*MLM300B Maintenance

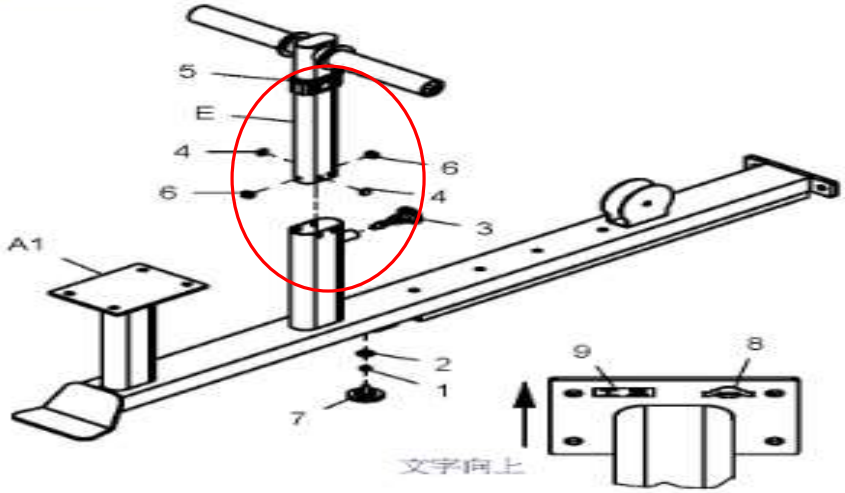
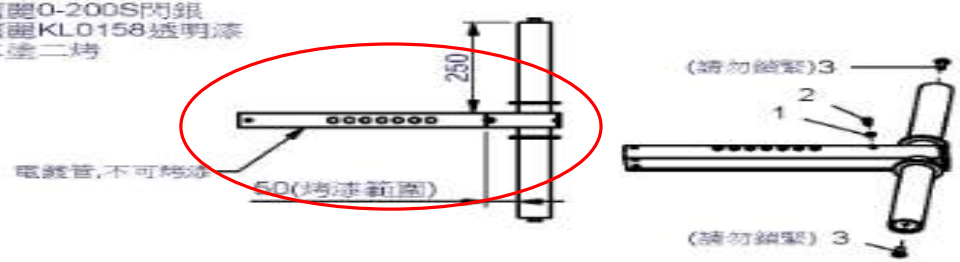
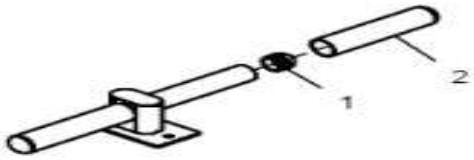


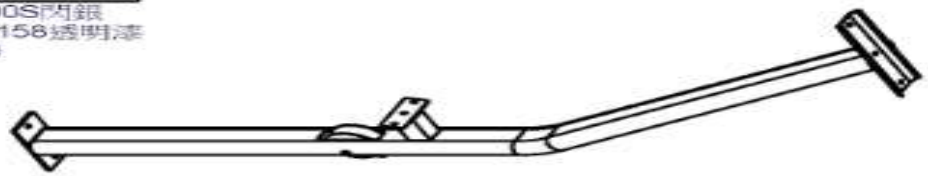
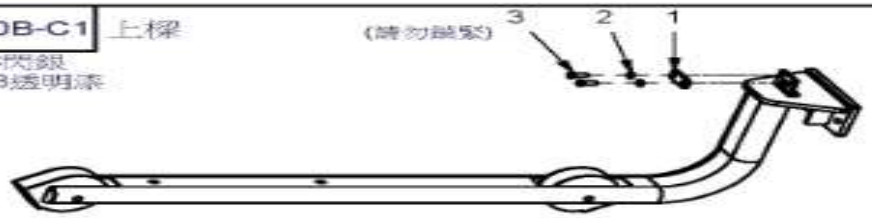
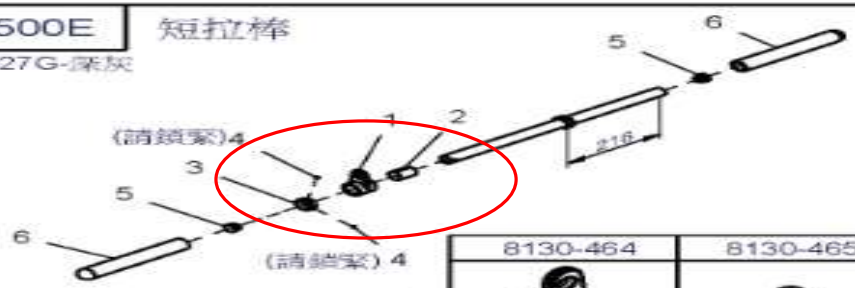
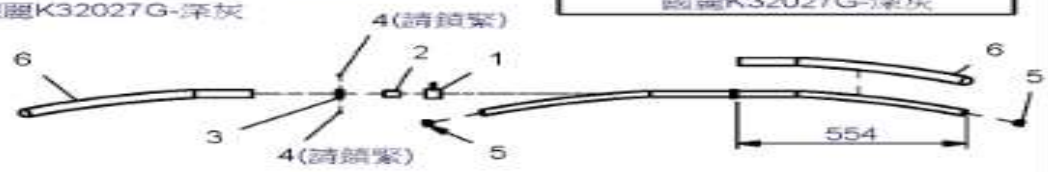
* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.



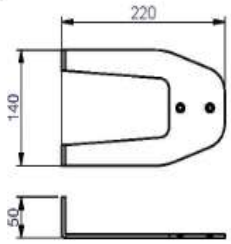
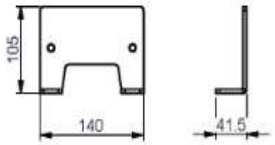
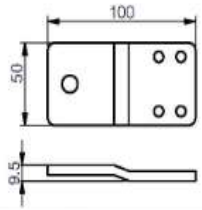


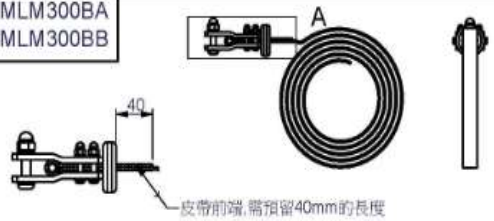
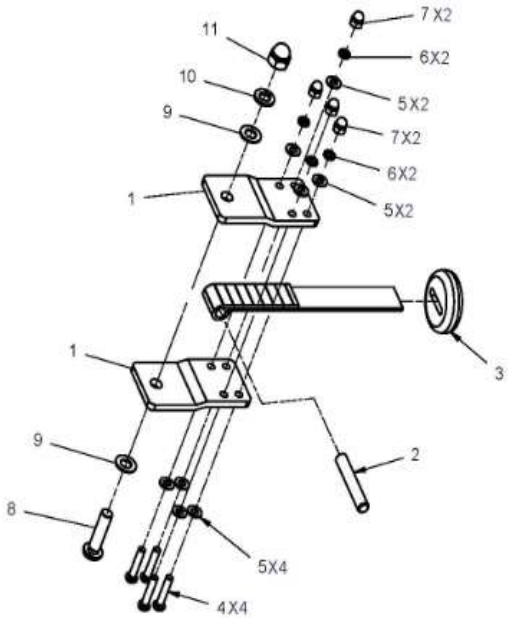
* Let's maintain your machine!

零件代碼	品 名 及 圖 案	用量	備 註
20MLM300B-A1 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	主架 	1SET	1.組立3/8"螺帽(5T)=1PCS 2.組立3/8"華司Ø27墊=3PCS 3.組立8250-066調整組=1PCS 4.組立9211-036按扣墊=2PCS 5.組立9211-107雙層套=1PCS 6.組立9211-118按扣墊=2PCS 7.組立9214-037 避震座=1PCS 8.貼9440-055台灣貼紙=1PCS 9.貼"工車貼紙=1PCS 設變單號 2020040005
20MLM300B-E 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	腳踏架 	1SET	1.組立5/16"彈簧華司=1PCS 2.組立5/16"X1/2"L 圓頭內六角螺絲CAP=1PCS 3.組立M10X25L 錐形平頭內六角螺絲=2PCS
20MLM300B-D 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	腳踏管 	1SET	1.組立9211-074香菇塞=2PCS 2.組立9162-193把手=2PCS

零件代碼	品名及圖案	用量	備註
20MLM300B-B1 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	立柱 	1SET	
20MLM300B-C1 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	上樑 	1SET	1.組立8311-117固定片=1PCS 2.組立M10彈簧華司=2PCS 3.組立M10X25L 半圓頭內六角螺絲=2PCS
20MLM300B-G 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	雙吊輪座 	1SET	設變單號 2020040005
20LB500E 國麗K32027G-深灰	短拉棒 	1SET	1.組立8130-464轉環=1PCS 2.組立9310-128墊片=1PCS 3.組立8130-465鐵套=1PCS 4.組立M5X4L 沉頭內六角螺絲=2PCS 5.組立9211-077管塞=2PCS 6.組立9162-196 浸漬把手=2PCS Ø1"X2.5tX500L
20LB1200J 國麗K32027G-深灰	長拉棒 	1SET	1.組立8130-464轉環=1PCS 2.組立9310-128墊片=1PCS 3.組立8130-465鐵套=1PCS 4.組立M5X4L 沉頭內六角螺絲=2PCS 5.組立9211-077管塞=2PCS 6.組立9162-174 浸漬把手=2PCS Ø1"X2.5tX1200L

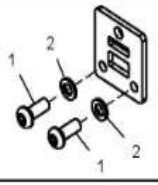
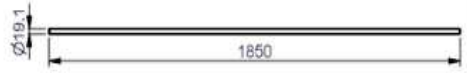
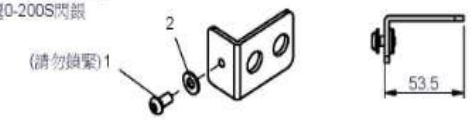
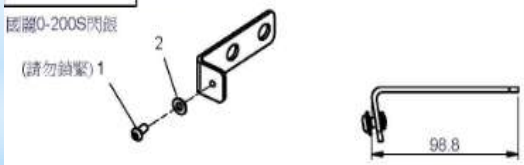
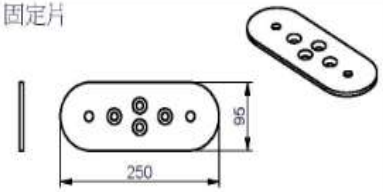


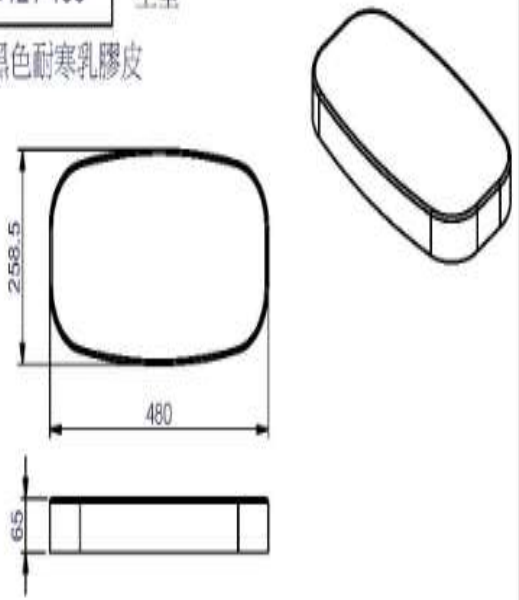
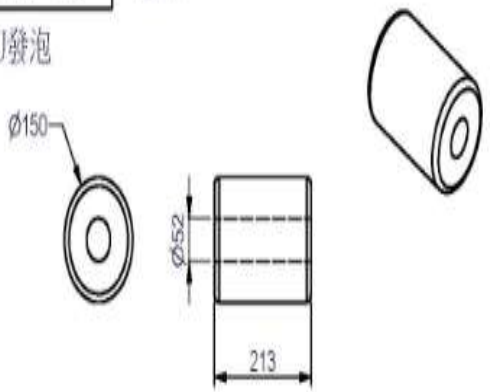
零件代碼	品 名 及 圖 案	用量	備　註
			保麗龍9180-002=8PCS 特固龍9180-027=7PCS 束帶9630-009=7PCS 蜂巢紙9630-186=2PCS 蜂巢紙9630-193=5PCS 蜂巢紙9630-203=3PCS 蜂巢紙9630-207=2PCS 蜂巢紙9630-212=3PCS 蜂巢紙9630-278=3PCS 蜂巢紙9630-322=1PCS
			設變單號 2018100007
280267	L型片 國麗K32027G-深灰 	1PCS	280267 取8333-165 L型片 委外加工 HLMLM300BA 內箱
280268	L型片 國麗K32027G-深灰 	1PCS	280268 取8333-166 L型片 委外加工 HLMLM300BA 內箱
8350-070	固型片 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤 	4PCS	HLMLM300BA 內箱

零件代碼	品 名 及 圖 案	用量	備　註
FMLM300BA FMLM300BB	 	各1PCS	1.組立8350-070固定片=4PCS 2.組立8210-156鐵棒=2PCS 3.組立9214-055阻擋塊=2PCS 4.組立M6X30L 半頭內六角螺絲=8PCS 5.組立M6華司Ø13=16PCS 6.組立M6彈簧華司=8PCS 7.組立M6戴帽=8PCS 8.組立M10X40L 半頭內六角螺絲=2PCS 9.組立M10華司Ø19=4PCS 10.組立M10彈簧華司=2PCS 11.組立M10戴帽=2PCS 設變單號 2018100007 HLMLM300BA 內箱
9420-147	動作圖銘版	1PCS	1.9630-126氣泡=1PCS 160X460XB-平口 HLMLM300BA 內箱
23MLM300BA	附件包	1PCS	HLMLM300BA 內箱
25MLM300BA	皮帶輪包	1SET	HLMLM300BA 內箱
GMLM300BA	螺絲包	1PCS	HLMLM300BA 內箱
KMLM300B	說明書	1PCS	

零件代碼	品 名 及 圖 案	用量	備 註
6610-049	門框=1PCS 國麗O-200S閃銀 國麗KL0158透明漆 二塗二烤		1.組立1/2"X1-1/4"L 一般外六角頭螺絲=4PCS 2.組立1/2"華司Ø34墊=4PCS 3.組立M6華司Ø13=1PCS 4.組立9215-021 塑膠螺柱=2PCS 5.組立9260-023 配線固定座=1PCS 6.組立M10X25L 鉚形平頭內六角螺絲=5PCS 7.組立M10X12L 圓頭內六角螺絲CAP=4PCS 8.組立M3X5L 圓頭十字螺絲=2PCS 9.組立M6X12L 半圓頭內六角螺絲=1PCS 10.組立M6拉帽 (身體有花)=16PCS 11.組立8520-008鋼華司=2PCS 12.組立8130-231端蓋=1PCS 13.組立9542-145 訊號線(下段)=1PCS 14.組立9542-146 訊號線=1PCS 15.鎖(組1)9545-039 磁簧感應線=1PCS 16.組立9630-163 YS-8卷式結束帶=1PCS 17.組立1/2"彈簧華司=4PCS
6640-011	單吊輪座 國麗O-200S閃銀 國麗KL0158透明漆 二塗二烤	1SET	
6640-022	固定架 國麗O-200S-閃銀	1PCS	1.組立M6X12L 半圓頭內六角螺絲=1PCS 2.組立M6華司-Ø13=1PCS

零件代碼	品 名 及 圖 案	用量	備 註
9220-021	護網 壓克力護網	1PCS	1.貼9440-117防夾手貼紙=1PCS
9220-022	護網 壓克力護網	1PCS	
9220-024	護網 壓克力護網	1PCS	
9211-148	上蓋	1SET	1. 貼9441-370=2PCS 鋁條(Steelflex) H9211148內箱
8400-033	選擇上片 烤黑漆	1SET	HLMLM300BB內箱
8210-216C	20孔選擇桿組 電鍍	1SET	1.組立8260-076固定桿=1PCS 2.組立8210-216 20孔選擇桿=1PCS 3.組立1/2"X13牙螺帽=1PCS 4.組立1/2"彈簧華司=1PCS

零件代碼	品名及圖案	用量	備註
8313-169 電鍍	固定片 	1PCS	1.組立M10X25L 半圓頭內六角螺絲=2PCS 2.組立M10彈簧華可=2PCS HLMLM300BB內箱
8280-043 電鍍	導桿 	2PCS	
8331-056 國麗0-200S閃銀	L型片 	1SET	1.組立M6X12L 半圓頭內六角螺絲=1PCS 2.組立M6華可Ø13=1PCS HLMLM300BB內箱
8331-057 國麗0-200S閃銀	L型片 	4SET	1.組立M6X12L 半圓頭內六角螺絲=4PCS 2.組立M6華可Ø13=4PCS HLMLM300BB內箱
8331-058 國麗0-200S閃銀	L型片 	2SET	1.組立M6X12L 半圓頭內六角螺絲=2PCS 2.組立M6華可-Ø13=2PCS HLMLM300BB內箱
8313-144 國麗0-200S閃銀 國麗KL0158透明漆 二塗二烤	固定片 	2PCS	HLMLM300BB內箱

零件代碼	品名及圖案	用量	備註
9121-106 黑色耐寒乳膠皮	坐墊 	1PCS	H9121106 紙箱
9161-078 PU發泡	泡棉 	2PCS	Ø150XØ52X213L

MLM300B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø75 CAP COVER (8130-236)----------[2PCS]
D3.Ø8 SPRING SNAP LINK (8810-001)----------[2PCS]
D4.Ø120XØ51X3T NYLON WASHER (9214-039)----------[4PCS]
D6.EXERCISE CHART (9420-147)----------[1PCS]
D7.Ø115 PULLEY (9213-042B)----------[6PCS]
D8.5430mm BELT (FMLM300BA1)----------[1PCS]
D9.4750mm BELT (FMLM300BB)----------[1PCS]
D21.20X40 END CAP(9211-008)----------[2PCS]

D1



D3



D4



D6



D7



D8



D9



D21



MLM300B ASSEMBLY INSTRUCTIONS

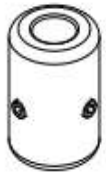
DOOR FRAME HARDWARE ILLUSTRATION

D10.3/4" SHAFT COLLAR(9211-147)----------[2PCS]
D11.3/4" SHAFT COLLAR(9211-167)----------[2PCS]
D12.Ø4" RUBBER PAD(9310-017)----------[2PCS]
D13.108X263 RUBBER PAD(9310-075)----------[2PCS]
D15.Ø115 PULLEY(9213-042B)----------[3PCS]
D16.BOTTLE BRACKET(8388-025)----------[1PCS]
D17.BOTTLE RACK(9260-320)----------[1PCS]
D18.BOTTLE(9260-123)----------[1PCS]
D19.TOP PLATE(8400-033)----------[1PCS]
D20.SELECTOR ROD(8210-216C)----------[1PCS]

D10



D11



D12



D13



D15



D16



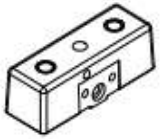
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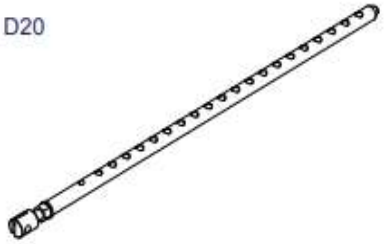
D18



D19



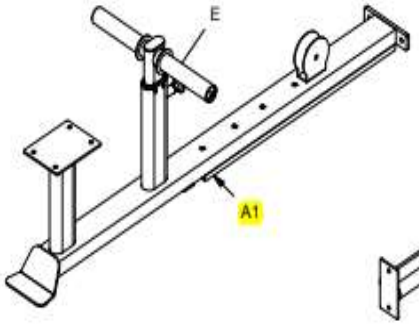
D20



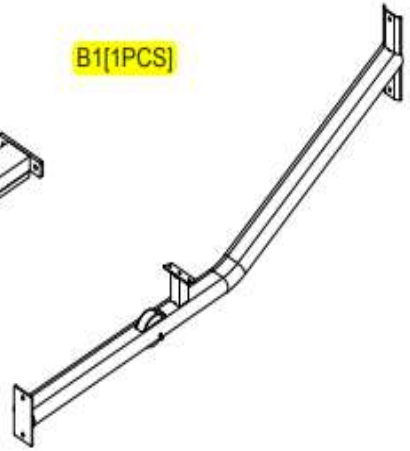
MLM300B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

A1[1PCS]



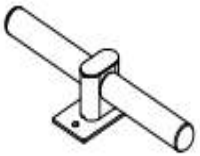
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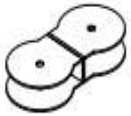
C1[1PCS]



D[1PCS]



G[1PCS]



H[1PCS]
20LB500E



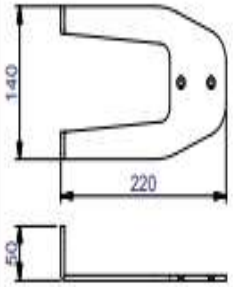
I[1PCS]
20LB1200J



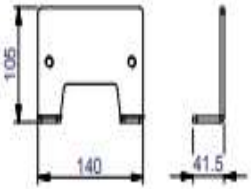
MLM300B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

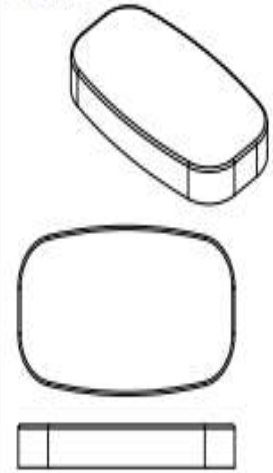
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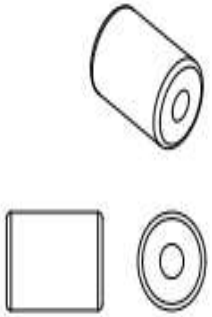
K[1PCS]
280268
140X5TX140L



M[1PCS]
9121-106



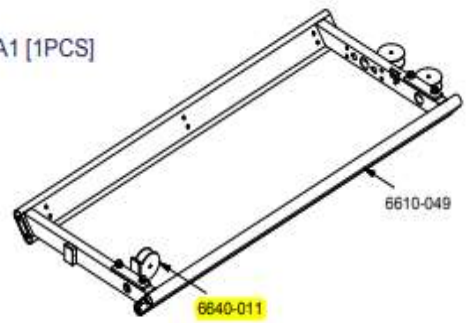
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9161-078



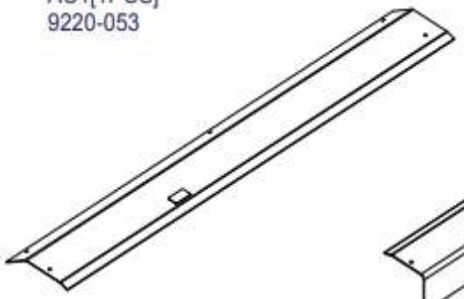
MLM300B ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

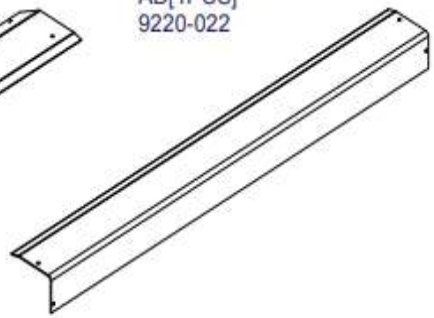
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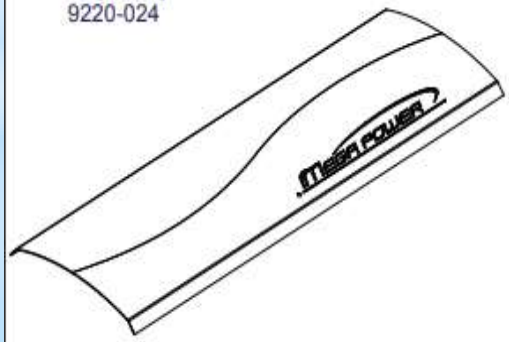
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9220-053



AD[1PCS]
9220-022



AE[1PCS]
9220-024



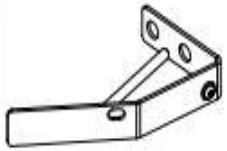
AF[1PCS]
9211-148



MLM300B ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

AG[1PCS]
6640-022

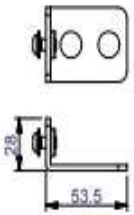


AH[1PCS]
8313-169



AI[1PCS]
8331-056





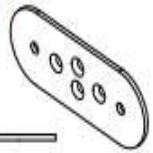
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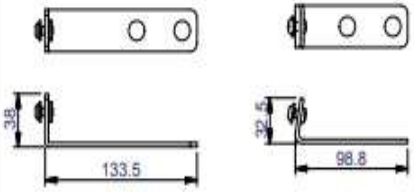


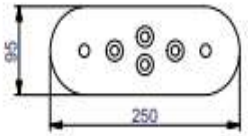
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AL[2PCS]
8313-144







AM[2PCS]
8280-043

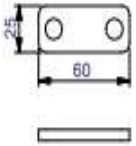


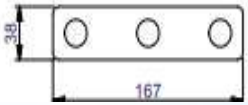
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8311-117



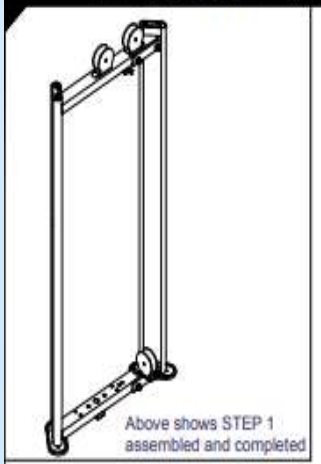
AR[1PCS]
8311-194



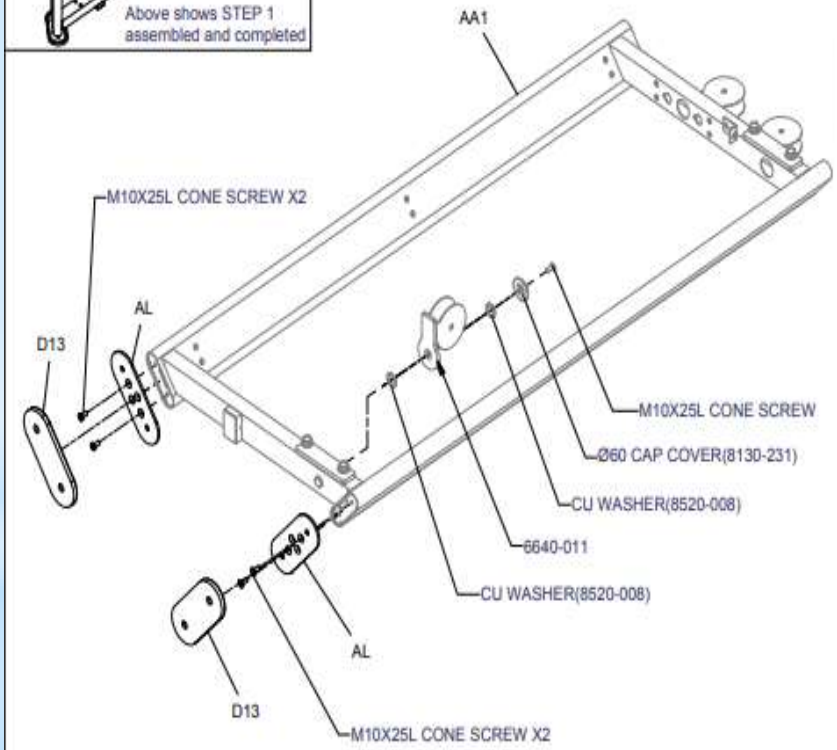




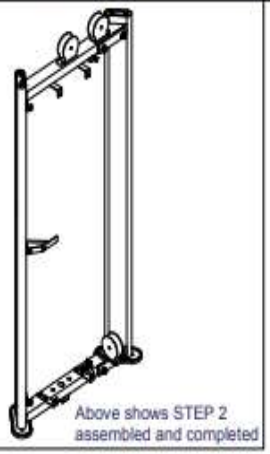
MLM300B ASSEMBLY INSTRUCTIONS



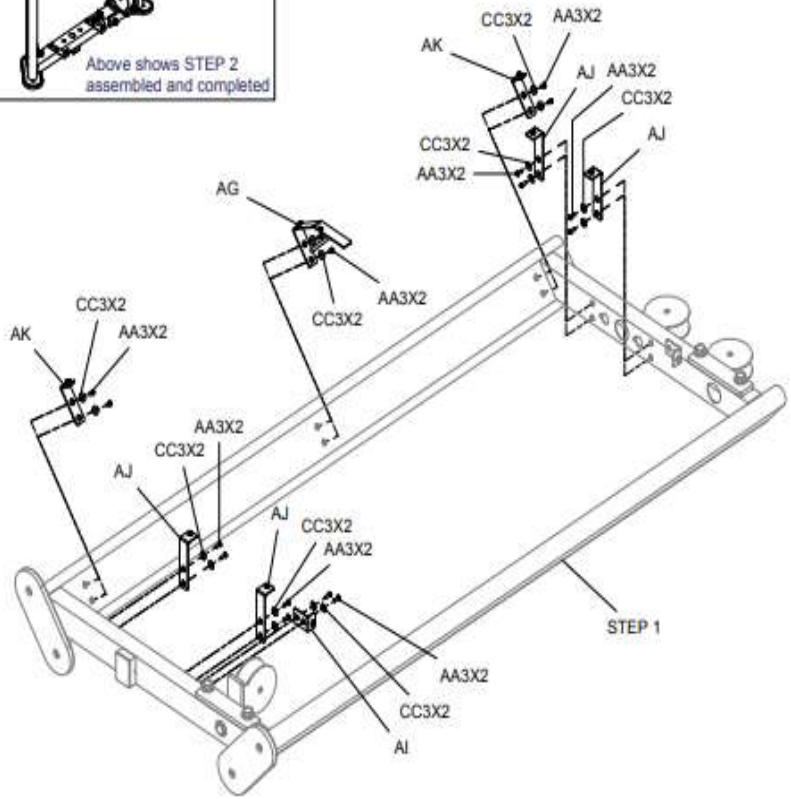
Above shows STEP 1
assembled and completed



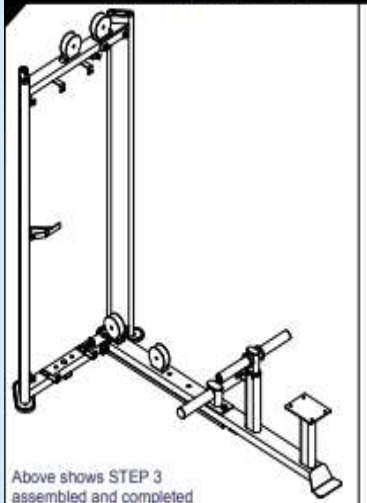
MLM300B ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

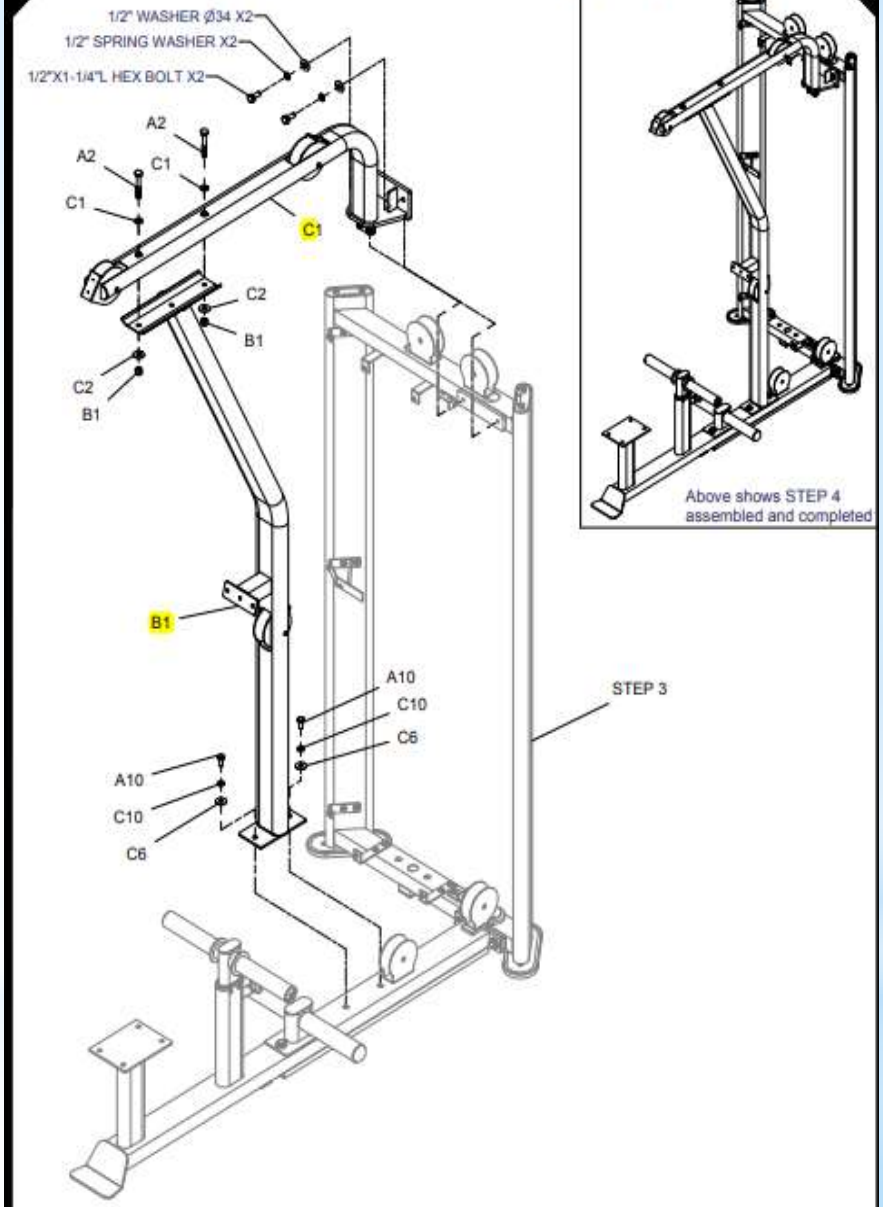


MLM300B ASSEMBLY INSTRUCTIONS



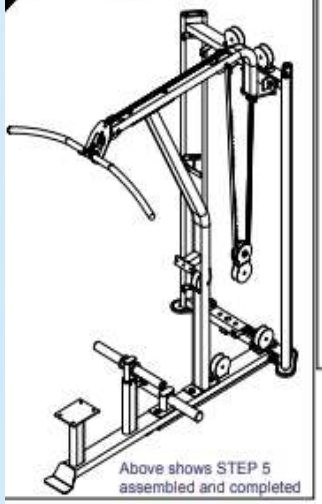
Above shows STEP 3
assembled and completed

MLM300B ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

MLM300B ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

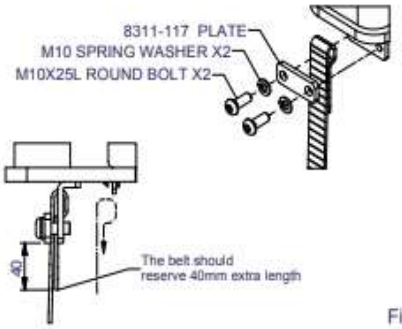


Figure 1

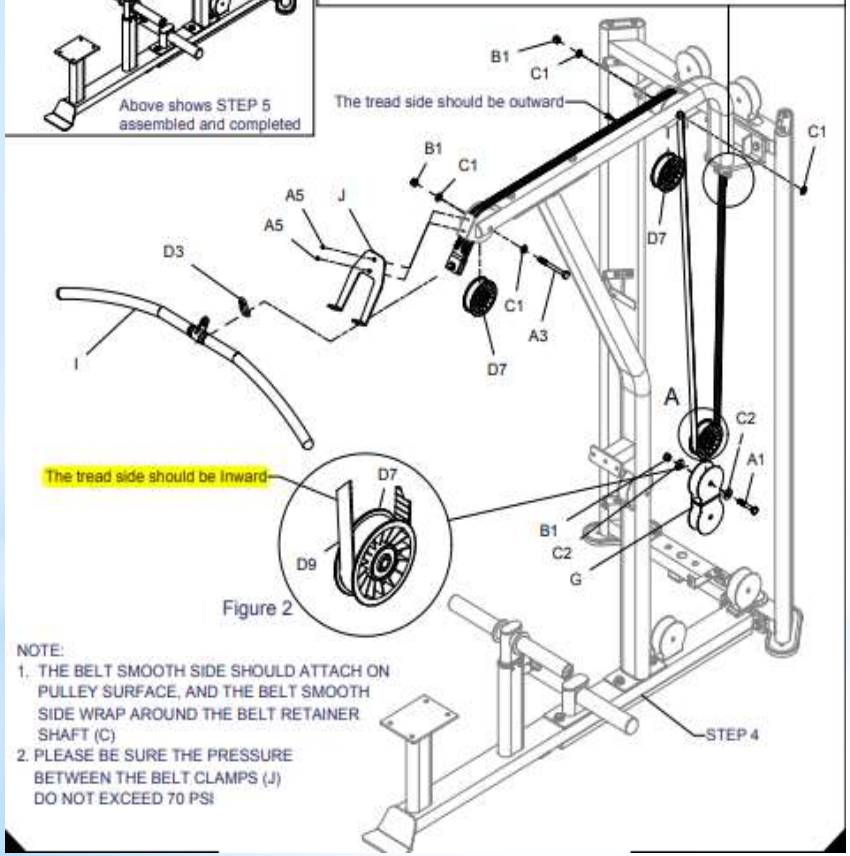


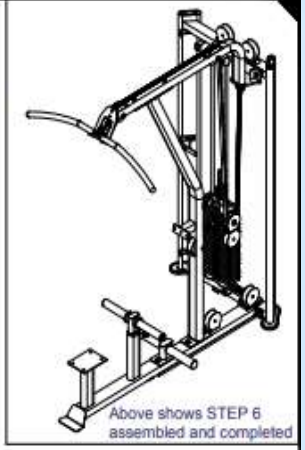
Figure 2

NOTE:
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (C)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (J) DO NOT EXCEED 70 PSI

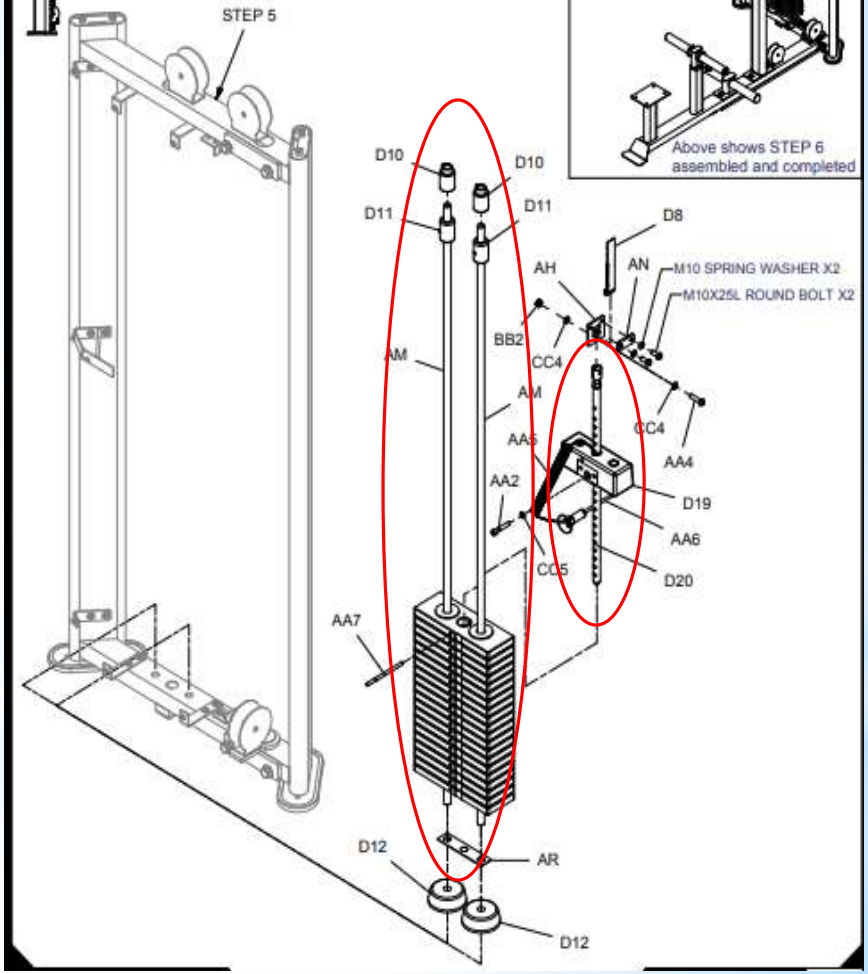
MLM300B ASSEMBLY INSTRUCTIONS



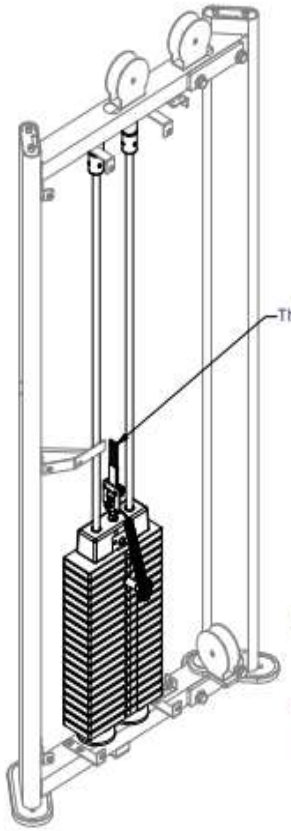
push guide rods (AM) to tilt one side and then install weight stacks.
once finishing the weight stack installation ,
pull guide rods (AM) back and continue setup D19→D10 - D11



Above shows STEP 6
assembled and completed



MLM300B ASSEMBLY INSTRUCTIONS



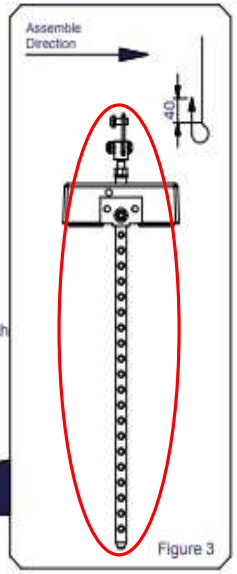


Figure 3

The belt should reserve 40mm extra length

NOTE:
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (AH)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (AN) DO NOT EXCEED 70 PSI

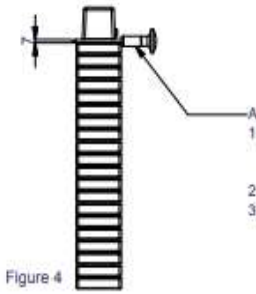
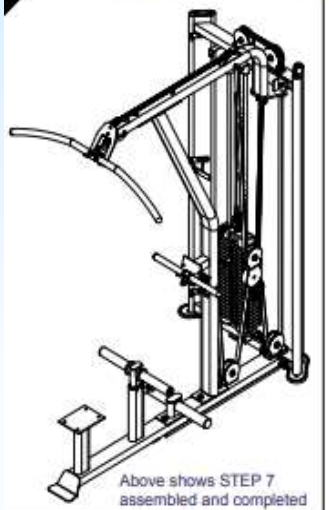


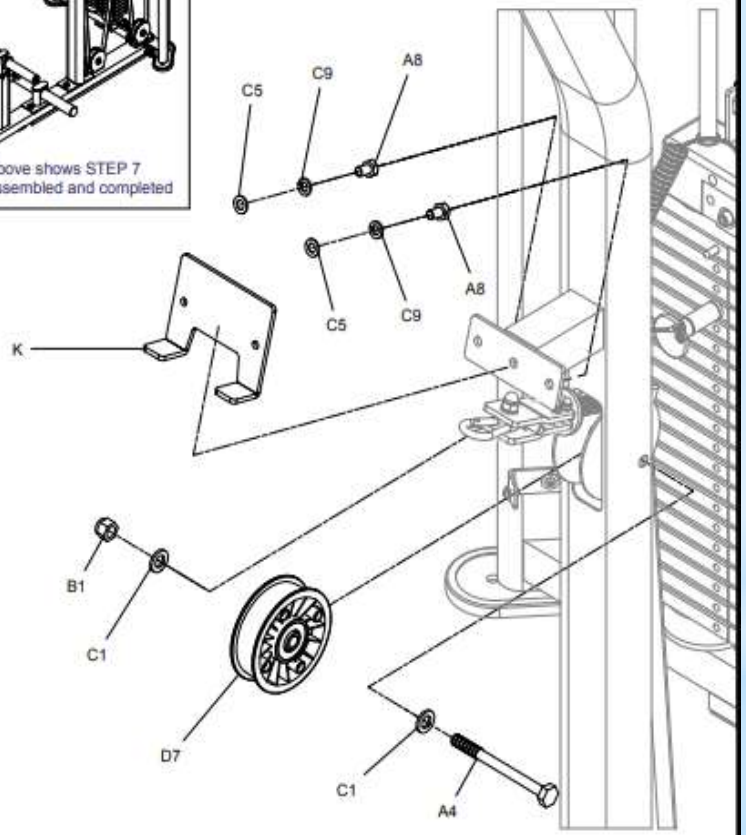
Figure 4

Adjust Belt Procedure:
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the pin and let the top plate fall on the first weight plate.

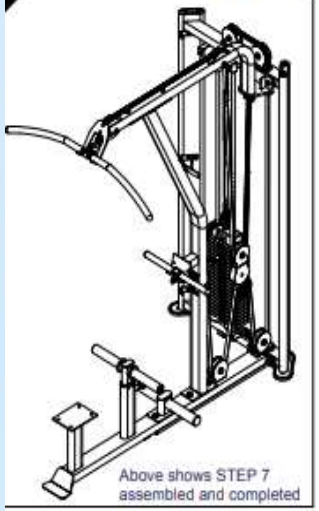
MLM300B ASSEMBLY INSTRUCTIONS



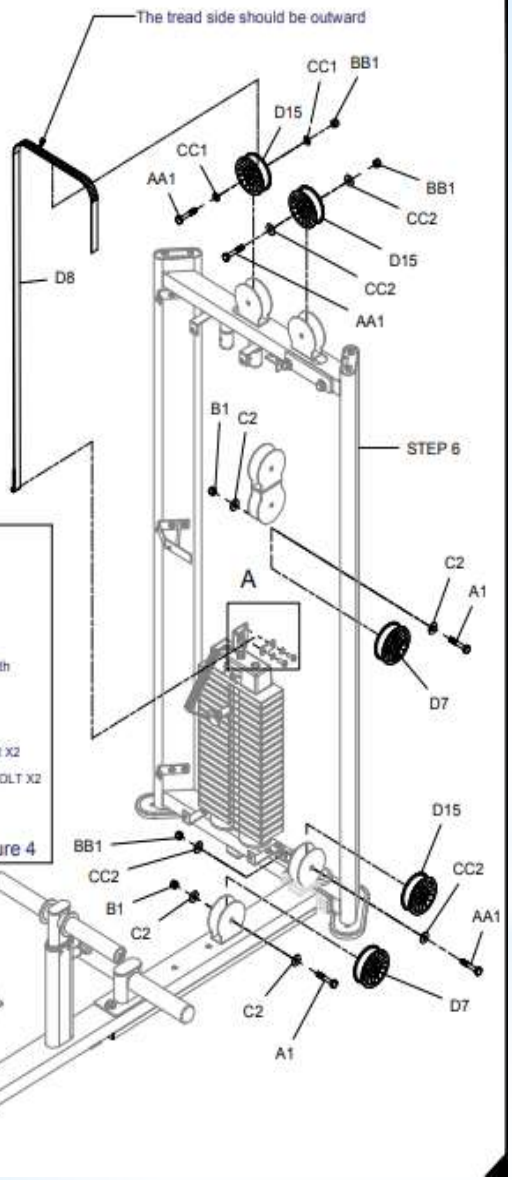
Above shows STEP 7 assembled and completed



MLM300B ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed



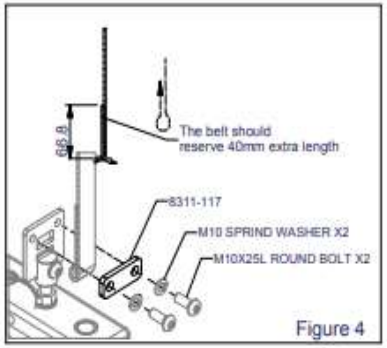
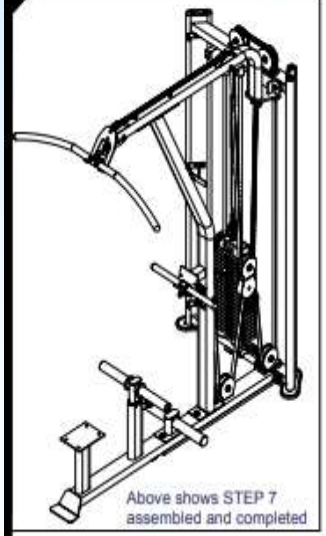
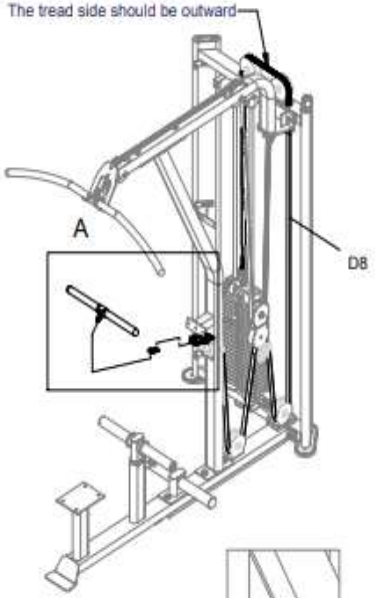


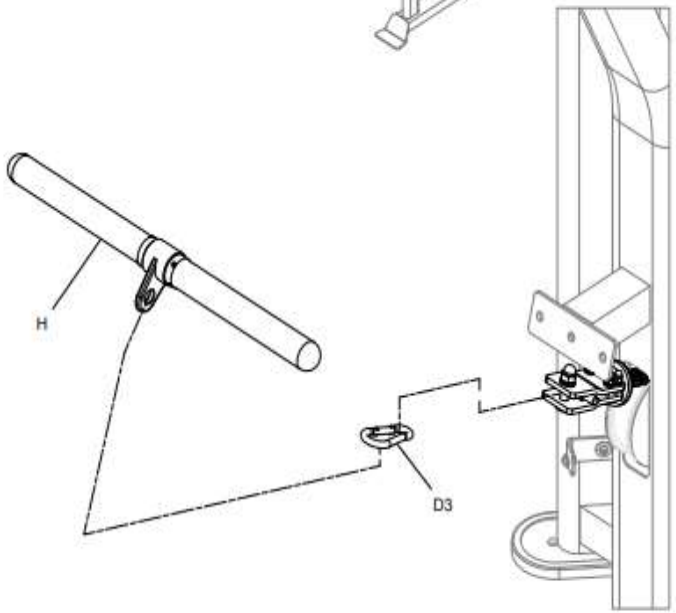
Figure 4

MLM300B ASSEMBLY INSTRUCTIONS

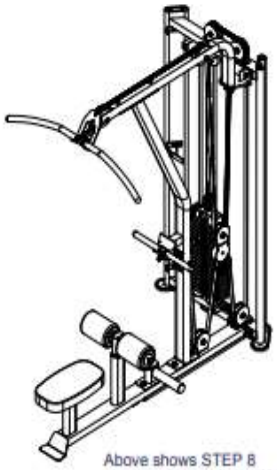


Above shows STEP 7
assembled and completed



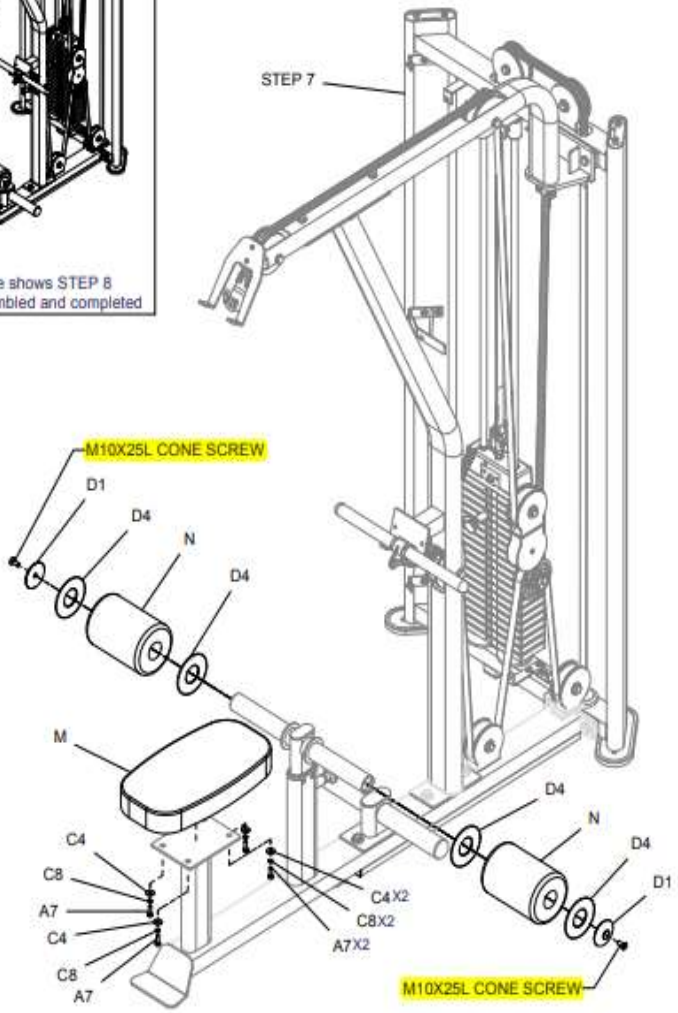


MLM300B ASSEMBLY INSTRUCTIONS

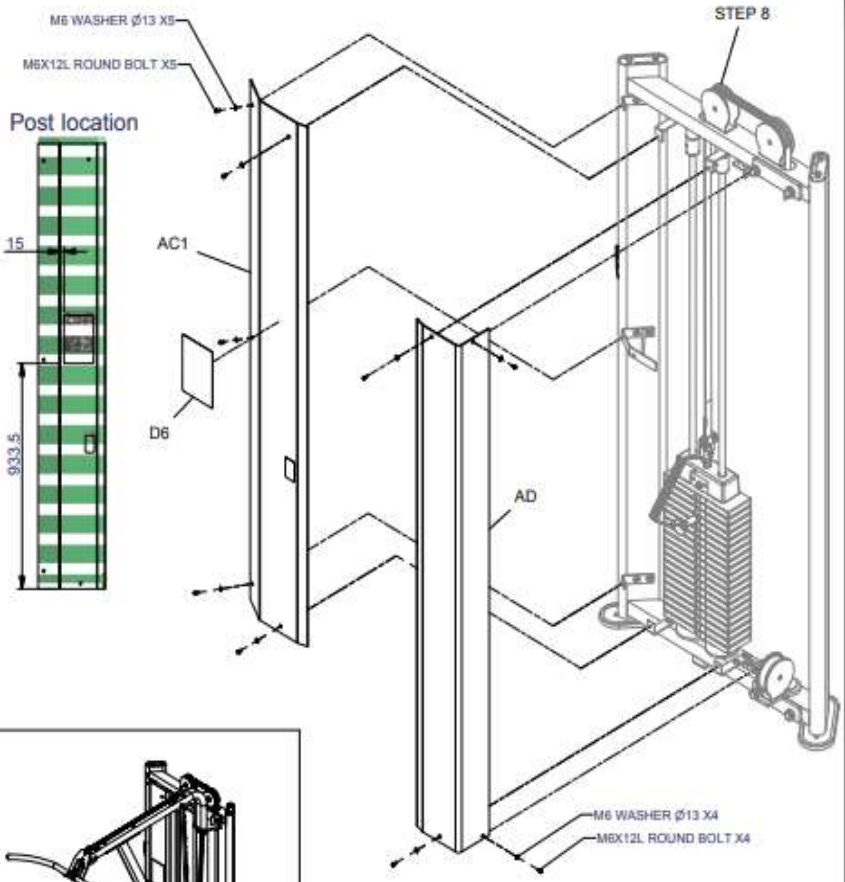


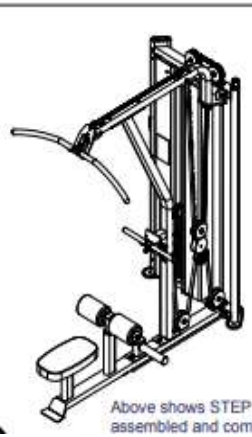
Above shows STEP 8
assembled and completed

STEP 7



MLM300B ASSEMBLY INSTRUCTIONS



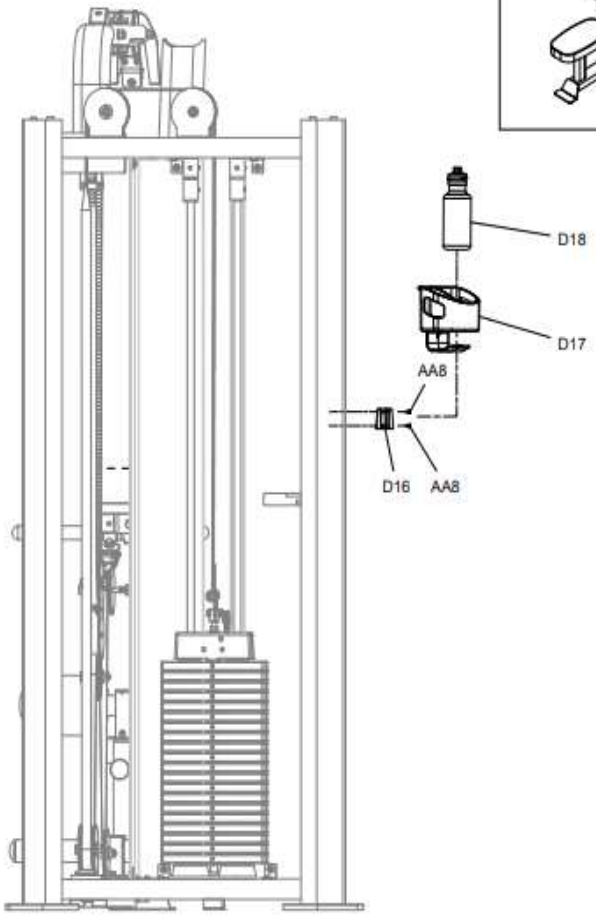


Above shows STEP 9
assembled and completed

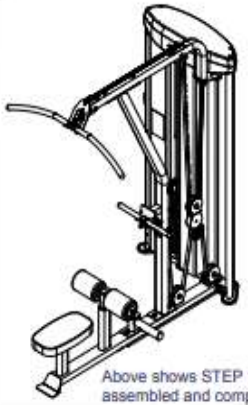
MLM300B ASSEMBLY INSTRUCTIONS



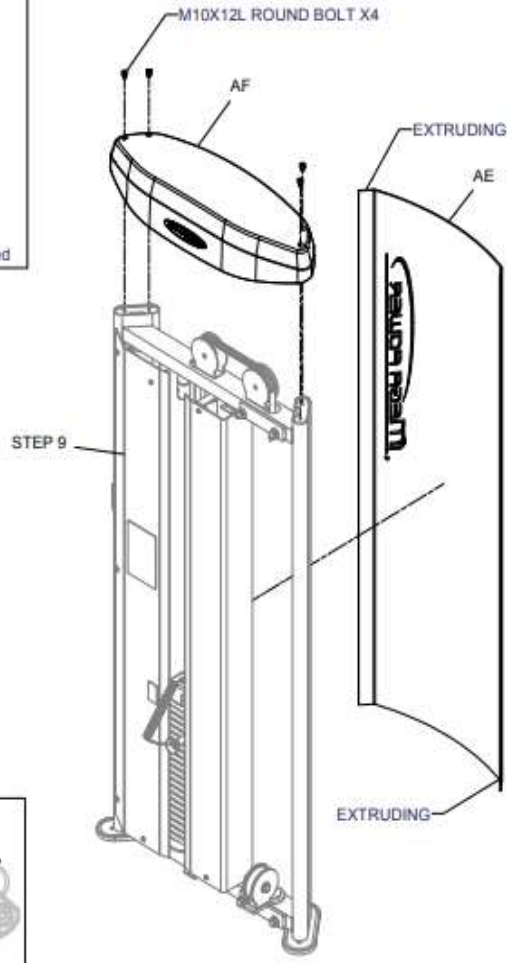
Above shows STEP 9
assembled and completed

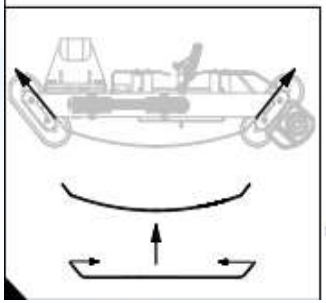


MLM300B ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed

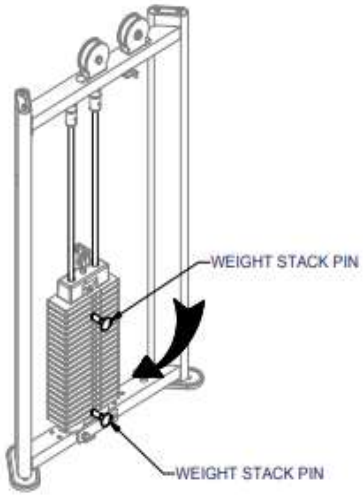


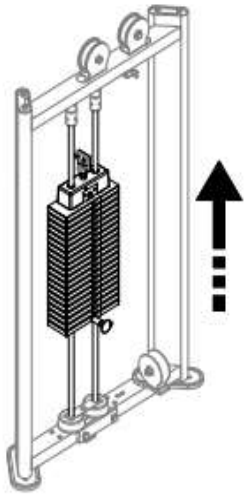


Note: When installing the shroud (AE), push both sides of the shroud toward center in order to bend it a little.
After insert it to the door frame and then releasing it. The shroud will be locked on the door frame.

ASSEMBLY INSTRUCTIONS

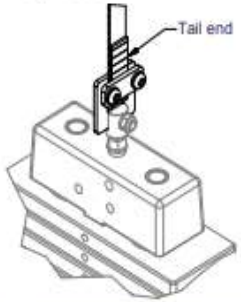
Adjust Flat Belt Steps





1. When installing flat belt, please put the weight stack pin into 4th weight stack. After installing flat belt, please put the weight stack pin into 20th weight stack.

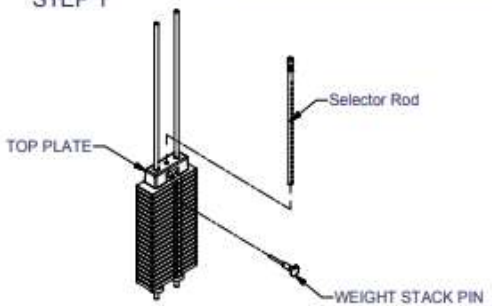
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt,flat belt will be loosed a little bit.



3. Pull end of flat belt as drawing showed to make the flat belt be tightened. (After using the machine 3 months to 6 months, please check flat belt.If the flat belt is loosed, please follow this step to tighten the belt again.)

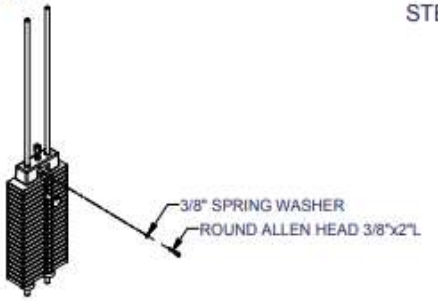
Guide on Selector Rod Adjustment

STEP 1



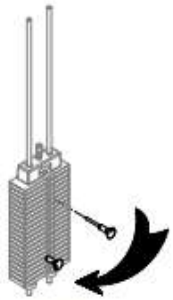
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

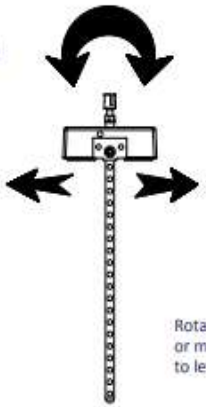


Step 2
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



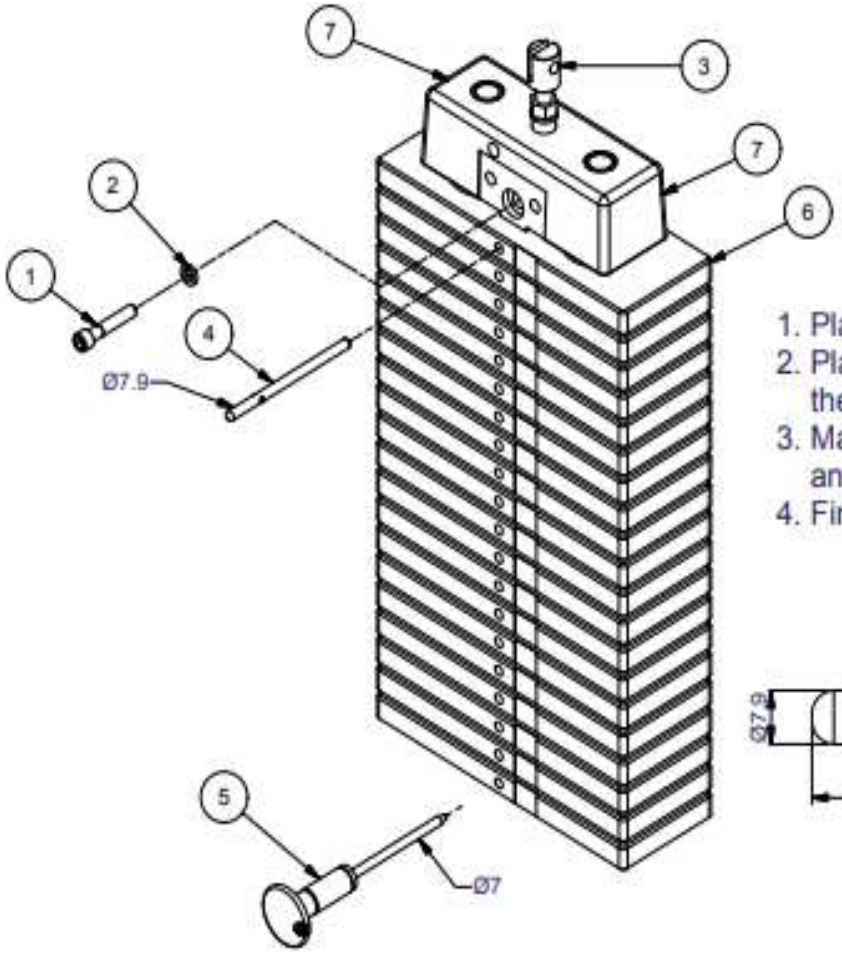
Step 3
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



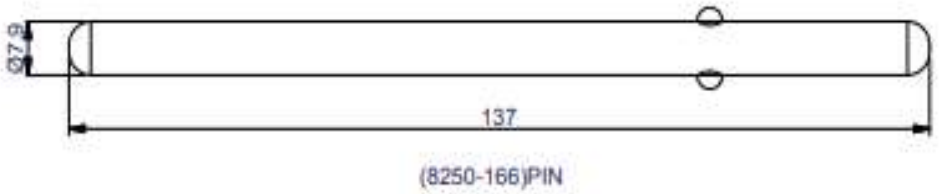
Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

MEGA POWER series
JUNGLE GYM series

project	Part number	Name	Specification	Quantity	Remark
1	38-200 CAP	round allen head	3/8"X2"L round allen head-CAP	1	
2	38-SPWAS 8732003	3/8" spring washer		1	
3	8210-216C	20 hole Selector Rod		1	
4	8250-166	pin	Ø7.9X137L	1	
5	8250-162	weight stack pin	Ø7X110L	1	
6	8400-010	10LB weight stack plate	102x22bx280L 10LB	20	
7	8400-033	top plate		1	



1. Place #4 - 8250-166 (pin) into the first weight plate.
2. Place #5 - 8250-162 (weight stack pin) into the the hole 20th of the weight stack.
3. Make sure #7 (top plate) cling to #6 (first weight plate) and fix in #1 - 3/8"X2"L screw and #2 - 3/8" spring washer.
4. Finally remove #5 - 8250-162 (weight stack pin) and use as usual.



(8250-166)PIN

V2-112017

*Well done!

