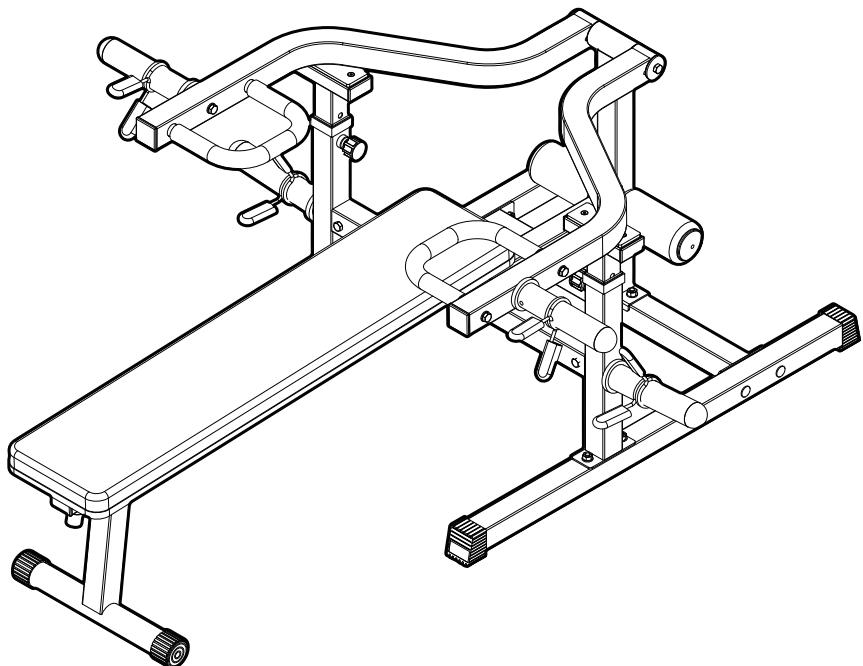


FEIERDUN

Chest Press Machine

Model: WTJZC-01



Customer support
Email: support@feierdun.fit

User Manual

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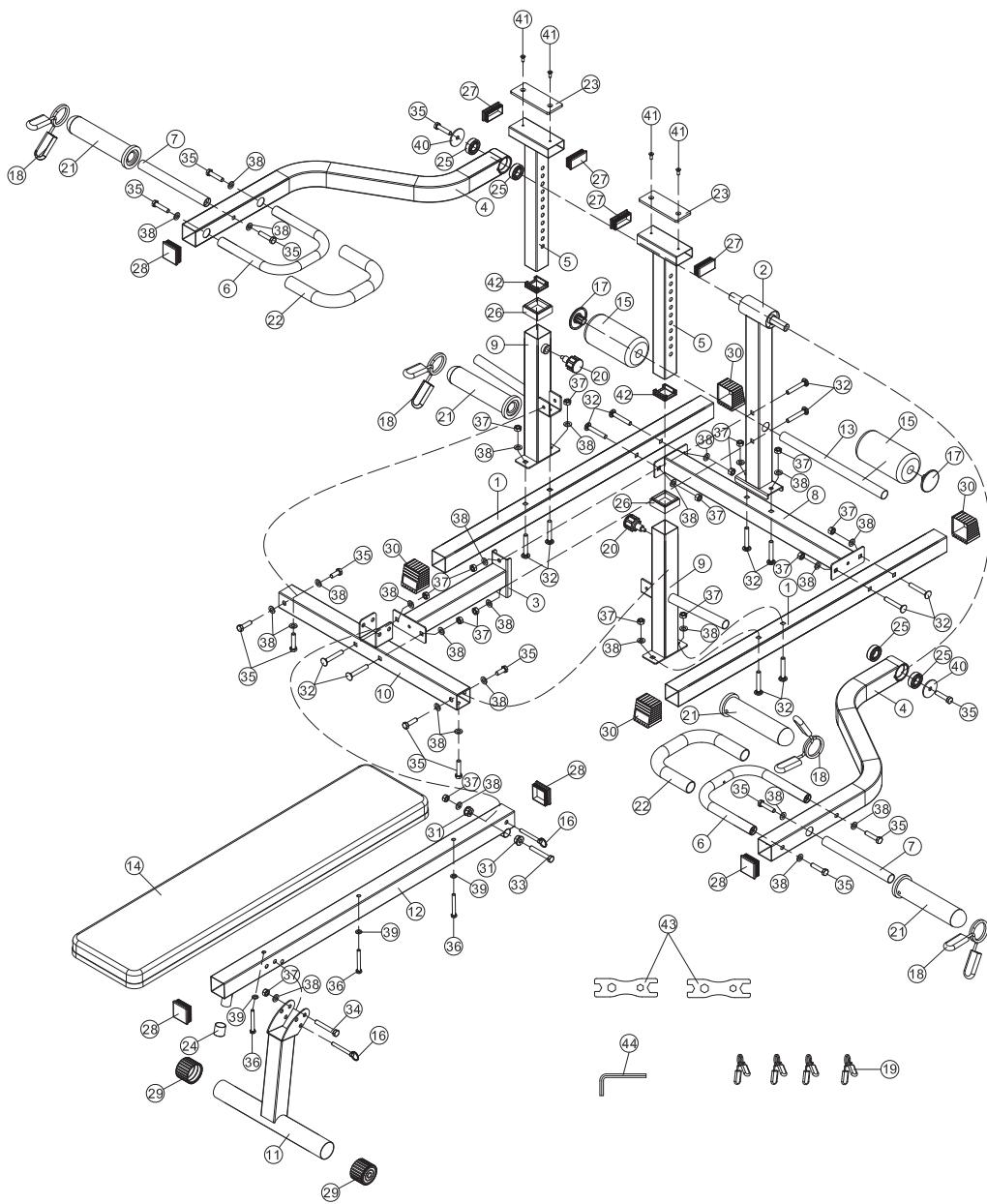
Installation Video

Safety Information

Thank you for your support! For optimal user safety, please read this user manual carefully before assembling and using the product, and keep it for future reference. Although safety precautions have been considered during design and manufacturing, it is important to follow additional safety measures during use.

- Please read this manual in its entirety before assembling and using this equipment. Proper assembly, maintenance, and use of the equipment are essential. Ensure that all users are familiar with the safety precautions. The company is not responsible for injuries caused by misuse or personal factors.
- Before using this equipment, consult your doctor to confirm that your health condition is suitable for exercise, especially if you are over the age of 35 or have pre-existing medical conditions. If you feel unwell during use, stop immediately and consult your doctor.
- For safety reasons, the training equipment may only be used by one person at a time.
- Incorrect or excessive exercise may negatively affect your health. Please pay attention to your body's signals.
- Keep pets and young children away from the equipment. Teenagers and elderly individuals should use this product only under supervision.
- Place the training equipment on a clean, flat surface. Do not use it outdoors or near water. Avoid placing sharp objects around the training equipment.
- Keep hands and other body parts away from moving parts while using the training equipment to prevent injury.
- Ensure your attire is suitable for training. Avoid loose clothing or items that may get caught during use. Sports shoes or appropriate footwear are recommended.
- Disabled individuals should not use the training equipment without supervision from a training partner or qualified nursing staff.
- Please install this product correctly before use, ensuring all parts are properly connected and all screws and bolts are tightened.
- A warm-up and stretching routine is recommended before exercise.
- If the training equipment is malfunctioning, do not use it.
- This training equipment is not intended for medical use.

Exploded View



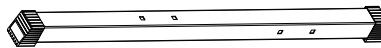
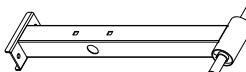
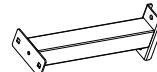
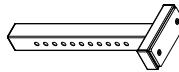
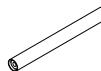
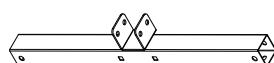
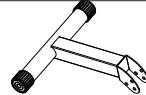
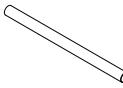
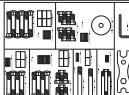
Parts List

Before assembling the product, please check the received parts against this list. If any parts are damaged or missing, please contact the seller for replacements. Contact email: support@feierdun.fit

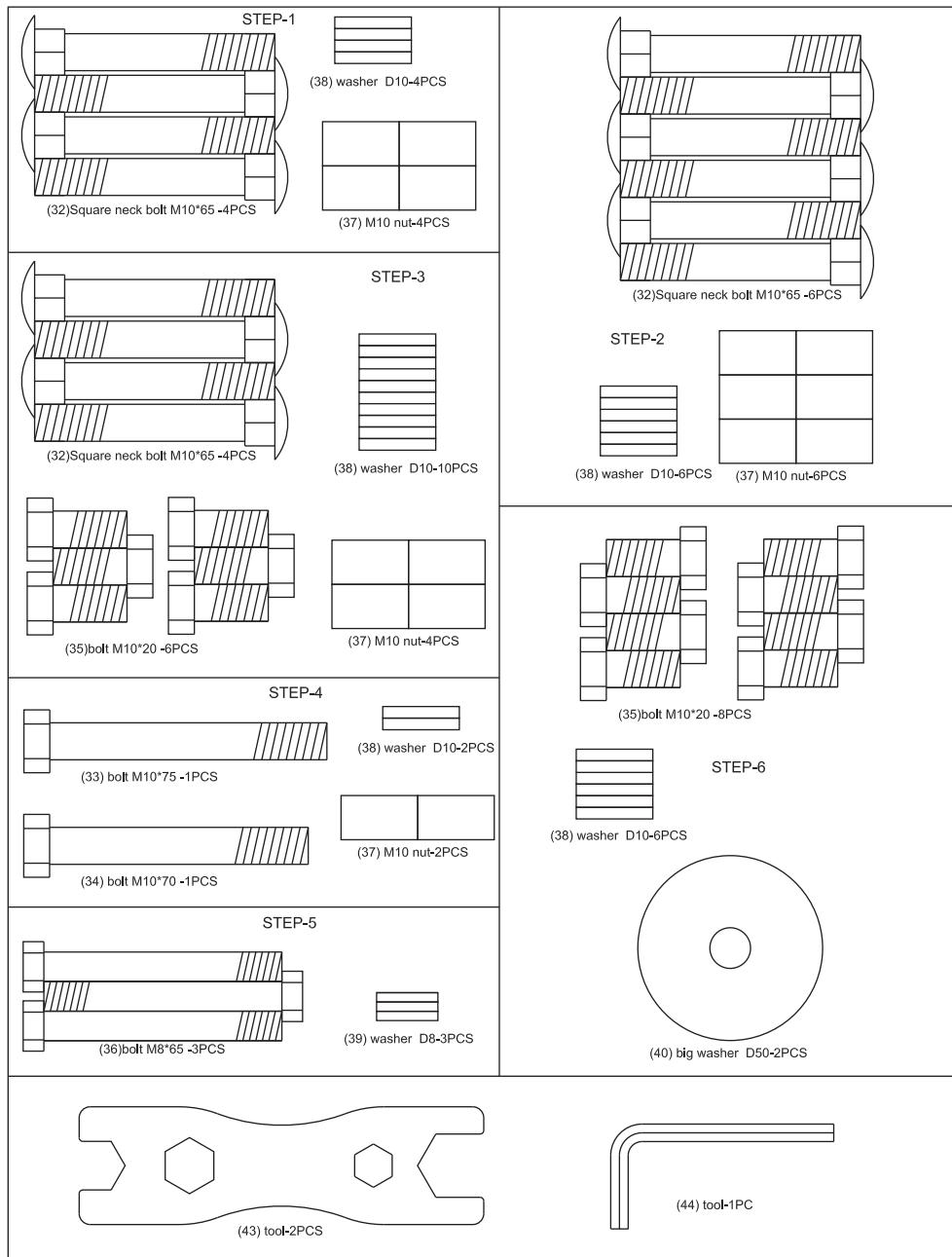
Tip: some accessories not shown in the package or hardware pack are pre-installed on the equipment.

No.	DESCRIPTION	QTY.	No.	DESCRIPTION	QTY.
1	Base Frame Assembly	2	31	Powder Metallurgy Bushing	2
2	Rear Upright Assembly	1	32	Pan Head Square Neck Bolt (M10*65)	14
3	Center Connector Tube Assembly	1	33	Hex Bolt (M10*75)	1
4	Press Arm Assembly	2	34	Hex Bolt (M10*70)	1
5	Adjustment Bar Assembly	2	35	Hex Bolt (M10*20)	14
6	Handle Assembly	2	36	Hex Bolt (M8*65)	3
7	Weight Plate Peg Assembly	2	37	Nut (M10)	16
8	Base Connector Tube Assembly	1	38	Flat Washer (M10)	28
9	Vertical Beam Assembly	2	39	Flat Washer (M8)	3
10	Backrest Connector Assembly	1	40	Large Flat Plate Washer (f 50* f 11*3.0)	2
11	Leg Tube Assembly	1	41	Phillips Flat Head Screw (M6*15)	4
12	Backrest Tube Assembly	1	42	Square Tube End Plug (45*45mm Tube)	2
13	Foam Roller Tube	1	43	Tool (S13,S17)	2
14	Back Pad	1	44	Tool(S4)	1
15	Foam	2			
16	Quick Release Pin	2			
17	Foam End Cap	2			
18	50 D50 Spring Clip(2 inch)	4			
19	25 D25 Spring Clip(1 inch)	4			
20	Spring Pin	2			
21	Weight Plate Adapter Sleeve	4			
22	Handlebar Foam	2			
23	Plastic Spacer Block	2			
24	Round Foot Cap	1			
25	Bearing	4			
26	Reducer Bushing (50x50mm to 45x45mm)	2			
27	Square Tube End Plug (for 30x60mm Tube)	4			
28	Square Tube End Plug (for 50x50mm Tube)	4			
29	Round Tube Outer Sleeve	2			
30	Outer Sleeve (for 50x50mm Square Tube)	2			

PACKAGE

 ① ×2	 ② ×1
 ③ ×1	 ④ ×2
 ⑤ ×2	 ⑥ ×2
 ⑦ ×2	 ⑧ ×1
 ⑨ ×2	 ⑩ ×1
 ⑪ ×1	 ⑫ ×1
 ⑬ ×1	 ⑭ ×1
 ⑮ ×2	 ⑯ ×2
 ⑰ ×2	 ⑯ ×4
 ⑲ ×4	 ⑳ ×2
 ㉑ ×4	

Hardware pack

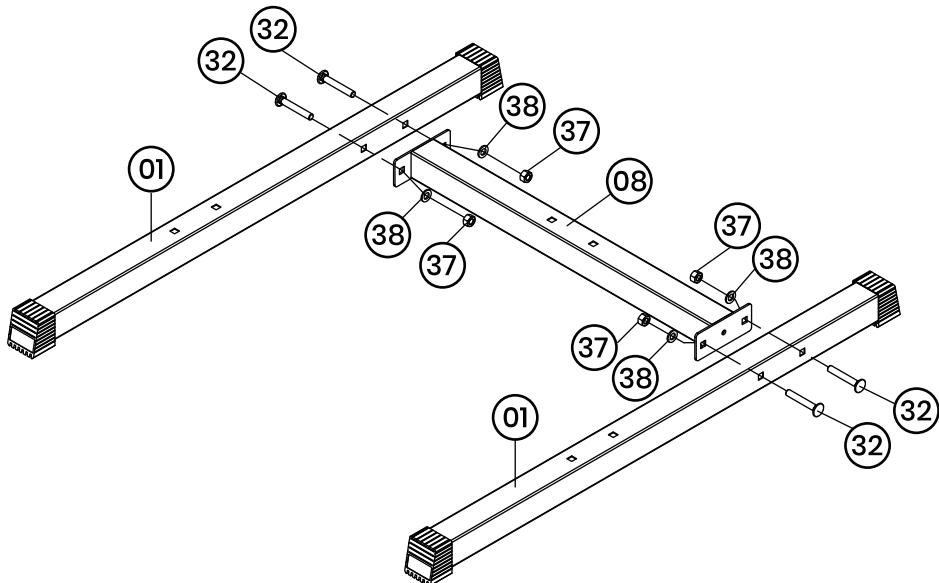
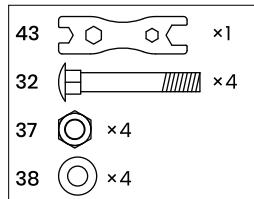


Assembly Instructions

Step 1:

As shown in the figure, connect the Base Frame Assembly(1) and the Base Connector Tube Assembly(8) with Pan Head Square Neck Bolt M10*65 (32), M10 Nut (37), and M10 Flat Washer(38).

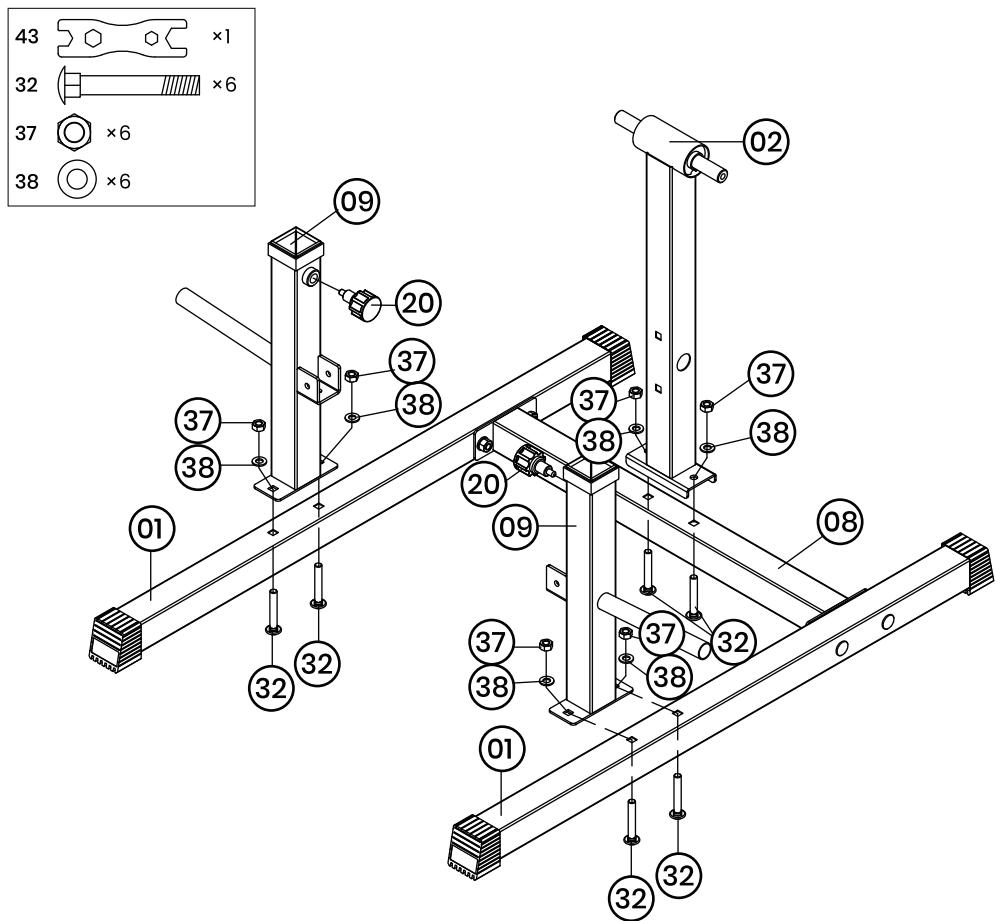
In this step, all bolts and nuts do not need to be tightened yet.



Assembly Instructions

Step 2:

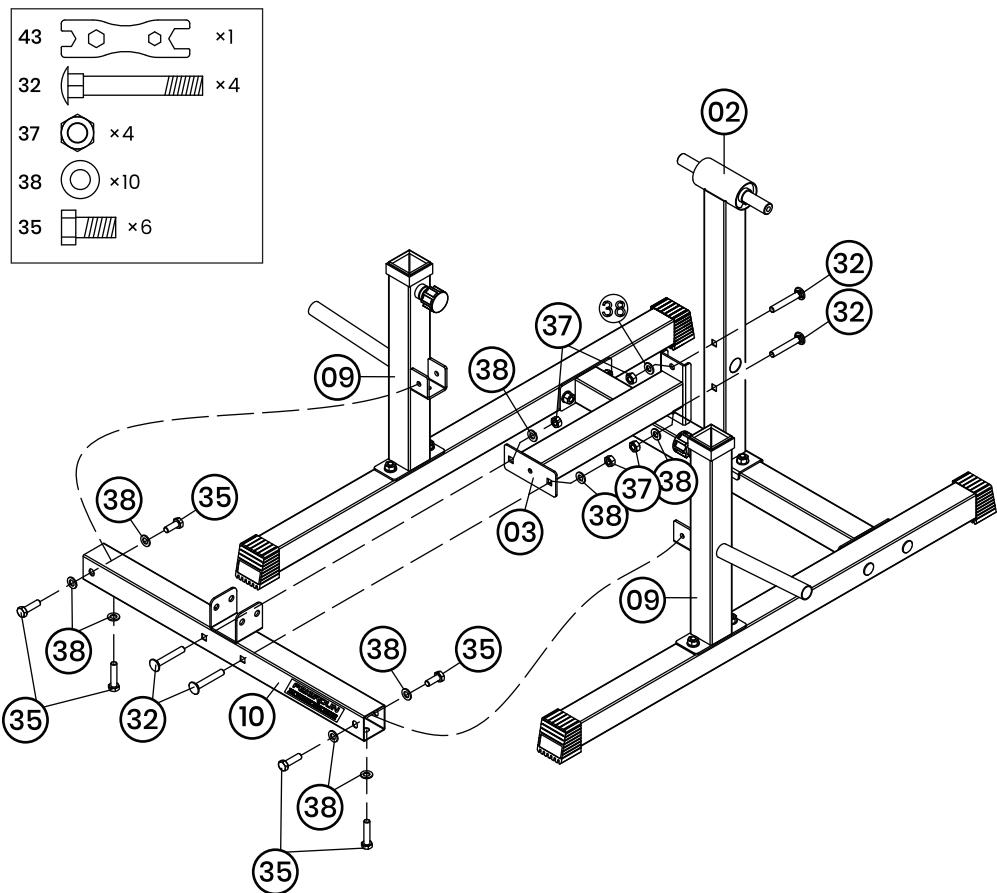
- Assemble the Vertical Base Assembly(9) to the left and right Base Frame Assemblies (1) using the Pan Head Square Neck Bolt M10x65(32), M10 Nut(37), and M10 Flat Washer(38). Finger tighten only; do not fully tighten yet.
- Then assemble the Rear Upright Assembly(2) to the Base Connector Tube Assembly(8) using the Pan Head Square Neck Bolt M10*65(32), M10 Nut (37), and M10 Flat Washer(38). Finger tighten only; do not fully tighten yet.
- As shown in the figure, pre-install the Spring Pin (20) onto the Vertical Beam Assembly(9). Do not secure it permanently at this stage.



Assembly Instructions

Step 3:

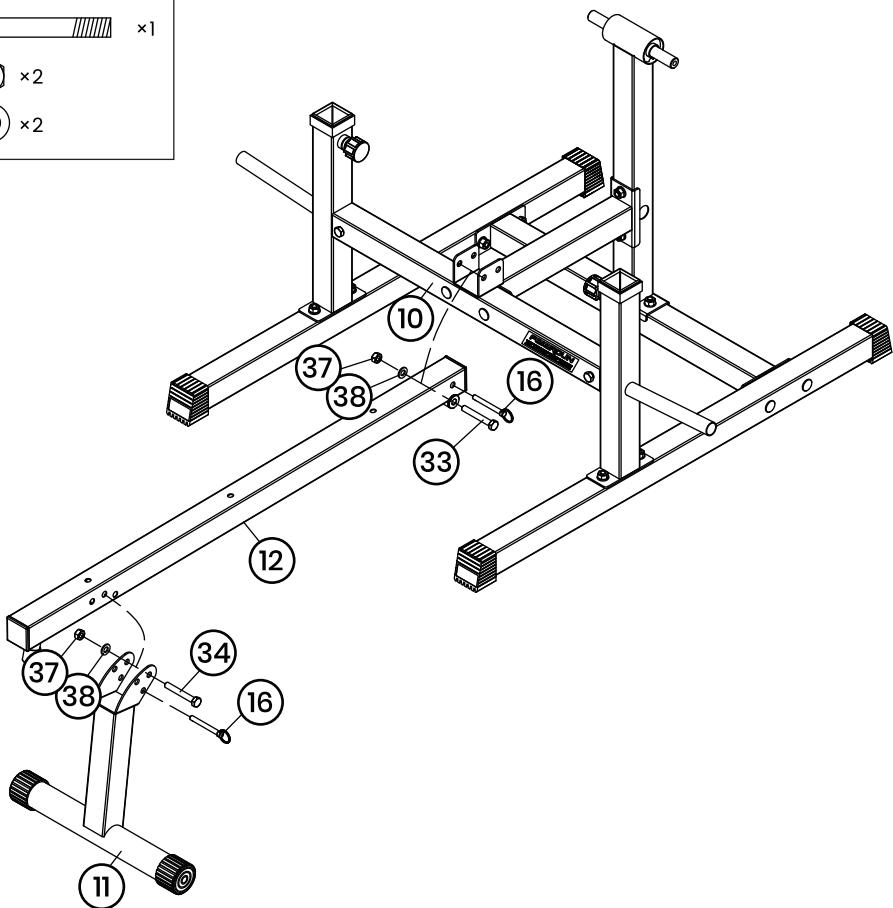
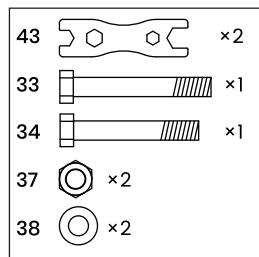
- Assemble the Backrest Connector Assembly(10) to the Vertical Beam Assembly(9) with Hex Bolt (M10*20)(35) and M10 Flat Washer(38). Connect the parts as illustrated, but do not fully tighten at this stage.
- Assemble the Center Connector Tube Assembly (3) between the Backrest Connector Assembly(10) and the Rear Upright Assembly (2) with Pan Head Square Neck Bolt(M10*65) (32), M10 Nut(37), and M10 Flat Washer(38). After this pre-assembly is completed, all bolts and nuts need to be tightened (including parts that were not tightened in the first and second steps)



Assembly Instructions

Step 4:

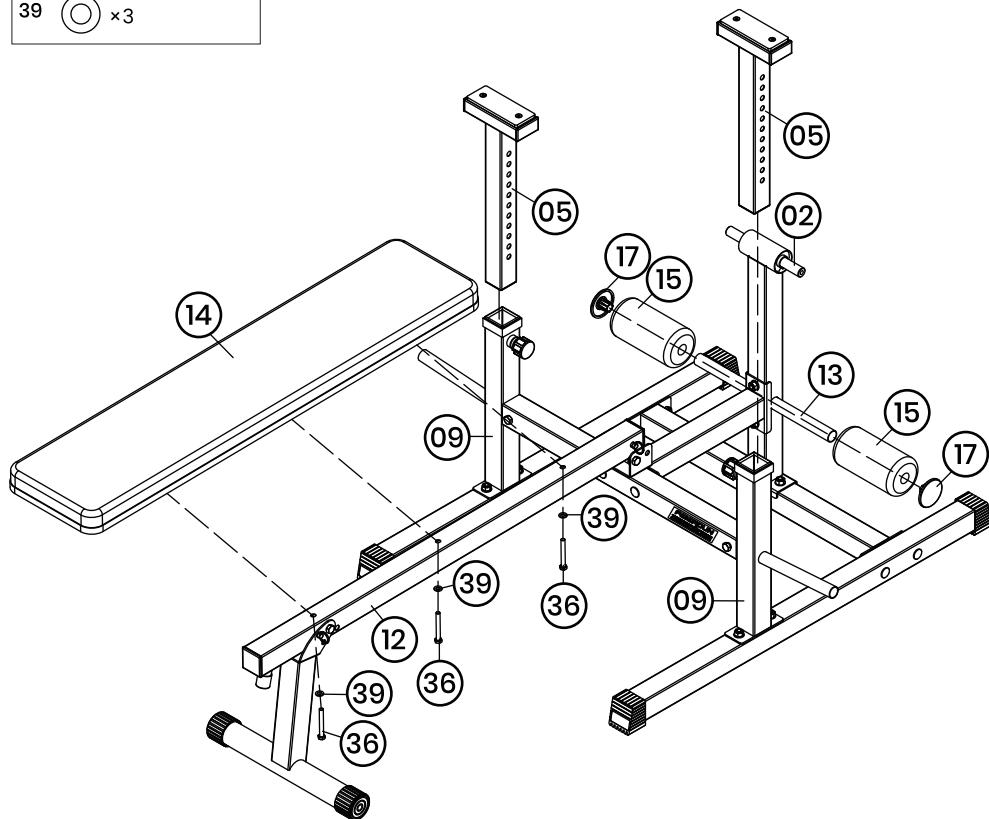
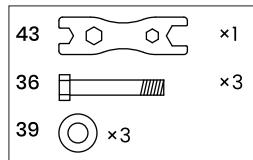
- Assemble the Backrest Tube Assembly (12) to the Backrest Connector Assembly(10) with Hex Bolt(M10*75)(33), M10 Nut(37), and M10 Flat Washer (38). Tighten securely, then insert the Quick Release Pin(16).
- Then, assemble the Leg Tube Assembly(11) to the Backrest Tube Assembly(12) with Hex Bolt(M10*70) (34), M10 Nut(37), and M10 Flat Washer(38). Tighten securely, then insert the Quick Release Pin(16).



Assembly Instructions

Step 5:

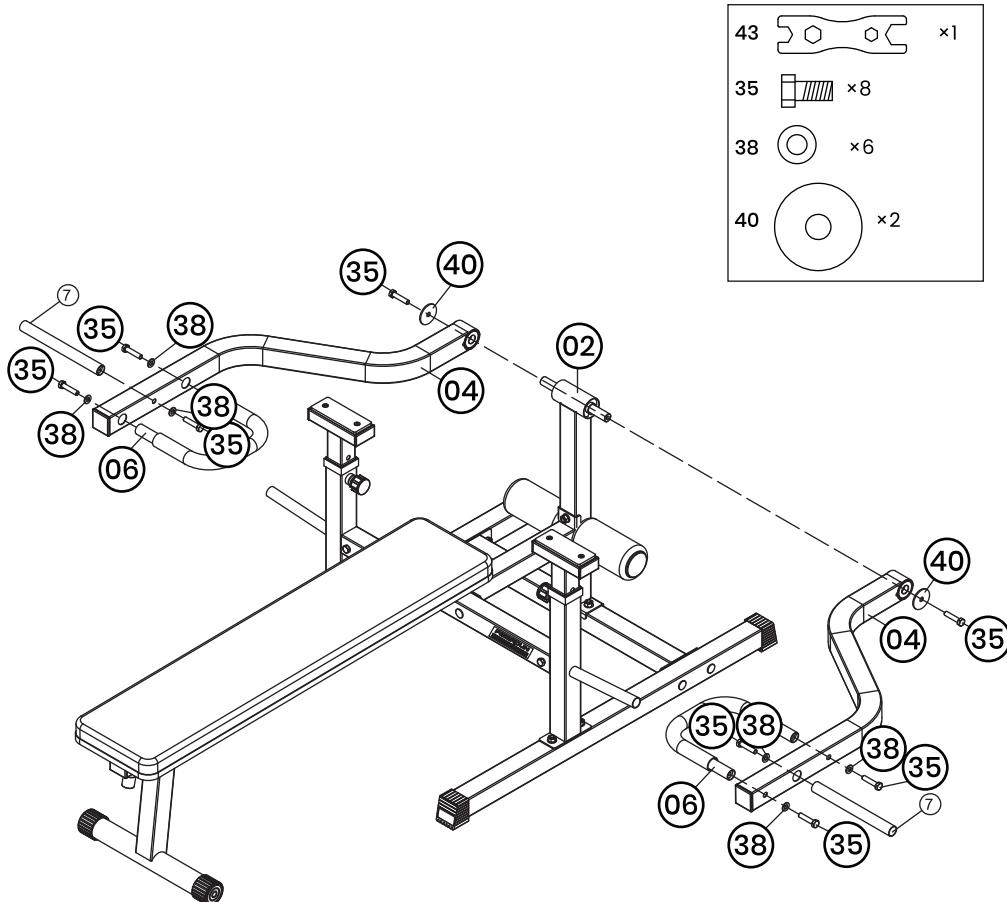
- Assemble the Back Pad(14) to the Backrest Tube Assembly(12) with Hex Bolt(M8*65)(36) and M8 Flat Washer(39). Tighten securely.
- Then insert the Adjustment Bar Assembly(5) into the Vertical Beam Assembly(9).
- Then insert the Foam Roller Tube(13) into the Rear Upright Assembly(2). Then slide the Foam(15) and Foam End Cap(17) onto the Foam Roller Tube(13) in sequence.



Assembly Instructions

Step 6:

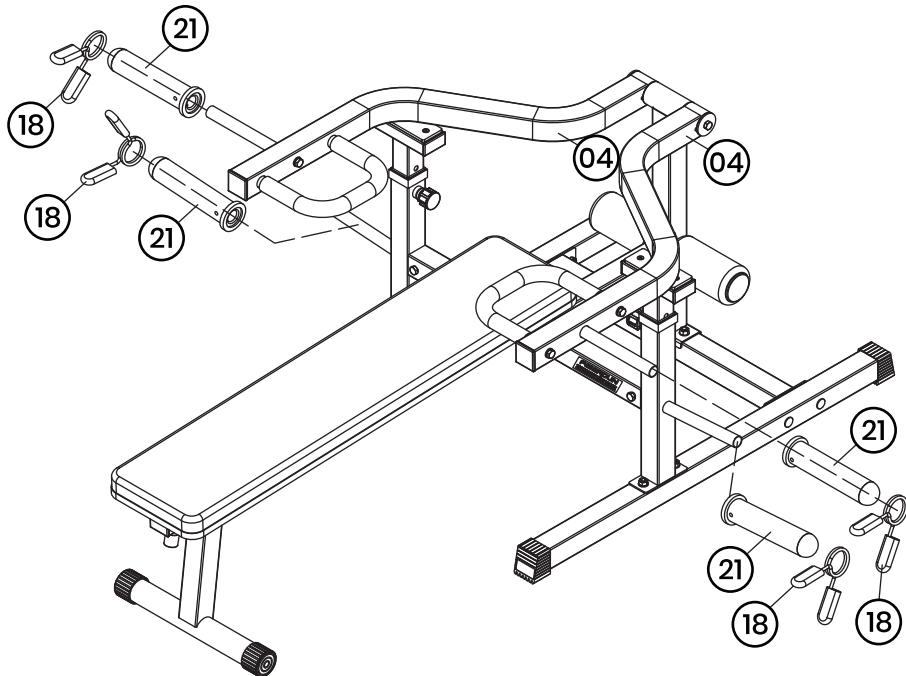
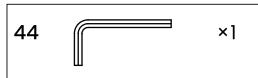
- Assemble the Press Arm Assembly (4) to the Rear Upright Assembly(2) with Hex Bolt (M10*20) (35) and Large Flat Plate Washer(40). Tighten securely.
- Then assemble the Weight Plate Peg Assembly(7) to the Press Arm Assembly(4) with Hex Bolt(M10*20)(35) and M10 Flat Washer (38). Tighten securely.
- Assemble the Handle Assembly(6) to the Press Arm Assembly(4) with Hex Bolt(M10*20) (35) and M10 Flat Washer(38). Tighten securely.



Assembly Instructions

Step 7:

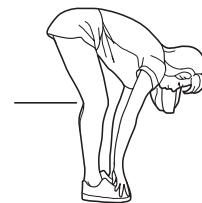
Install the remaining accessories and check that all screws and bolts are tightened firmly.



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.



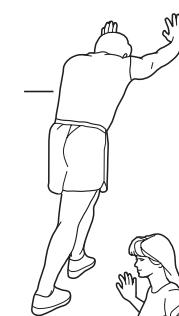
- **Hamstring Stretch**

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.



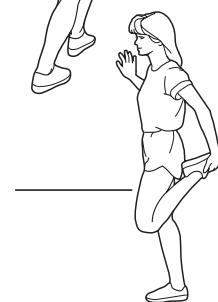
- **Calf and Foot Stretch**

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.



Addition information

1. Before starting the installation, please check that all parts are complete and undamaged. Although rare, missing parts or shipping damage may prevent successful installation.
2. We recommend that two people work together to complete the installation of this machine safely and efficiently.
3. If any parts are missing or damaged, please contact us immediately. Our professional customer service team will be glad to assist you and ensure your needs are met.

After-sales email: support@feierdun.fit

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