You use PCA.m file or PCA() function for dimension reduction as follows:

fea = rand(7,10);

[eigvector,eigvalue] = PCA(fea,4); %PCA (input data matrix, target dimension)

Y = fea\*eigvector;

Where fea is a 7 x 10 matrix. 7 is the number of samples and 10 is dimension and the function PCA takes 2 parameters and returns eigenvectors and eigenvalues.

After getting the eigenvectors and eigenvalues, projected data Y will be 7 x 4 matrix. The dimension reduced from 10 to 4.