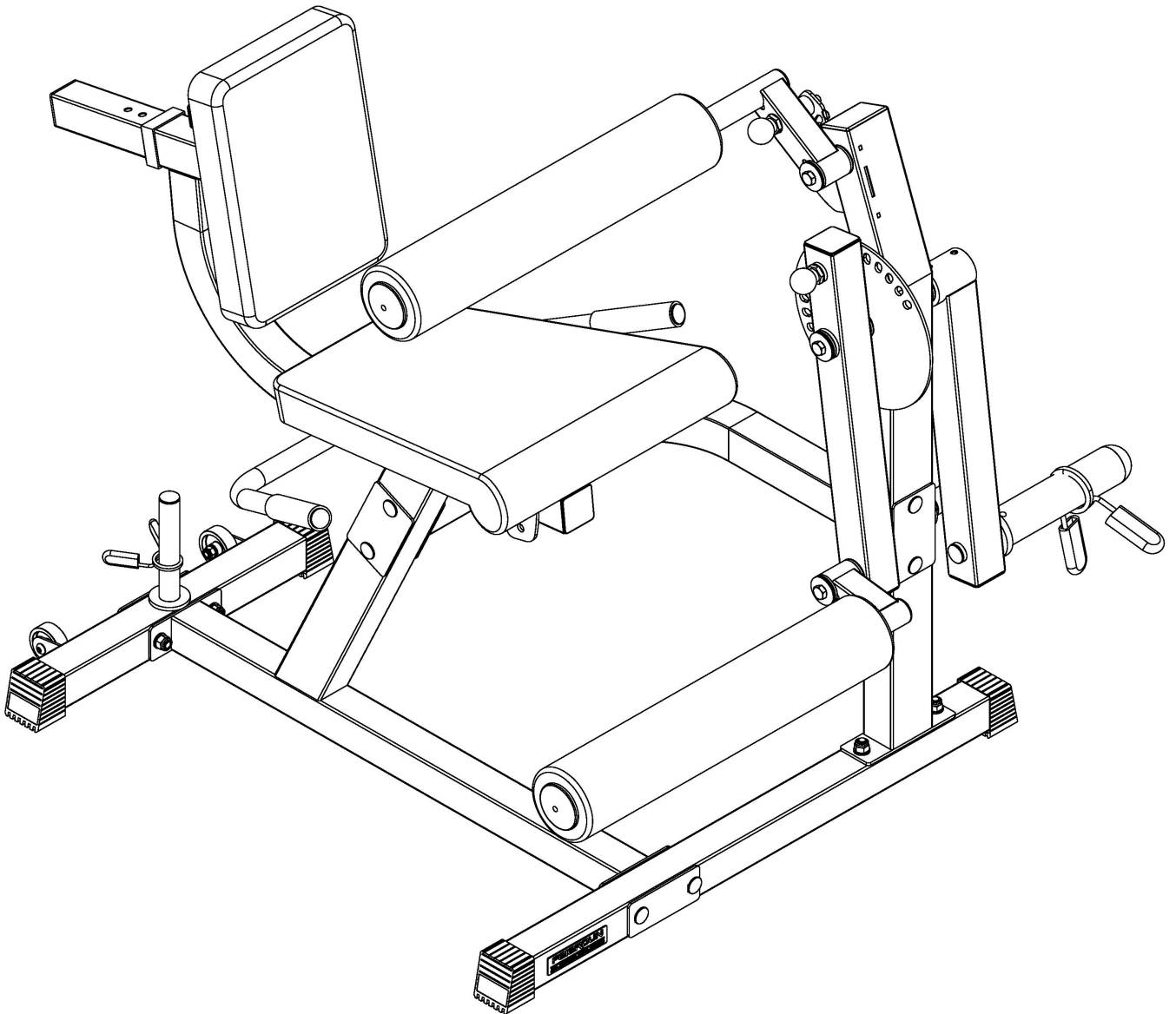


INSTALLATION MANUAL

FEIERDUN LEG EXTENSION AND CURL MACHINE



Installation Guide

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CUSTOMER SERVICE

Feel free to contact our customer service if any needs:

◆ Contact us via Amazon: **Login your Amazon account > choose "Your orders" > find the order ID > click "Contact seller"** or email us at **FEIERDUN888@outlook.com**

ASSEMBLING VIDEO

- ◆ If you would like to view the installation video, please email the after-sales email to receive the link.
- ◆ After-sales email: **FEIERDUN888@outlook.com**



Installation Guide

IMPORTANT SAFETY INFORMATION

Please note the following safety warnings and precautions before assembling and using the equipment. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Wear suitable sports clothes and sports shoes while using the equipment, especially the sports shoes must fit. Avoid wearing loose clothing that may become entangled in the equipment. Warm up before exercises.
2. Keep children and pets away from the equipment.
3. Please do not store and use the equipment in dusty environment, and maintain a certain humidity in the room to avoid strong static electricity.
4. Keep the room ventilated when using the equipment.
5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.
6. Please consult your physician before your exercise, if you are under medical treatment or suffer from the following illnesses:
 - 1) Those who have back pain or those who have suffered leg, waist and neck injuries in the past. Numbness of legs, waist, neck and hands (with disc herniation, spondylolisthesis, cervical spondylosis and other diseases).
 - 2) Those who have deformed arthritis, rheumatism and gout.
 - 3) Those with abnormal osteoporosis.
 - 4) Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
 - 5) Those with respiratory disorders.
 - 6) Those who are using artificial heart rate regulator implanted in vivo medical electronic equipment.
 - 7) Those with malignant tumor.
 - 8) Those who have symptoms such as thrombosis, severe aneurysm, acute venous aneurysm and other blood circulation disorders or various skin infections.
 - 9) People with perceptual impairment caused by high peripheral circulatory disorder

caused by diabetes, etc.

10) Those with skin trauma.

11) Those who have a high fever (38 degrees or more) due to illness, etc.

12) Abnormal or curved back bones.

13) Women who are pregnant or may become pregnant or are menstruating.

14) Those who feel abnormal in their body and need to rest.

15) Those who are obviously in poor physical condition.

16) Those whose purpose is rehabilitation.

17) In addition to the above conditions, especially those who feel abnormal in their body. ---

Those who may cause an accident or poor physical condition.

7. This machine can only be used by one person at a time.

8. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly checked for damage and/or wear.

9. Do not place fingers or objects into the moving parts of the equipment.

10. This equipment is designed for indoor and home use only; it is not intended for commercial use.



WARNING

11. DO NOT use this equipment when its outer casing is cracked, cracked and detached (internal structure exposed) or its welded part is cracked. ---- Otherwise, accident or injury may occur.

12. DO NOT use or store the equipment in damp places such as outdoors or near bathrooms.

13. DO NOT use or store the equipment in places exposed to direct sunlight and with high temperature, such as around stoves, or on top of heating appliances such as electric heating carpets. ---- Otherwise it may cause damage to the electronic system.

14. DO NOT use it if you can't express your consciousness or you can't operate it yourself. ---- Accident or injury may occur.

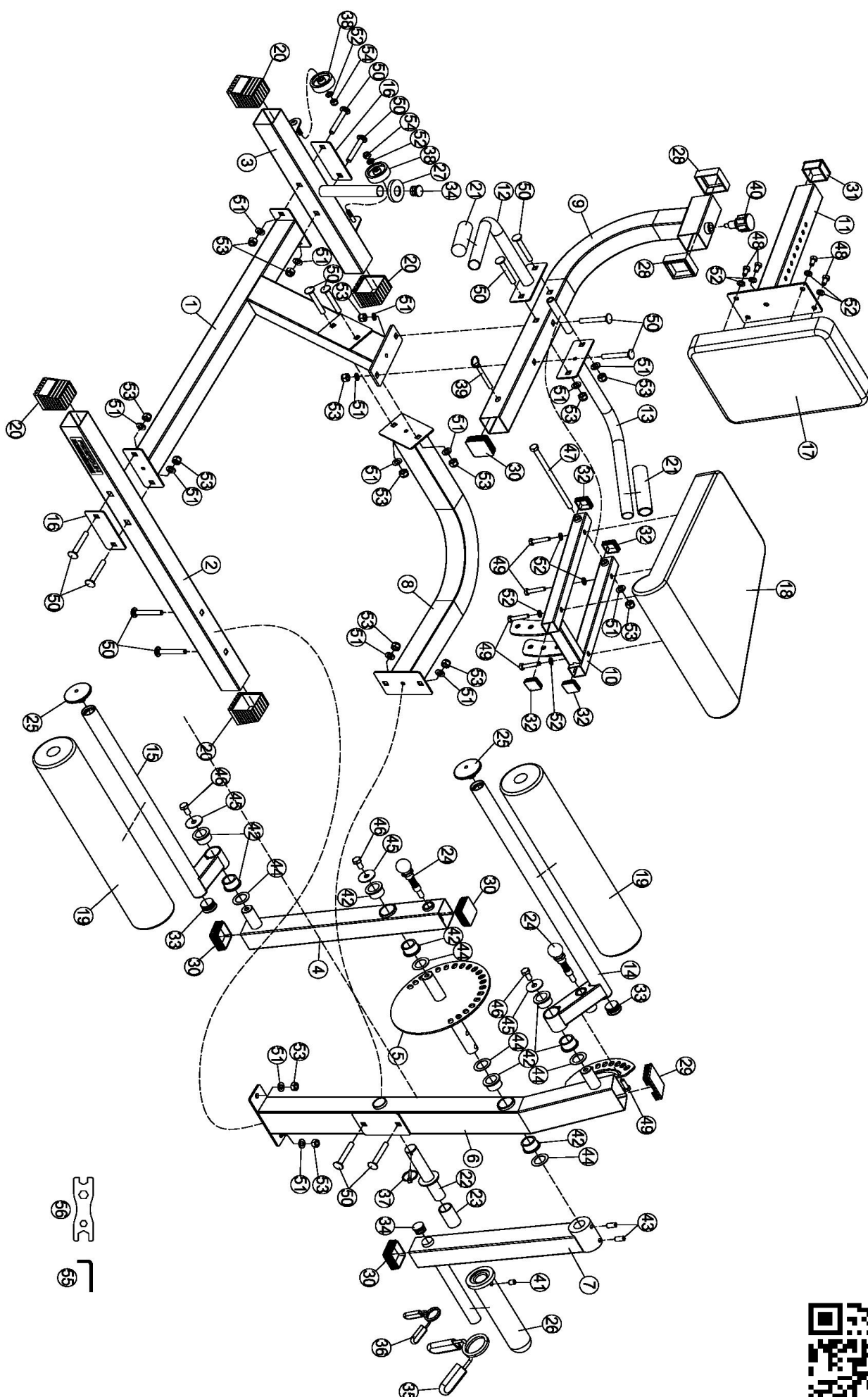


CAUTION

15. People who lack of exercise should not suddenly do any violent exercise on the equipment.

- 16. DO NOT use it after eating, when you are tired, when you have just exercised or when your physical state is abnormal. ---- May cause damage to health.
- 17. DO NOT use it while eating or doing other activities.
- 18. DO NOT use it when your senses blunt after drinking alcohol. --- May cause accident or injury.
- 29. DO NOT use it when there are hard objects in your trouser pockets. ---- May cause accident or injury.

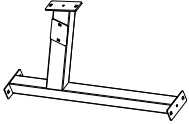
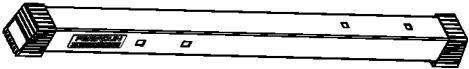
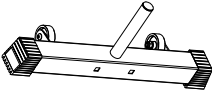
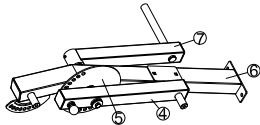
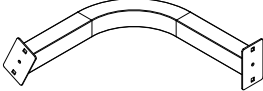
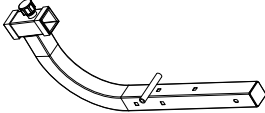
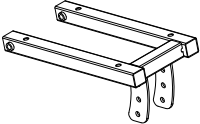
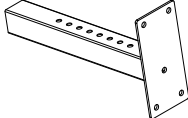
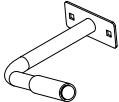
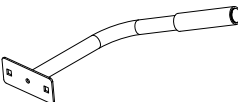
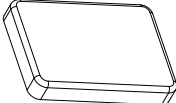
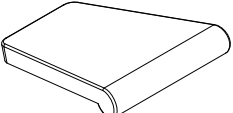
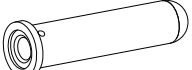
Exploded view



Installation Guide

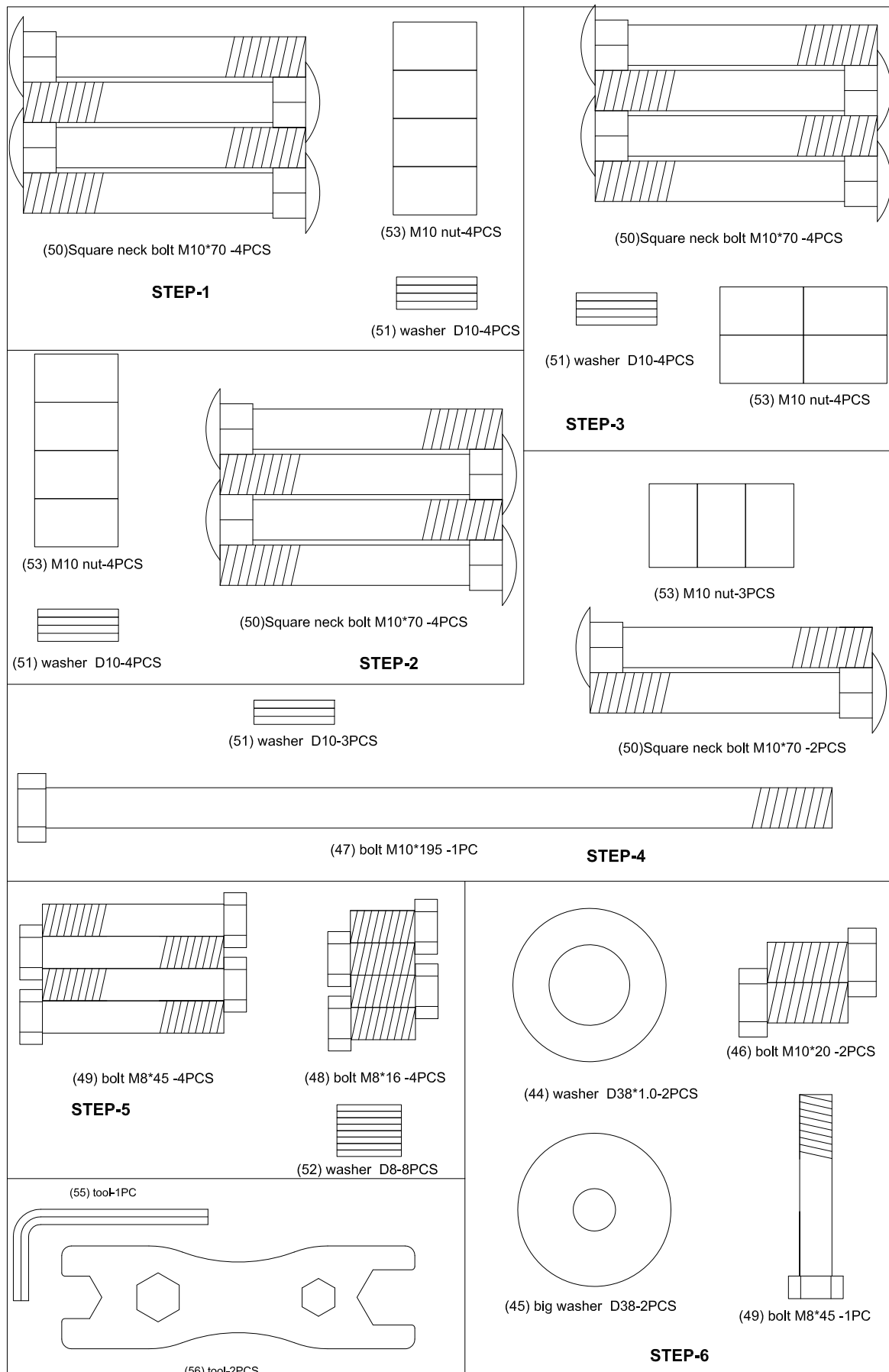
PARTS LIST					
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1.	Base Frame	1	29.	Square Inner Tube Plug 50X70	1
2.	Front Base Frame	1	30.	Square Inner Tube Plug 50X50	4
3.	Back Base Frame	1	31.	Square Inner Tube Plug 45X45	1
4.	Rotating Square Tube	1	32.	Square Inner Tube Plug 30X30	4
5.	Adjusting Plate	1	33.	Round Plug D32	2
6.	Front Support Frame	1	34.	Round Plug D25	2
7.	Counterweight Tube	1	35.	2" Barbell Spring Clip	1
8.	Connect Frame	1	36.	1" Barbell Spring Clip	1
9.	Main Frame	1	37.	Insert Pin(Short)	1
10.	Seat Frame	1	38.	Moving Wheel	2
11.	Backrest Support	1	39.	Insert Pin(Long)	1
12.	Handle Tube(Right)	1	40.	Elastic Pin	1
13.	Handle Tube(Left)	1	41.	Set Screw M8*10	1
14.	Upper Rotating Tube	1	42.	Powder Metallurgy Sleeve	8
15.	Lower Rotating Tube	1	43.	Set Screw M10*25	2
16.	Connecting Piece	2	44.	Thin Flat Washer D38	5
17.	Backrest Cushion	1	45.	Large Flat Washer D38	3
18.	Seat Cushion	1	46.	Bolt M10*20	3
19.	Sponge Shaft	2	47.	Bolt M10*195	1
20.	Base Frame Cover	4	48.	Bolt M8*16	4
21.	Handle Tube Cover	2	49.	Bolt M8*45	5
22.	Stop Axis	1	50.	Square Neck Bolt M10*70	14
23.	Plastic Sleeve	1	51.	Flat Washer D10	15
24.	Ball Pull Pin	2	52.	Flat Washer D8	10
25.	End Cap	2	53.	Nut M10	15
26.	Barbell Plate Conversion Tube	1	54.	Nut M8	2
27.	Shock Pad	1	55.	Hexagon Wrench S4	1
28.	Pipe Bushing	2	56.	Open End Wrench	2

Package

①x1pc 	②x1pc 
③x1pc 	(④+⑤+⑥+⑦)x1pc 
⑧x1pc 	⑨x1pc 
⑩x1pc 	⑪x1pc 
⑫x1pc 	⑬x1pc 
⑭x1pc 	⑮x1pc 
⑯x2pcs 	⑰x1pc 
⑱x1pc 	⑲x2pcs 
⑳x1pc 	㉕x2pcs 
㉖x1pc 	㉗x1pc 
㉚x1pc 	㉛x1pc 
㉞x1pc 	㉟x1pc 
Hardware pack X 1 	



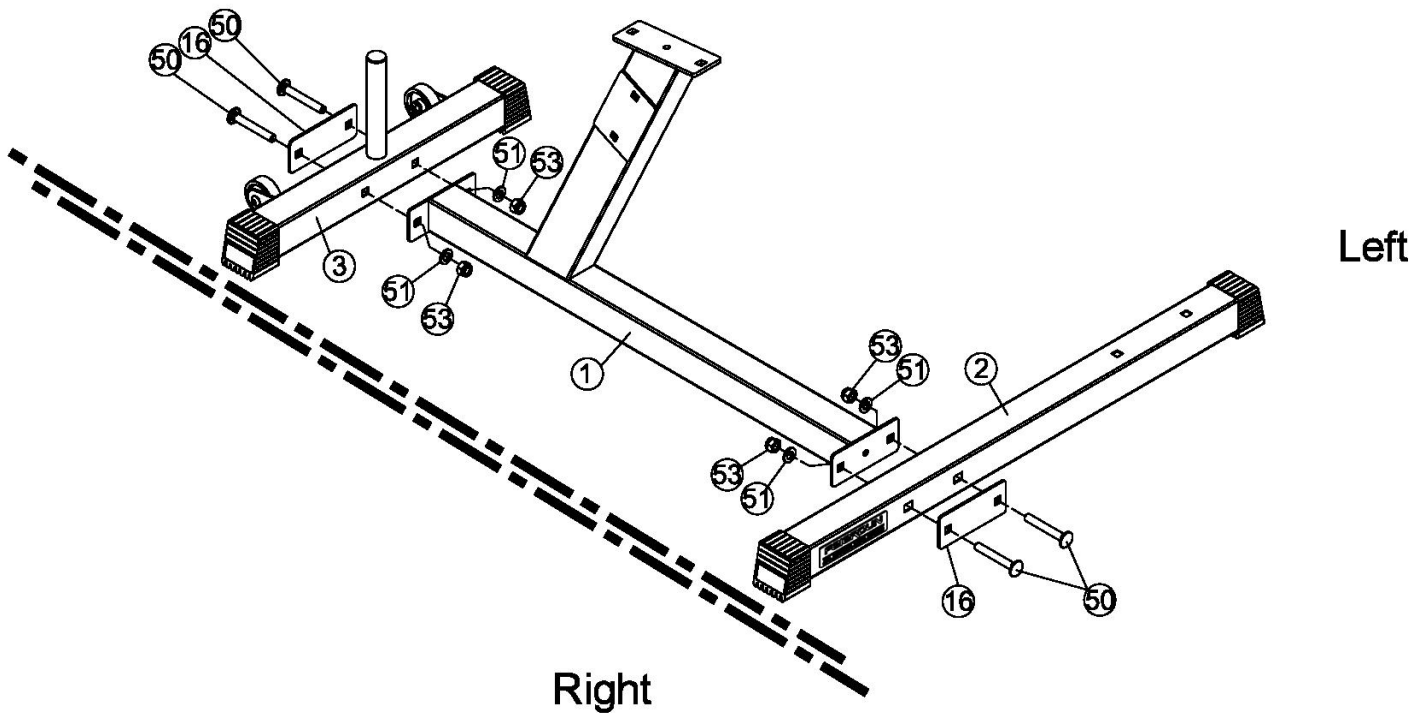
Hardware pack

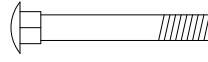


INSTALLATION INSTRUCTIONS

STEP 1

1. Fix the Front Base Frame (#2) to the Base Frame (#1) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat Washers D10 (#51), 2pcs Nuts M10 (#53) and 1pc Connecting Piece(#16) as shown in the figure.
2. Fix the Back Base Frame (#3) to the Base Frame (#1) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat Washers D10 (#51), 2pcs Nuts M10 (#53) and 1pc Connecting Piece(#16).



56		x1
50		x4
53		x4
51		x4

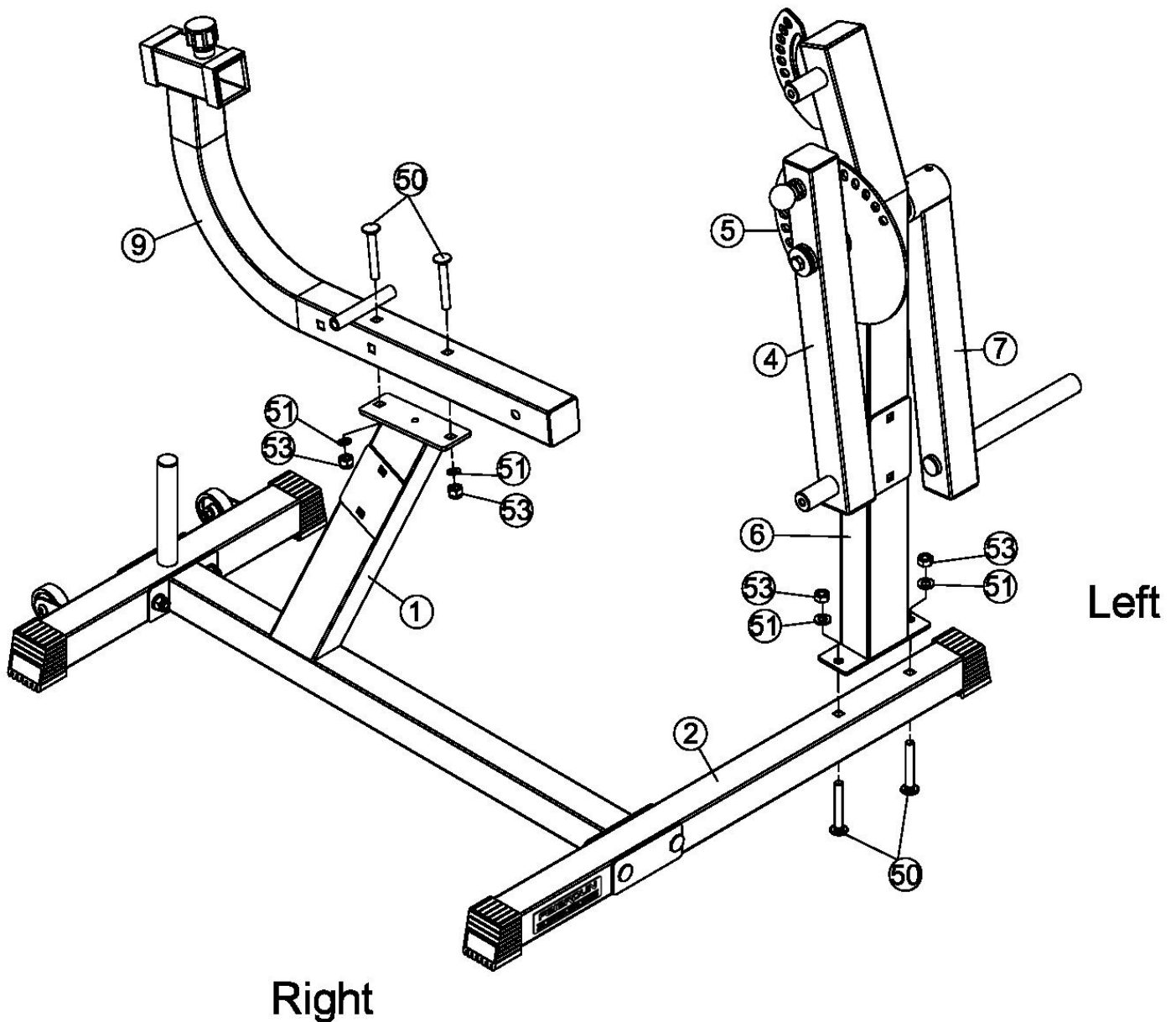
NOTE:

1. The Front and Back bases (#2, #3) are parallel on the right side.
2. All Bolts and Nuts do not need to be tightened in this assembly.



Step 2

1. Fix the Front Support Frame (#6) to the Front Base Frame (#2) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat washers D10 (#51), 2pcs Nuts M10 (#53) as shown in the figure.
2. Fix the Main Frame (#9) to the Base Frame (#1) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat washers D10 (#51), 2pcs Nuts M10 (#53).



56  x1

50  x4

53  x4

51  x4

NOTE: All Bolts and Nuts do not need to be tightened in this assembly

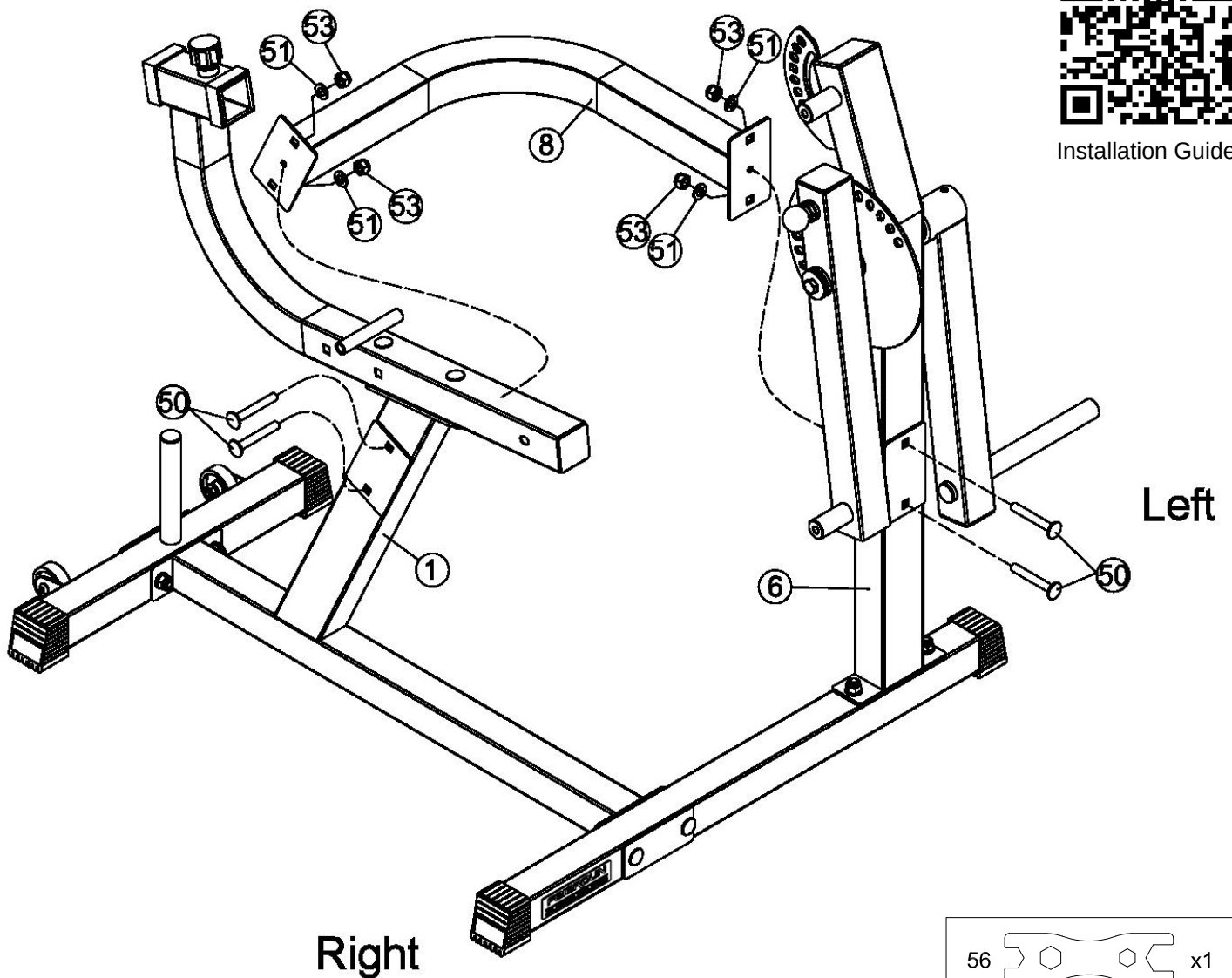


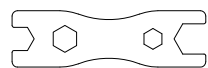
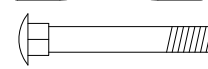
Step 3

1. Fix the Connect Frame (#8) to the Base Frame (#1) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat Washers D10 (#51), 2pcs Nuts M10 (#53).
2. Fix the Connect Frame (#8) to the Front Support Frame (#6) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat Washers D10 (#51), 2pcs Nuts M10 (#53).



Installation Guide



56		x1
50		x4
53		x4
51		x4

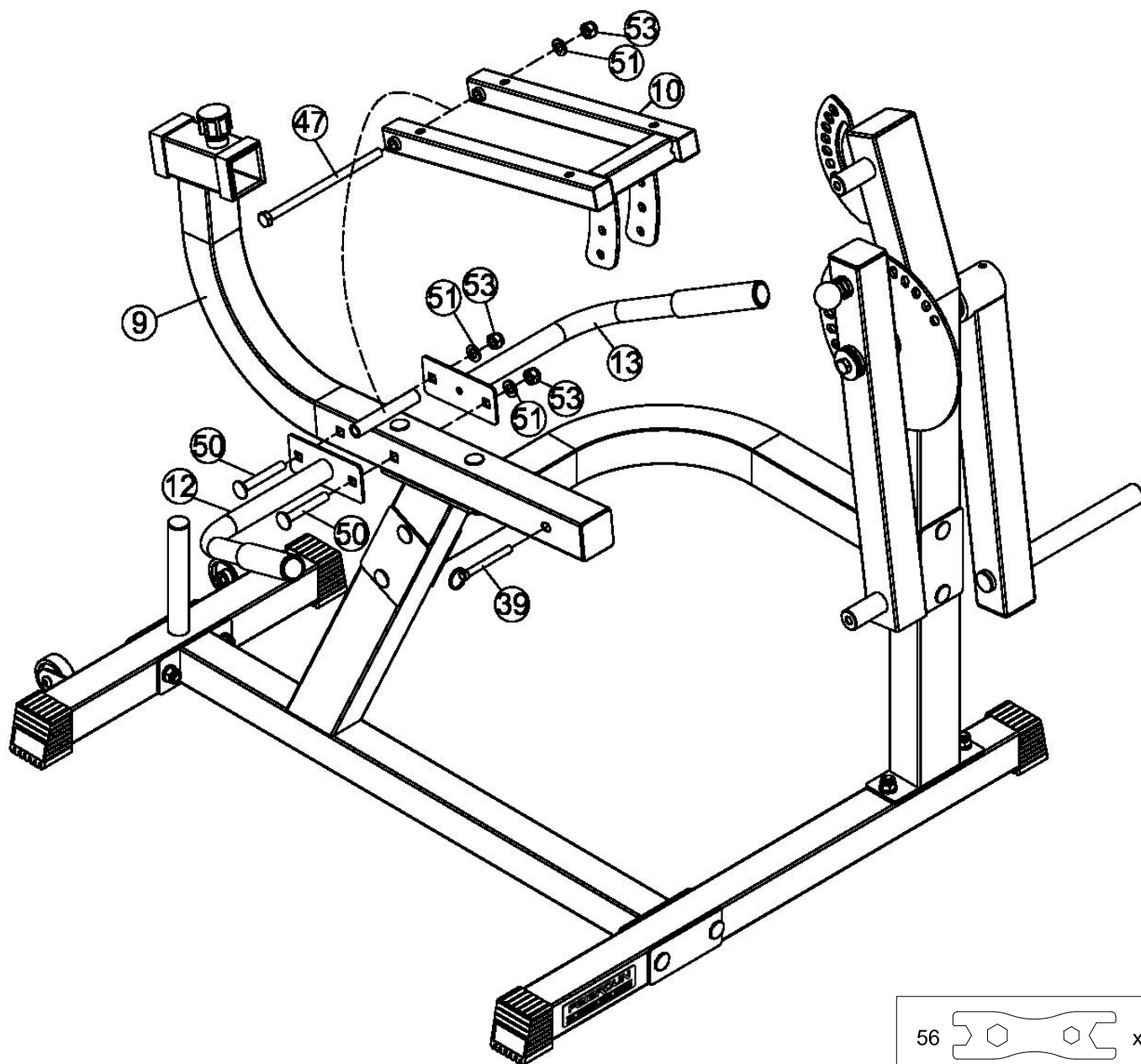
NOTE:

1. The Connect Frame (#8) is installed on the left side.
2. After this pre-installation is complete, tighten all Bolts and Nuts, including the fasteners in the first and second steps.

Step 4

1. Fix the Right Handle Tube(#12) and Left Handle Tube(#13) to the Main Frame(#9) with 2pcs Square Neck Bolts M10*70 (#50), 2pcs Flat Washers D10 (#51), 2pcs Nuts M10 (#53).

2. Fix the Seat Frame (#10) to the Main Frame (#9) with 1pc Bolt M10*195 (#47), 1pc Flat Washer D10 (#51), and 1pc Nut M10 (#53), and then insert the Long Insert Pin (#39) into the Seat Frame (#10).



56		x2
50		x2
47		x1
53		x3
51		x3

NOTE: There are 3 adjustable seat holes according to user needs.

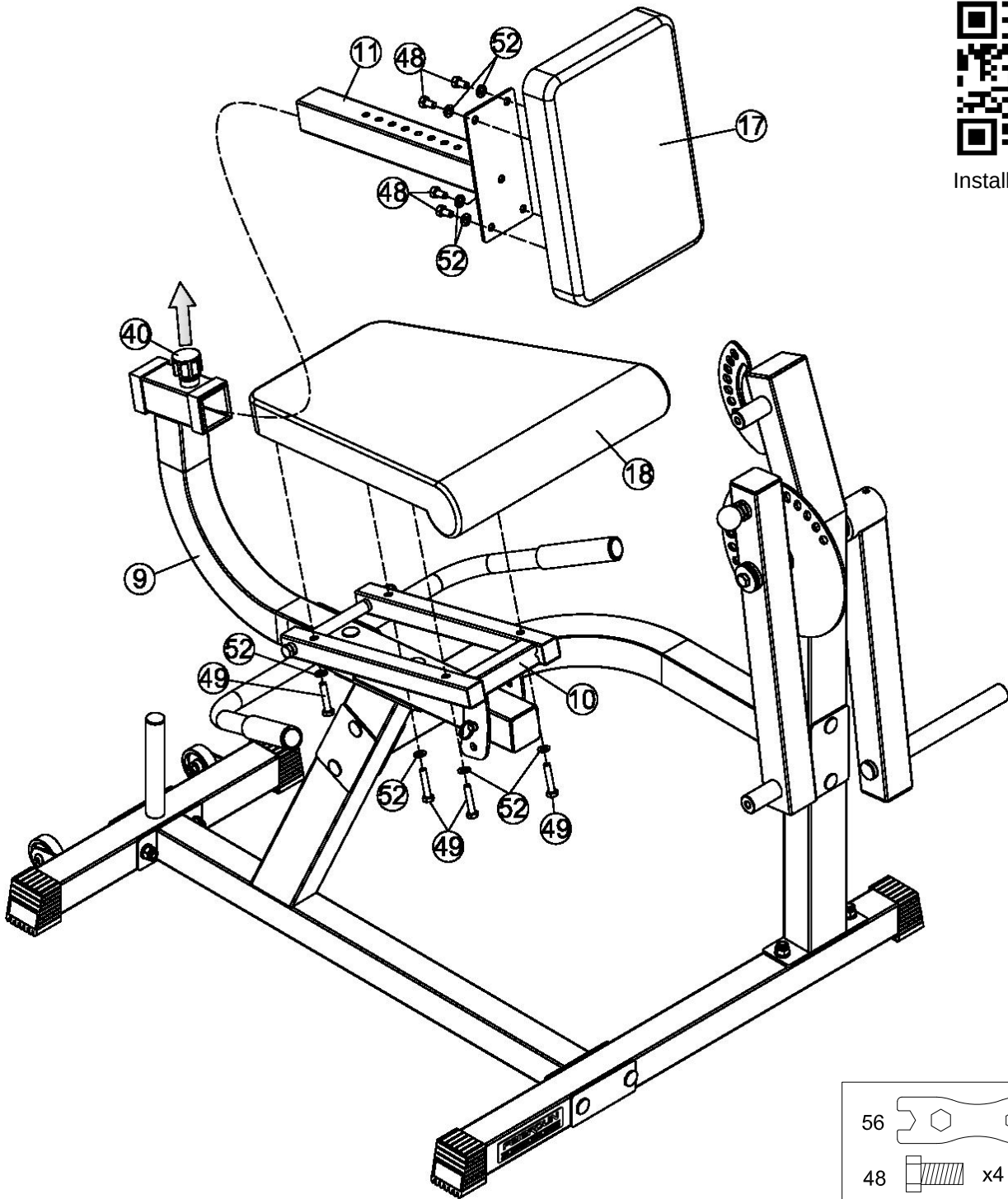


Step 5

1. Fix the Seat Cushion (#18) to the Seat Frame (#10) with 4pcs Bolts M8*45 (#49) and 4pcs Flat Washers D8 (#52).
2. Fix the Backrest Cushion (#17) to the Backrest Support (#11) with 4pcs Bolts M8*16 (#48) and 4pcs Flat Washers D8 (#52), then pull the Elastic Pin (#40) upward as shown in the figure, insert the Backrest Support (#11) into the Main Frame (#9), and adjust the distance as needed.



Installation Guide



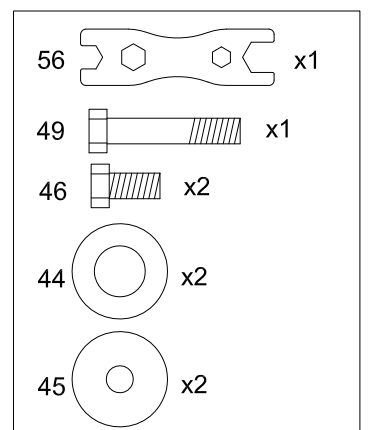
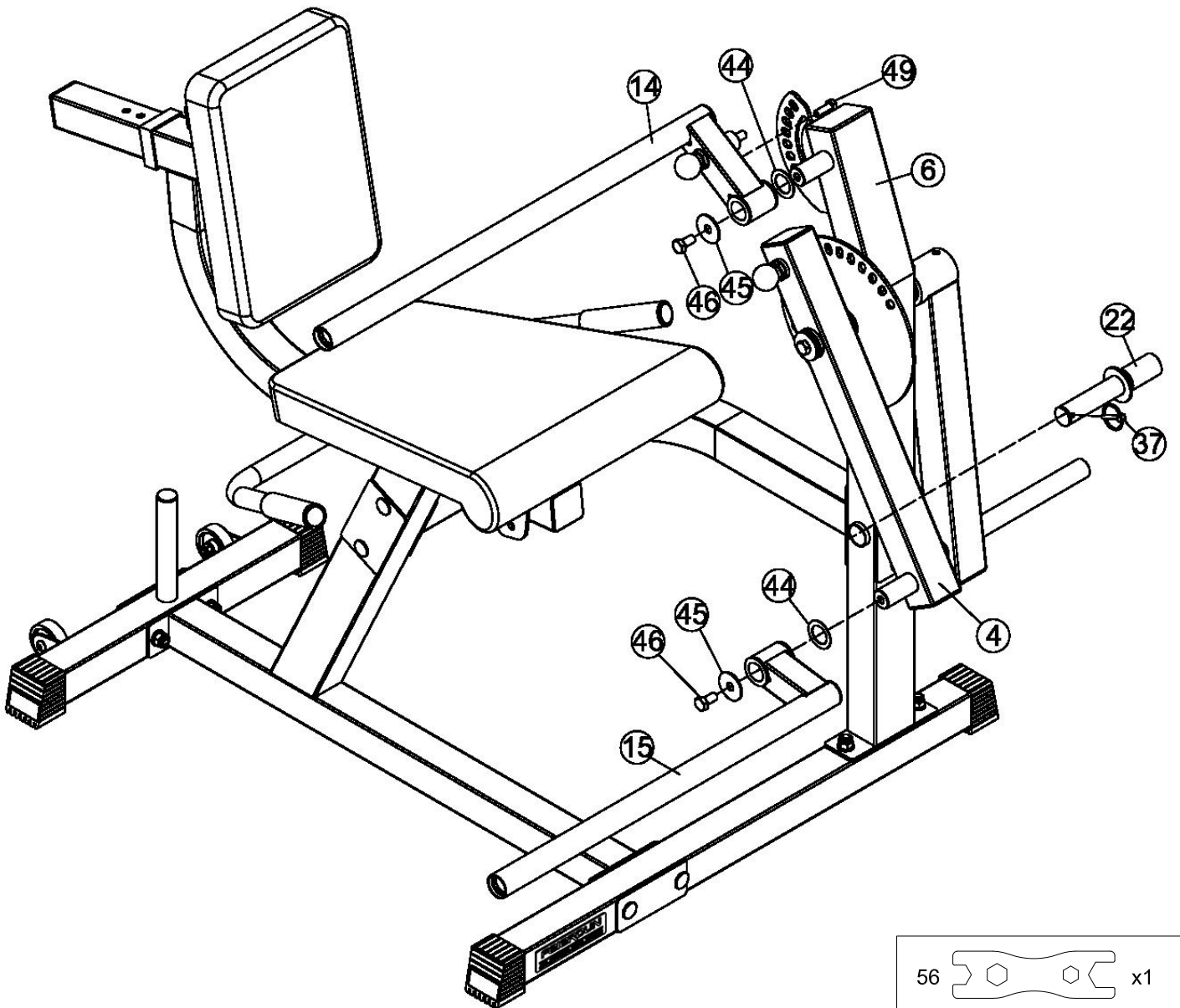
56		x1
48		x4
49		x4
52		x8

NOTE: There are 8 holes for adjustment according to user needs.

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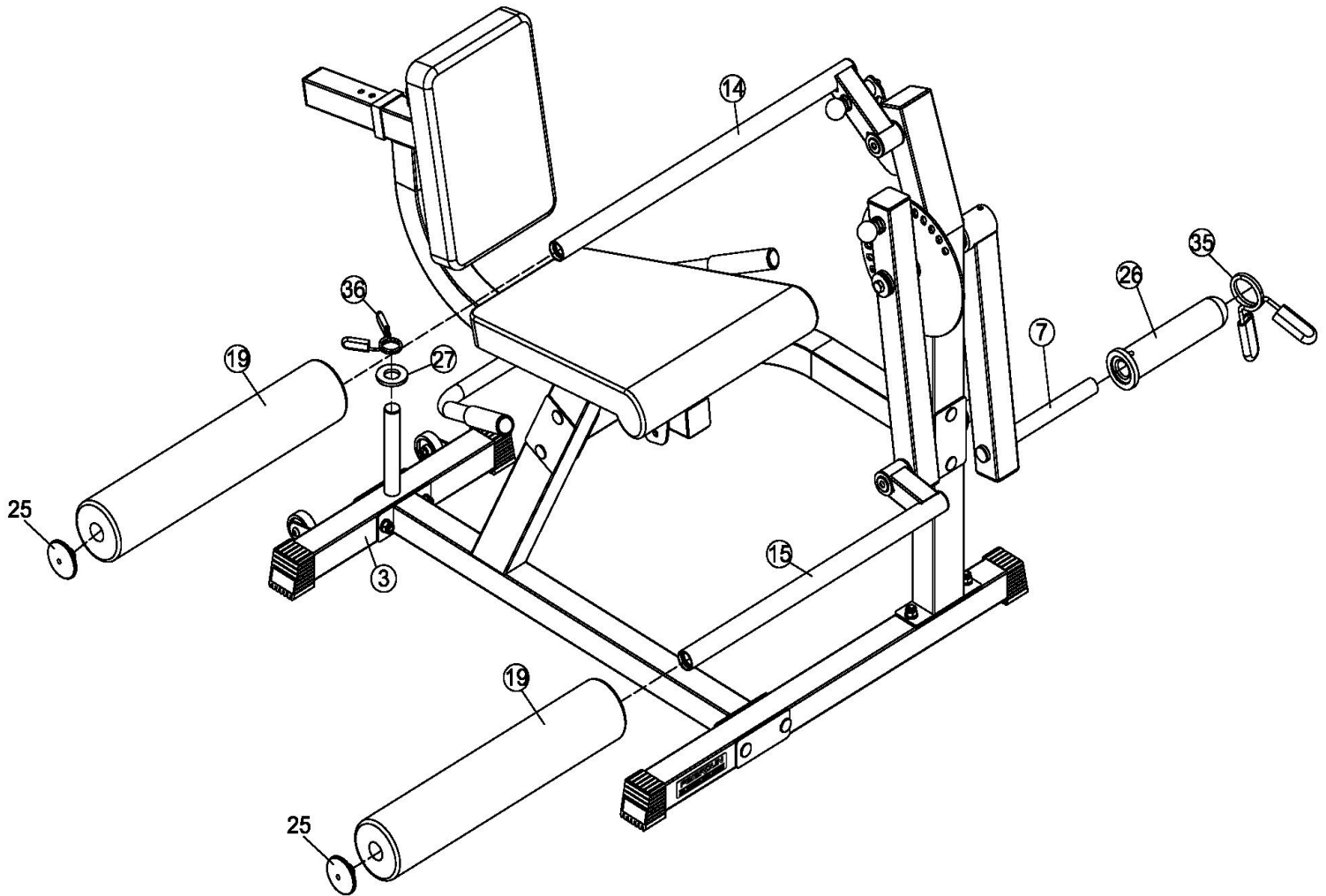
Step 6

1. Fix the Upper Rotating Tube (#14) to the Front Support Frame (#6) with 1pc Bolt M10*20 (#46), 1pc Thin Flat Washer D38 (#44), 1pc Large Flat Washer D38 (#45), and then screw the Bolt M8*45 (#49) through the limit slots of the Front Support Frame (#6) and screw them into the Upper Rotating Tube (#14).
2. Insert the Stop Axis (#22) into the Front Support Frame (#6) and fasten the Short Insert Pin(#37).
3. Fix the Lower Rotating Tube (#15) to the Rotating Square Tube (#4)) with 1pc Bolt M10*20 (#46), 1pc Thin Flat Washer D38 (#44), and 1pc Large Flat Washer D38 (#45).

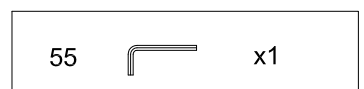


STEP 7

1. Insert 1pc Sponge Shaft (#19) and End Cap (#25) into the Upper Rotating Tube (#14).
2. Insert 1pc Sponge Shaft (#19) and End Cap (#25) into the Lower Rotating Tube (#15).
3. Insert the barbell Plate Conversion Tube (#26) and 2" Barbell Spring Clip(#35) into the Counterweight Tube (#7), tighten the pre-installed Bolt on the Counterweight Tube (#7).
4. Insert the ShockPad (#27) and 1" Barbell Spring Clip(#36) into the Counterweight Tube (#7).



Installation Guide



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TRAINING INSTRUCTIONS

Warm-Up before training

A successful exercise program consists of three parts: warm-up, aerobic exercise, and cool-down. Warm-up is a very important part of your exercise routine and should be done before each exercise session. Warm-up exercises relax your body and stretch muscles so your body is ready for more strenuous work. Cool-down exercises after a workout can help relax your muscles and reduce soreness.

We recommend the following warm-up/cool-down exercises before and after every session. Follow the illustrations below.

1. Down Stretch

Bend your knees slightly and bend body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10 ~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg. Try to touch your toes. Keep it for 10 ~15 seconds, and then switch leg, repeat 3 times.

3. Calf and Foot Stretch

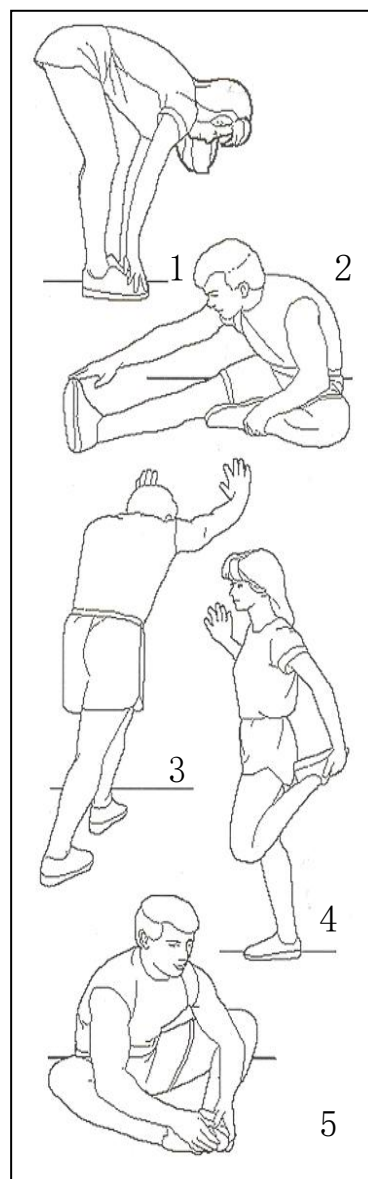
Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent). Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg and repeat 3 times.

4. Quadriceps Stretch

Stand on your left leg and hold onto a support with your left hand. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Switch leg and repeat 3 times.

5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows, repeat 3 times.



Stage of training

This stage is a formal training stage, and after a long period of regular exercise you can improve the flexibility of the leg muscles. The key to the training process is to exercise with a stable training intensity in accordance with your own training situation. Choose a reasonable training intensity during the exercise and keep your heart rate within the target value range listed in the following table. Keep the heart rate within the corresponding target range for at least **12** minutes of training. Most people continue training for 15-20 minutes at the beginning of training.

Recovery phase after training

During the recovery phase, repeat the activities in the preparation phase. During the process, you can appropriately reduce the amplitude and speed of the exercise. The time can last for about 5 minutes. You can adjust the body heat through exercise so as to relax the muscles.

What should be noted is that vigorous stretching activities can't be done during exercise so as to avoid muscle damage. In the case when you adapt yourself to training, you can gradually extend the training time and increase the training intensity. It is recommended to train at least 3 times a week, and record the average level of weekly exercise if possible.

Additional Information

1. Before you begin starting the installation, be sure to check that all parts are intact, as there is a very small chance of missing parts or shipping damage, which will halt the installation process.
2. We recommend that two people should work together to complete the installation of the machine.
3. If any parts are missing or damaged, please contact us at any time, and professional customer service will sincerely serve you to ensure your satisfaction. FEIERDUN888@outlook.com
After-sales email: FEIERDUN888@outlook.com



Installation Guide