*MBK1600 Maintenance

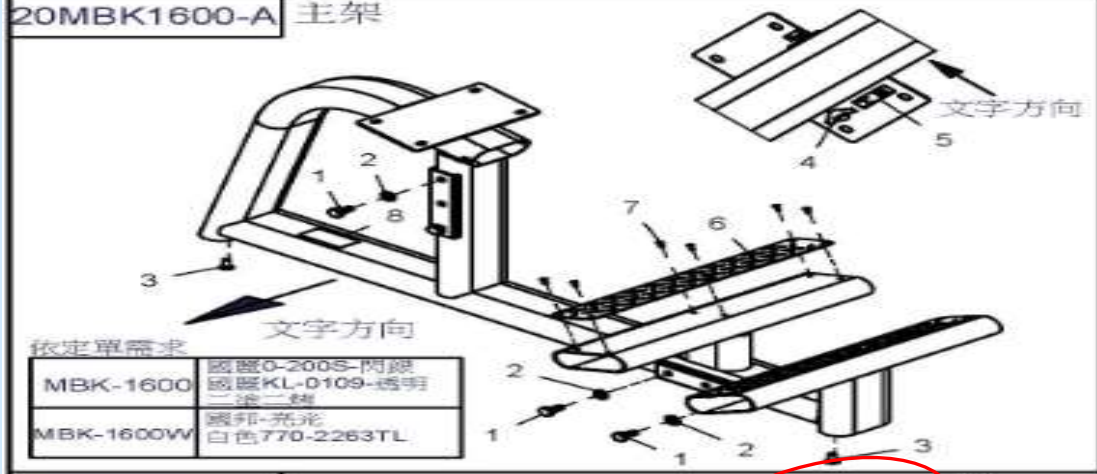
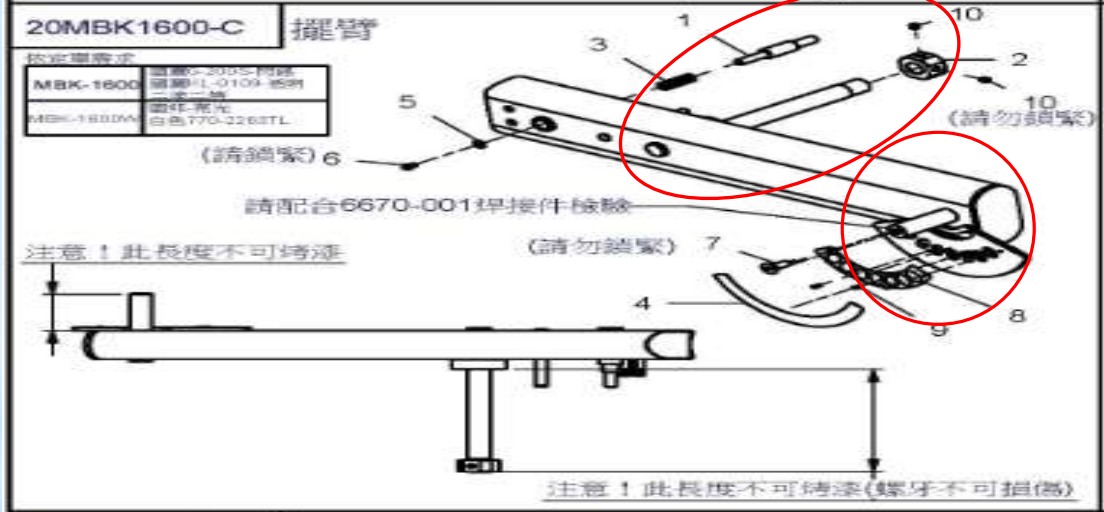
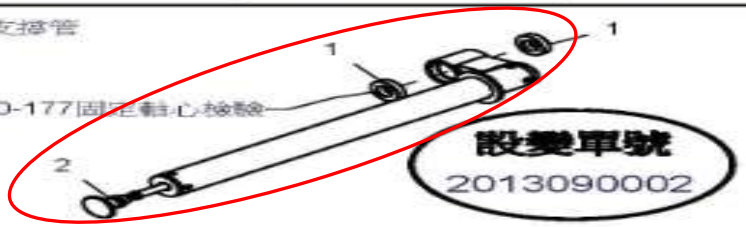


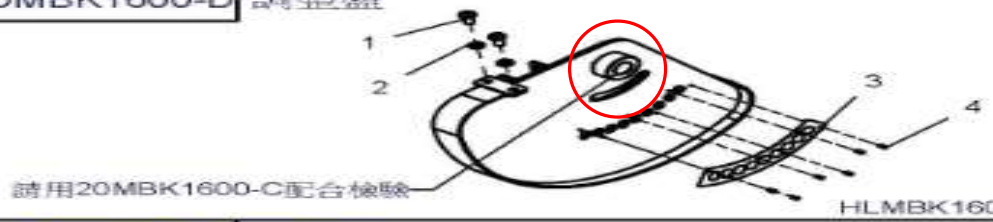
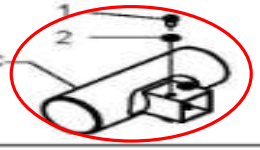
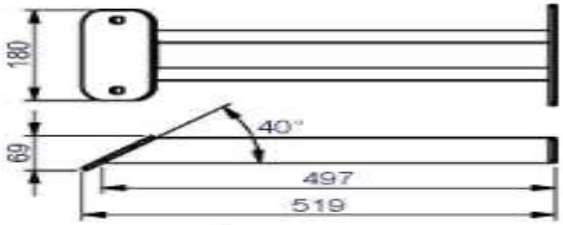
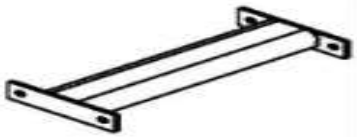
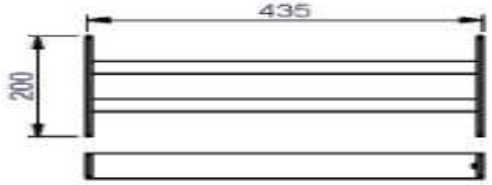
* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.

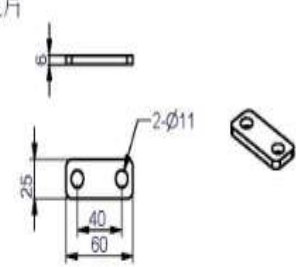
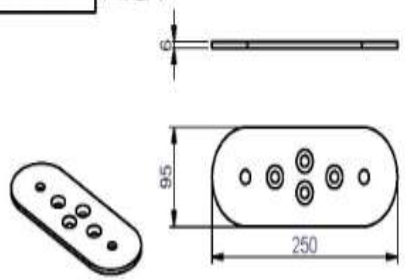


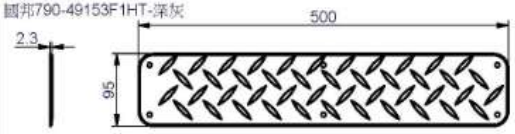


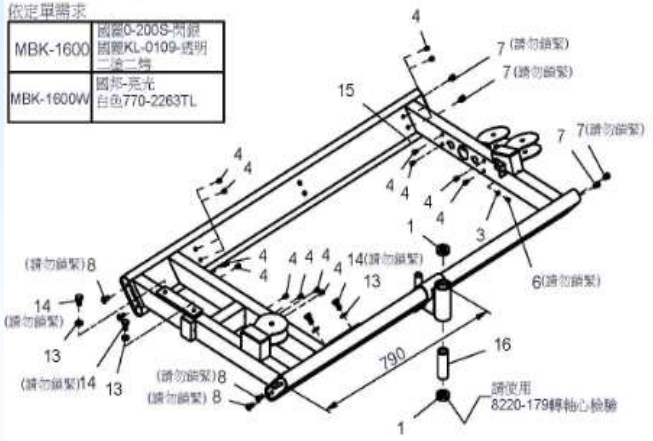
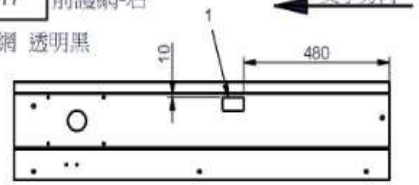
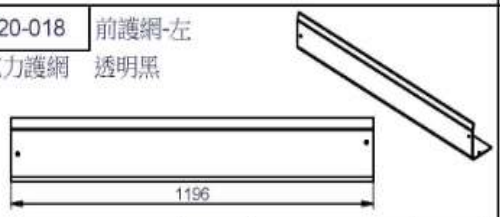
* Let's maintain your machine!

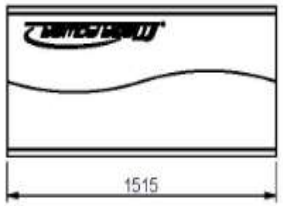
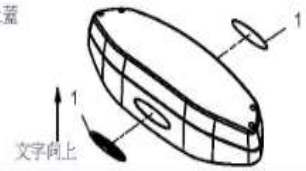
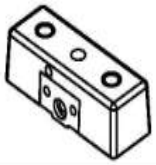
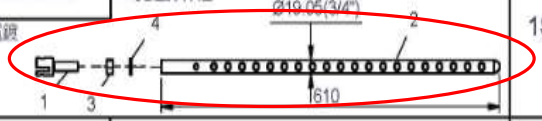
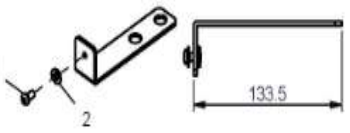
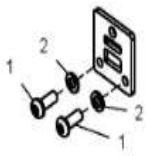
零件代碼	品 名 及 圖 案	用量	備 註
20MBK1600-A 主架		1SET	1.組立1/2"X1"L=4PCS 一般外六角頭螺絲 2.組立1/2"華司Ø25墊=4PCS 3.組立M10X25=8PCS 錐形內六角螺絲 4.貼9440-055貼紙=1PCS 5.貼工單貼紙=1PCS 6.組立8370-039=2PCS 裝花板 7.組立650(6-4)拉釘=12PCS 8.貼9440-322認證貼紙=1PCS 8370-039 國邦790-49153F1H1深灰
20MBK1600-C 擺臂		1SET	1.組立8210-152鐵棒=1PCS Ø17.7X101L 2.組立8130-288固定套=1PCS 3.組立8840-048彈簧=1PCS Ø13XØ10.5X38L-9圈 4.貼9440-219貼紙=1PCS 5.組立M6華司Ø13=1PCS 6.組立M6X10L 半圓頭內六角螺絲=1PCS 7.組立M10X25L 錐形內六角螺絲=1PCS 8.貼9440-222貼紙=1PCS 9.435-(4-3)拉釘=4PCS 10.組立M8X8L 沈頭螺絲=2PCS 
6670-001 支撐管		1SET	1.組立8510-018軸承=2PCS 2.組立6250-117調整組=1PCS Ø1/2"X553L 依定單需求 MBK-1600 國喜0-200S-閃銀 國喜KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL

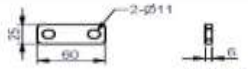
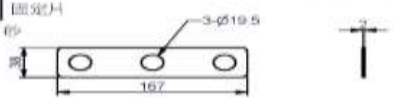
零件代碼	品 名 及 圖 案	用量	備 註
20MBK1600-D	調整盤 	1SET	1.組立M10X20L=2PCS 半圓頭內六角螺絲 2.組立M10彈簧華司=2PCS 3.貼9440-223貼紙=1PCS 4.435-(4-3)拉釘=6PCS 依定單需求 MBK-1600 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL
280274 K32027G 深灰砂	平衡塊 	1SET	1.組立M8X16L=4PCS 半圓頭內六角螺絲 2.組立M8華司-Ø18=4PCS 委外取6680-001加工
8210-157 電鍍	鐵棒 	1SET	1.組立9212-062=1PCS 高密度把手(暗紅) Ø3/4X3tX230L HLMBK1600A
20MBK1600-B	連接桿  	1SET	設變單號 2019030004 依定單需求 MBK-1600 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL
20MBK1600-E	連接桿  	1SET	依定單需求 MBK-1600 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL

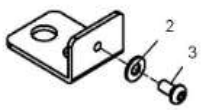
零件代碼	品 名 及 圖 案	用量	備 註
8311-117	固定片  HLMBK1600A	1PCS	依定單需求 MBK-1600 國際0-200S-閃銀 國際KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL
8313-144	固定片  HLMBK1600A	2PCS	依定單需求 MBK-1600 國際0-200S-閃銀 國際KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL

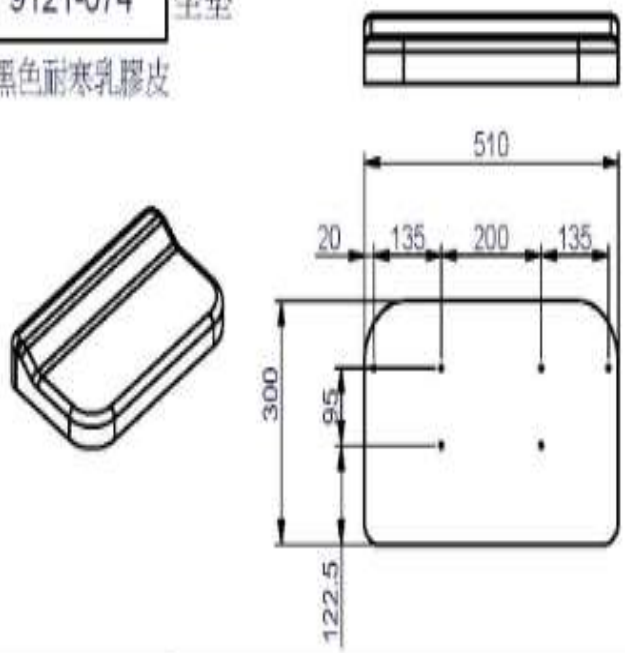
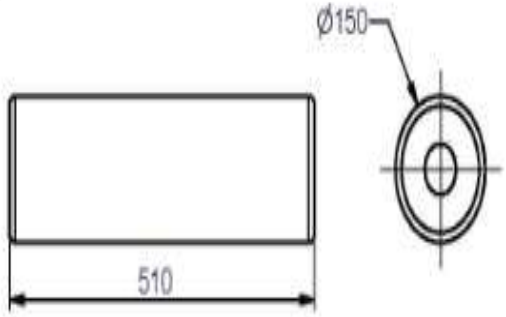
零件代碼	品 名 及 圖 案	用量	備 註
9420-112	動作圖銘板	1PCS	9630-126氣泡袋X1 160X460XB-平口
23MBK1600A	附件包 23MBK1600WA 附件包	1SET	HLMBK1600A
FMBK16001	皮帶包	1SET	HLMBK1600A
GMBK1600A	螺絲包	1SET	HLMBK1600A
KMBK1600	說明書	1SET	
8370-039	花板 國邦790-49153F1HT-深灰 	2PCS	需組立主架20MBK1600-A

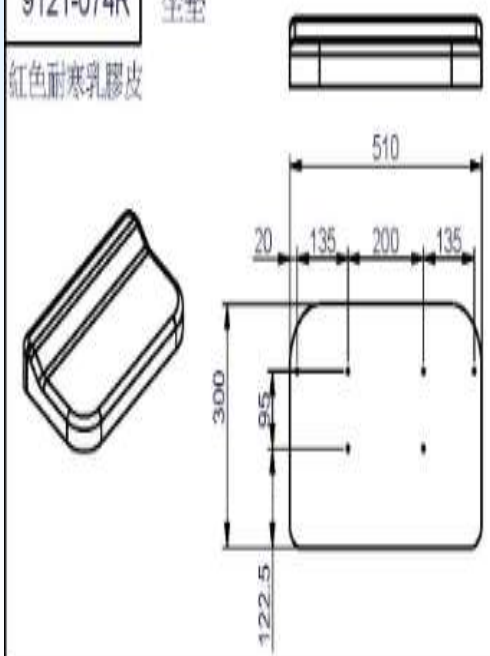
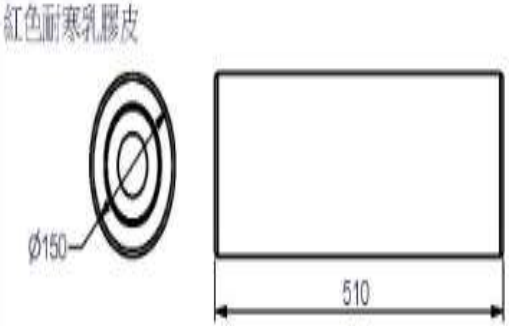
零件代碼	品 名 及 圖 案	用量	備 註
6610-008A	門框=1SET 依定單需求 MBK-1600 國際0-200S-閃銀 國際KL-0109-透明 二塗二烤 MBK-1600W 國邦-亮光 白色770-2263TL 		1.組立8510-018軸承=2PCS 2. 3.組立M6華司Ø13 =1PCS 4.組立M6拉鉚(身體有花) =16PCS 5. 6.組立M6X12L 半圓頭內六角螺絲 =1PCS 7.組立M10X12L 圓頭內六角-CAP螺絲=4PCS 8.組立M10X25L 圓形內六角螺絲=4PCS 9. 10. 11. 12. 13.組立1/2"華司Ø25 =4PCS 14.組立1/2"X1"L =4PCS 一般六角頭螺絲 15. 16.組立8130-289固定套=1PCS Ø38XØ25.8X106L
			設變單號 2019030004
9220-017	前護網-右 壓克力護網 透明黑 	1PCS	1.貼9440-117防夾手貼紙=1PCS
9220-018	前護網-左 壓克力護網 透明黑 	1PCS	

零件代碼	品名及圖案	用量	備註
9220-023	護網 壓克力護網 透明黑 	1PCS	
9211-148	上蓋 	1SET	1. 貼9441-370=2PCS 鋁標(Steelflex) H9211128
8400-033	擺桿上片 	1SET	HLMBK1600B
8210-216C	20孔選擇桿組 電鍍 	1SET	1.組立8260-076固定板=1PCS 2.組立8210-216 20孔選擇桿=1PCS 3.組立1/2"螺栓=1PCS 4.組立1/2"彈簧華司=1PCS
8331-057	L型片  HLMBK1600B	4SET	1.組立M6X12L 半圓頭內六角螺絲=4PCS 2.組立M6華司Ø13=4PCS 依定單需求 MBK-1600 國麒0-200S-閃銀 MBK-1600W 國邦-亮光 白色770-2263TL
8313-169	固定片 電鍍  HLMBK1600B	1PCS	1.組立M10X25L 半圓頭內六角螺絲=2PCS 2.組立M10彈簧華司=2PCS

零件代碼	品名及圖案	用量	備註
8331-058	L型片  HLMBK1600B	3SET	1.組立M6X12L 半圓頭內六角螺絲=3PCS 2.組立M6華司-Ø13=3PCS 依定單需求 MBK-1600 國麒0-200S-閃銀 MBK-1600W 國邦-亮光 白色770-2263TL
8313-144	固定片  HLMBK1600B	2PCS	依定單需求 MBK-1600 國麒0-200S-閃銀 國麒KL-0109-透明 二選一 MBK-1600W 國邦-亮光 白色770-2263TL
8280-041	導桿 	2PCS	
8311-117	固定片  HLMBK1600B	1PCS	依定單需求 MBK-1600 國麒0-200S-閃銀 國麒KL-0109-透明 二選一 MBK-1600W 國邦-亮光 白色770-2263TL
8311-194	固定片 K32027G 深灰砂 	1PCS	設變單號 2019030004

零件代碼	品名及圖案	用量	備註
8331-056	L型片  HLMBK1600B	1SET	1.組立M6X12L 半圓頭十字螺絲=1PCS 2.組立M6華司-Ø13=1PCS 依定單需求 MBK-1600 國麒0-200S-閃銀 MBK-1600W 國邦-亮光 白色770-2263TL
23MBK1600B	附件包 HLMBK1600B	1SET	
23MDCUP	附件包-CUP HLMBK1600B	1SET	
25MBK1600	皮帶輪包 HLMBK1600B	1SET	
GMBK1600B	螺絲包 HLMBK1600B	1SET	

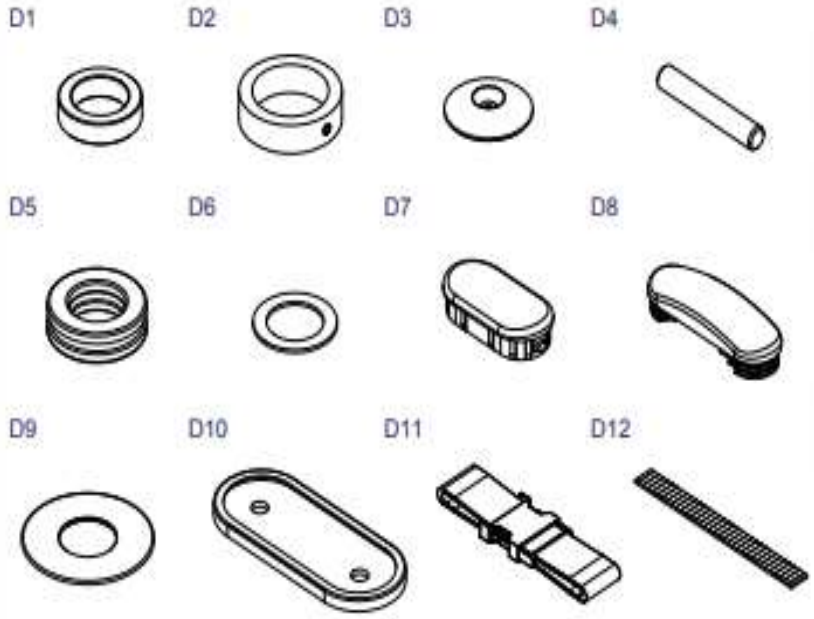
零件代碼	品名及圖案	用量
9121-074	坐墊 黑色耐寒乳膠皮 	1SET
9161-079	泡棉組 黑色PU發泡 	1SET

零件代碼	品名及圖案	用量	備註
9121-074R	坐墊 紅色耐寒乳膠皮 	1SET	
9161-075R	泡棉組 紅色耐寒乳膠皮 	1SET	使用9161-074 委外加工=1PCS

MBK1600 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1. Ø38XØ25.8X10L STEEL BUSHING (8120-071) ---------- 【1PCS】
D2. Ø70X52X20L STEEL BUSHING(8130-065) ---------- 【1PCS】
D3. Ø60 CAP COVER (8130-231) ---------- 【1PCS】
D4. Ø10X60L SHAFT (8210-156) ---------- 【1PCS】
D5. ROLLER BEARING(8510-008) ---------- 【1PCS】
D6. Ø38X26X1.5t CU WASHER (8520-008) ---------- 【3PCS】
D7. 59X116.5X2.5TX25H END CAP (9211-189) ---------- 【1PCS】
D8. 50X150X41.5H END CAP (9211-162) ---------- 【4PCS】
D9. Ø120XØ51X3t NYLON WASHER(9214-039) ---------- 【2PCS】
D10. 108X15tX263L RUBBER PAD (9310-075) ---------- 【2PCS】
D11. BUCKLE (9630-162) ---------- 【1PCS】
D12. 3560mm CAM BELT (FMBK16001) ---------- 【1PCS】

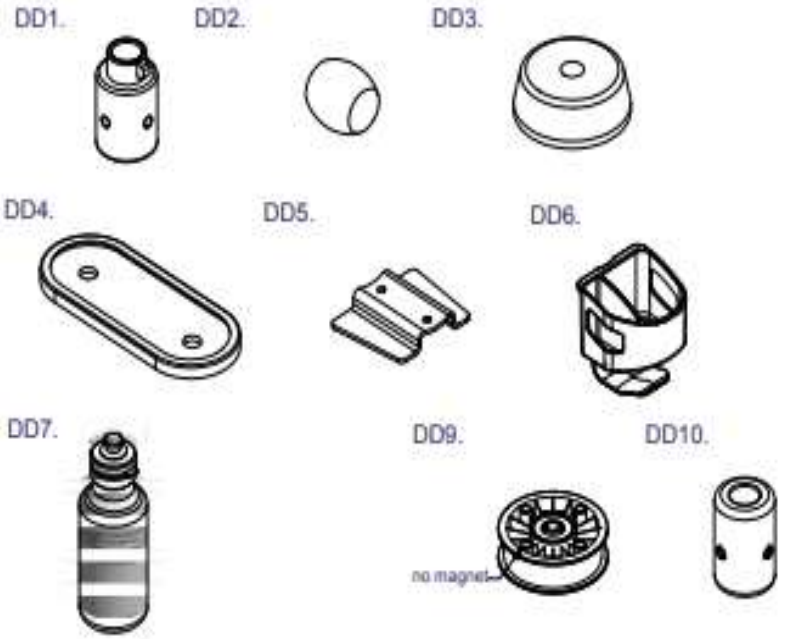


MBK1600 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

DD1. Ø3/4 SHAFT COLLAR (9211-147) ---------- 【2PCS】
DD2. Ø1" BUFFER COVER (9212-019) ---------- 【1PCS】
DD3. Ø4" RUBBER COUNT (9310-017) ---------- 【2PCS】
DD4. 108X14.5tX263L RUBBER PAD (9310-075) ---------- 【2PCS】
DD5. BOTTLE BRACKET (8388-025) ---------- 【1PCS】
DD6. BOTTLE HOLDER (9260-320) ---------- 【1PCS】
DD7. BOTTLE (9260-123) ---------- 【1PCS】

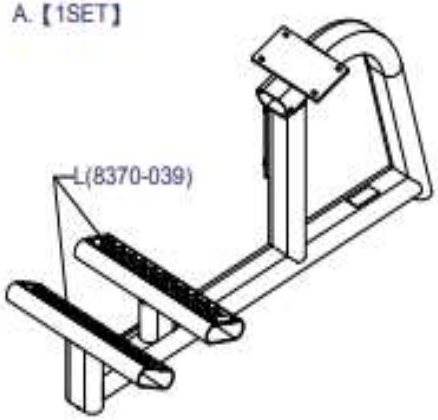
DD9. Ø115X50L PULLEY (9213-042B) ---------- 【3PCS】
DD10. Ø3/4 SHAFT COLLAR (9211-167) ---------- 【2PCS】



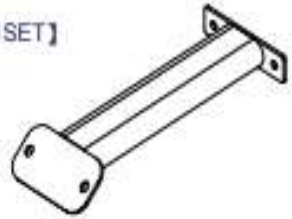
MBK1600 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

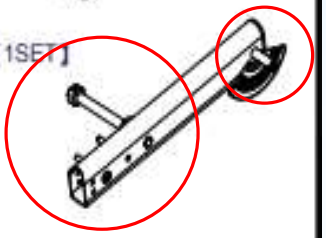
A.【1SET】



B.【1SET】



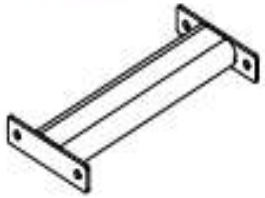
C.【1SET】



D.【1SET】



E.【1SET】



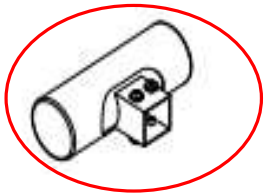
F.【1SET】
8210-157



G.【1SET】
6670-001



H1.【1SET】
280274



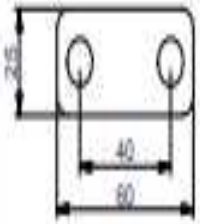
I.【1PCS】
9420-112



MBK1600 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

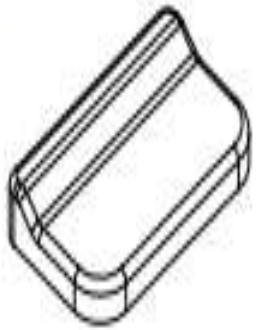
J.【1PCS】
8311-117



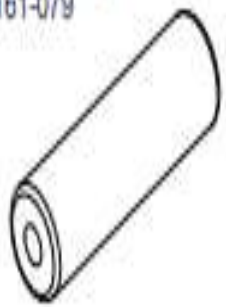
K.【2PCS】
8313-144



L.【1SET】
9121-074



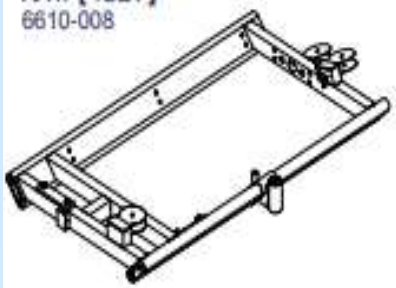
M3.【1SET】
9161-079



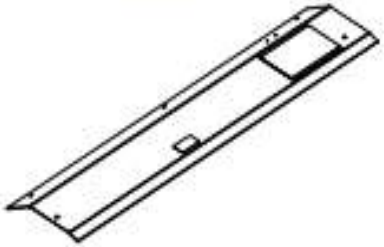
MBK1600 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

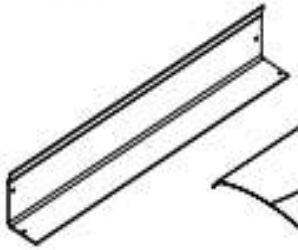
AA1.【1SET】
6610-008



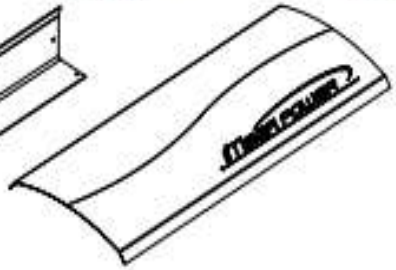
AC1.【1PCS】
9220-017



AD.【1PCS】
9220-018



AE.【1PCS】
9220-023



AF.【1SET】
9211-148



AG1.【1SET】
8400-033



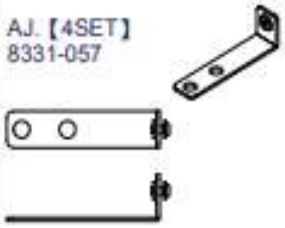
AH1.【1SET】
8210-216C



MBK1600 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

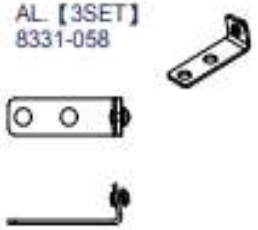
AJ.【4SET】
8331-057



AK.【1SET】
8313-169



AL.【3SET】
8331-058



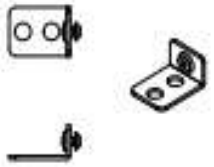
AM.【2PCS】
8313-144



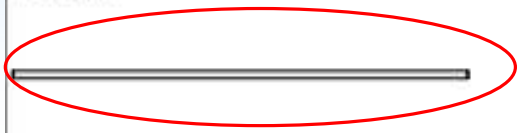
AN.【1PCS】
8311-117



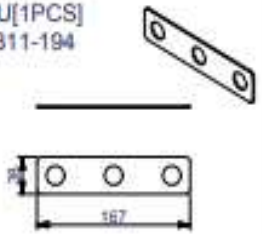
AR.【1SET】
8331-056



AS1.【2PCS】
8280-041



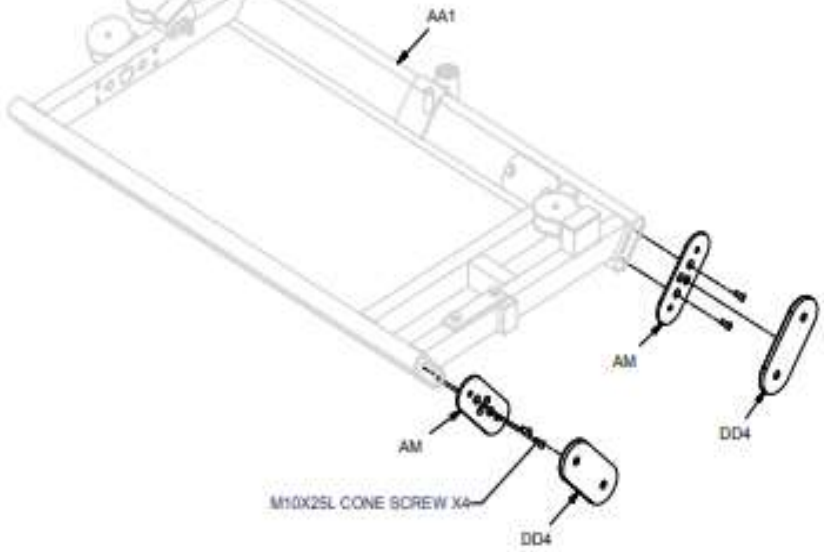
AU[1PCS]
8311-194



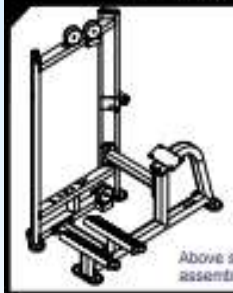
MBK1600 ASSEMBLY INSTRUCTIONS



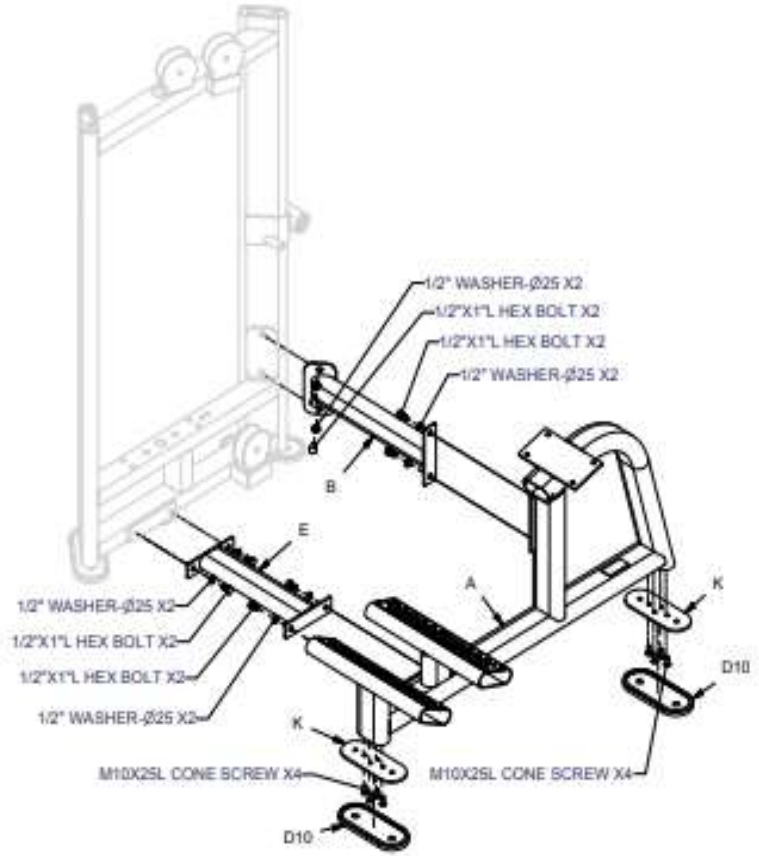
Above shows STEP 1
assembled and completed



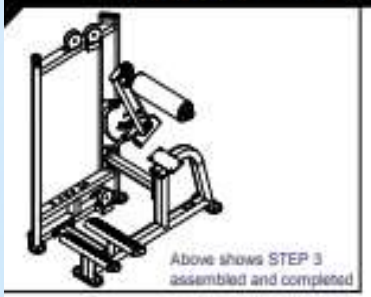
MBK1600 ASSEMBLY INSTRUCTIONS



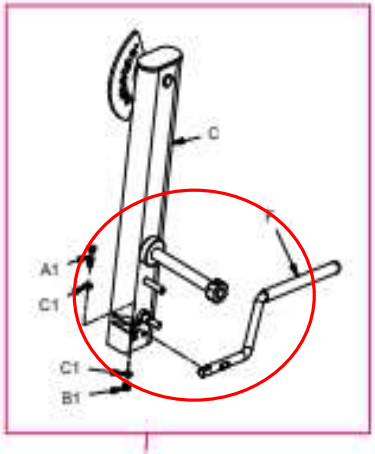
Above shows STEP 2
assembled and completed

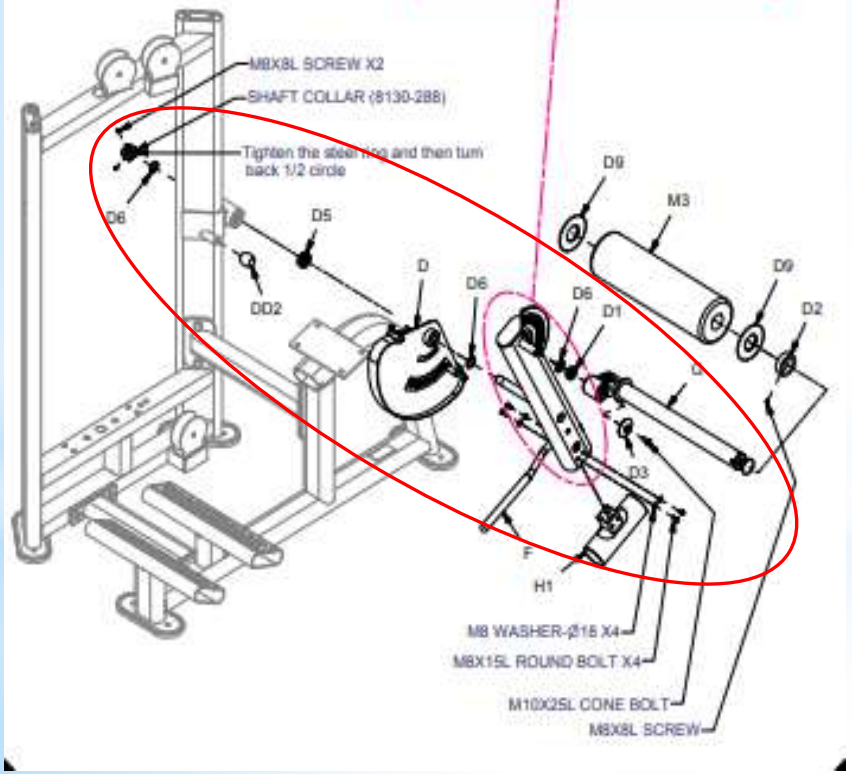


MBK1600 ASSEMBLY INSTRUCTIONS

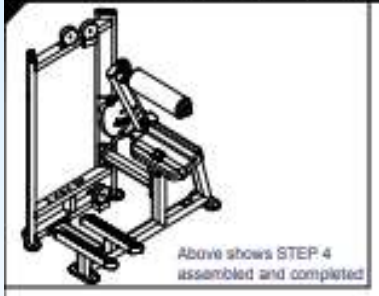


Above shows STEP 3 assembled and completed



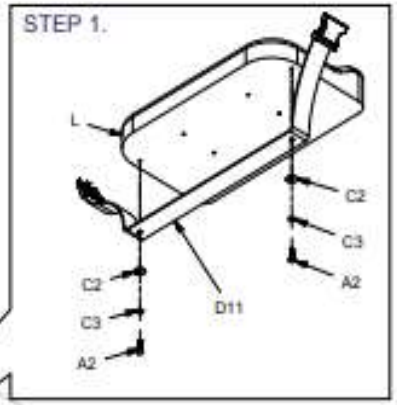


MBK1600 ASSEMBLY INSTRUCTIONS



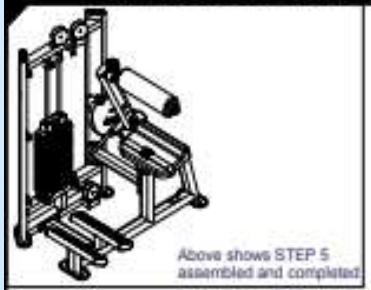
Above shows STEP 4 assembled and completed

STEP 1.



STEP 2.

MBK1600 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

Push guide rods (AS1) to till one side and then install weight stacks.
Once finishing the weight stack installation,pull
guide rods (AS1) back and continue setup AG1 - DD1

DD1X2
DD10X2
AS1X2
AG1
AJX4
C7X8
A6X8
ALX3
C7X8
A6X8
AU
DD3X2
A6X2
C7X2
AR

MBK1600 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

AH1
DD8
DD8
A4
C5
A4
C4
C5
B2
C4
B2
C6
A5
DD8
C5
A4
A10
B2
C5
A8
A9

MBK1600 ASSEMBLY INSTRUCTIONS

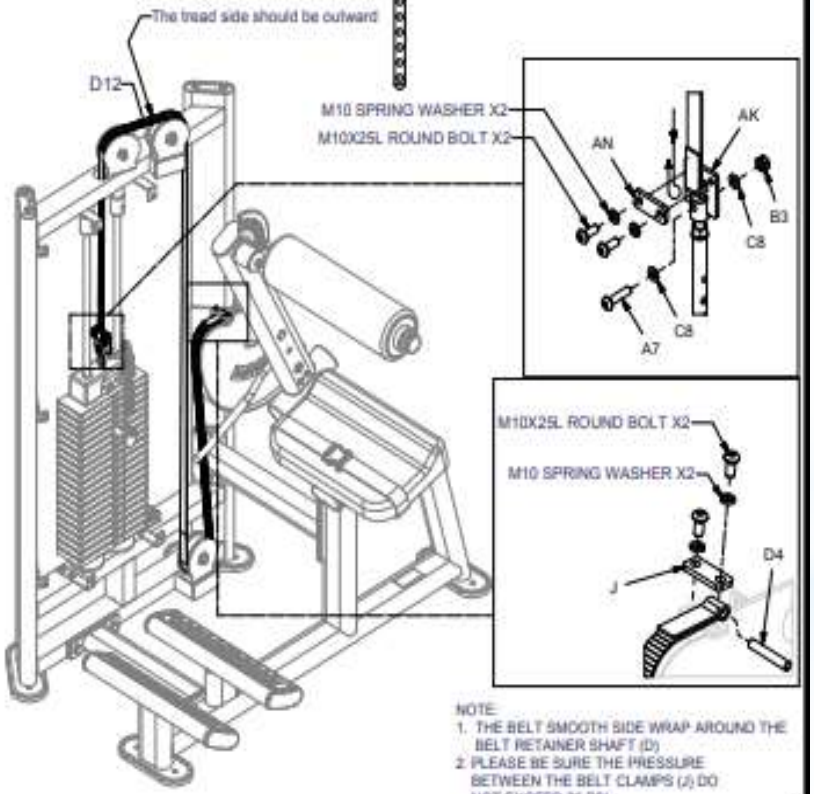


Above shows STEP 7 assembled and completed



Adjust Belt Procedure:

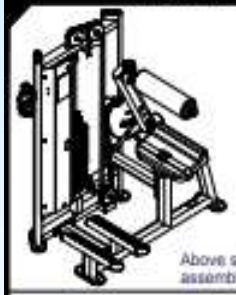
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps.
3. Remove the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



NOTE:

1. THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (D)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (J) DO NOT EXCEED 70 PSI

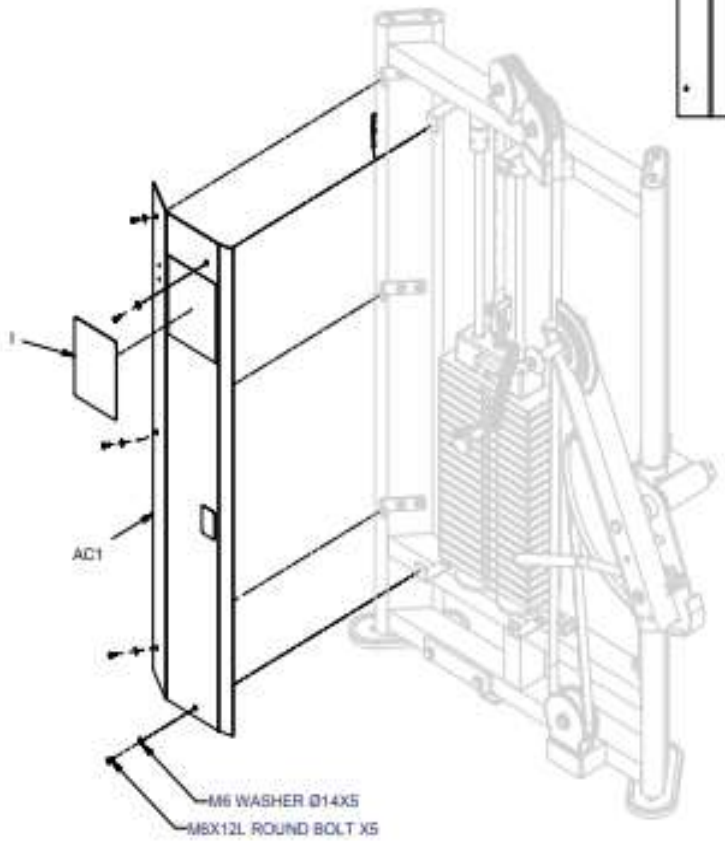
MBK1600 ASSEMBLY INSTRUCTIONS



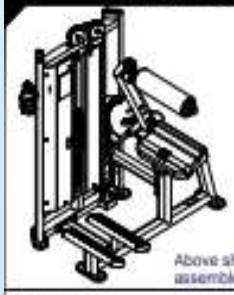
Above shows STEP 8 assembled and completed

STEP 1.



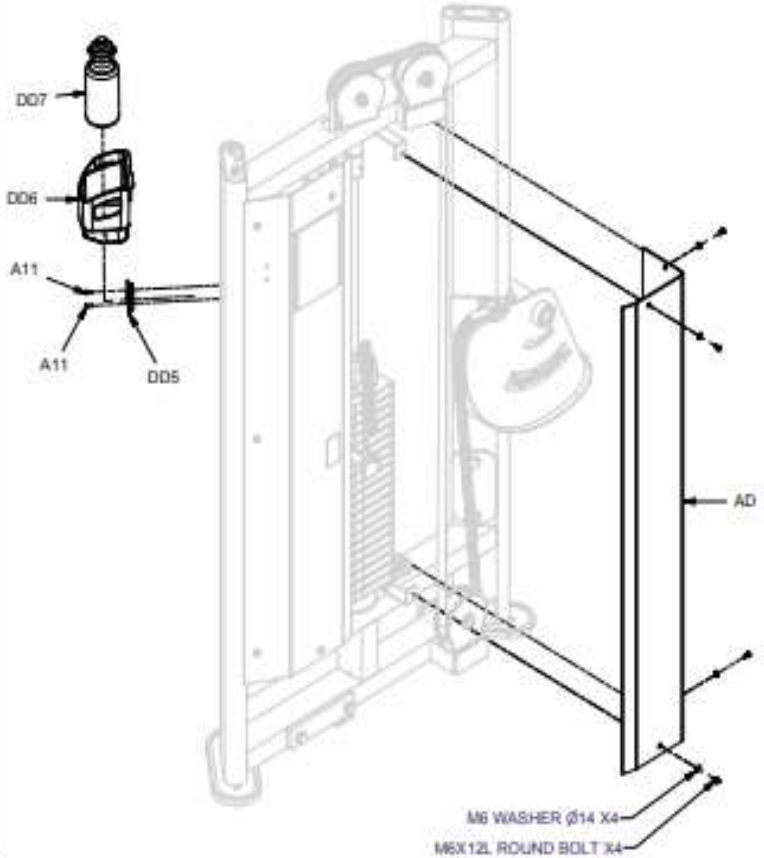


MBK1600 ASSEMBLY INSTRUCTIONS

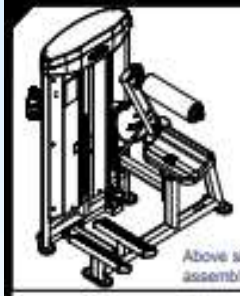


Above shows STEP 9 assembled and completed

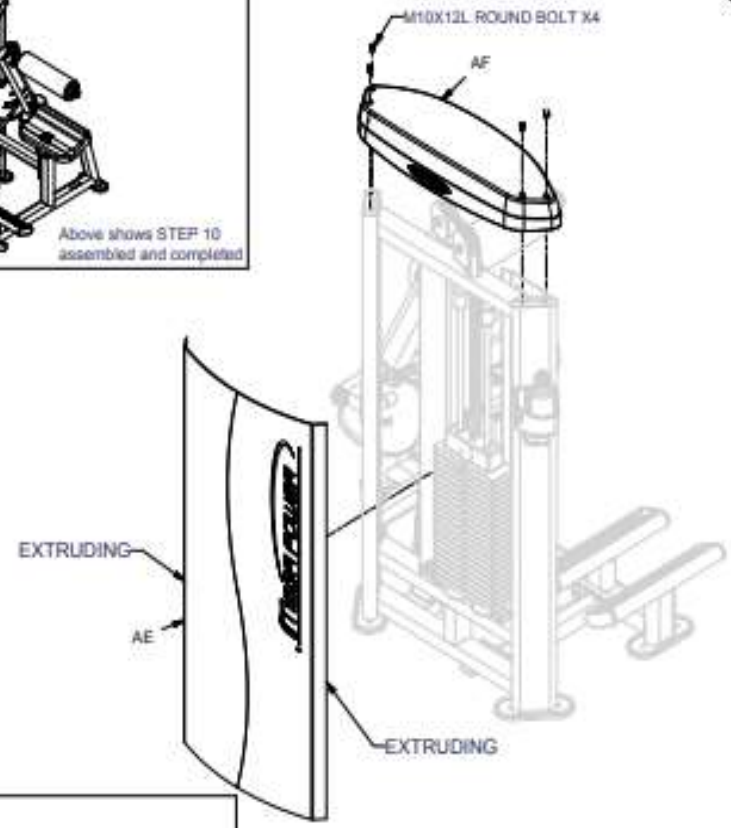
STEP 2.



MBK1600 ASSEMBLY INSTRUCTIONS



Above shows STEP 10 assembled and completed

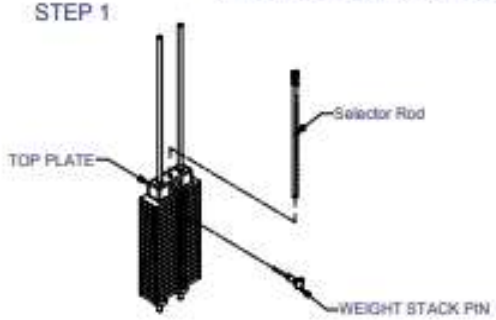




Note: When installing the shroud (AE), push both sides of the shroud toward center in order to bend it a little.
After insert it to the door frame and then releasing it. The shroud will be locked on the door frame.

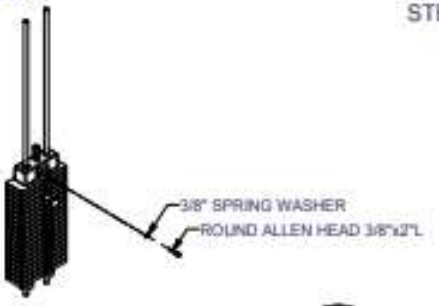
Guide on Selector Rod Adjustment

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



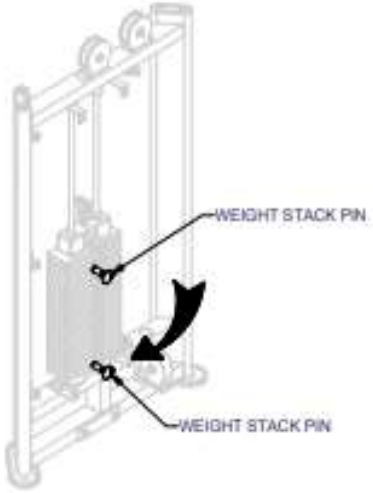
Step 3
Place the selector pin to each weight plate (5,10,15,20...) to check the smoothness.

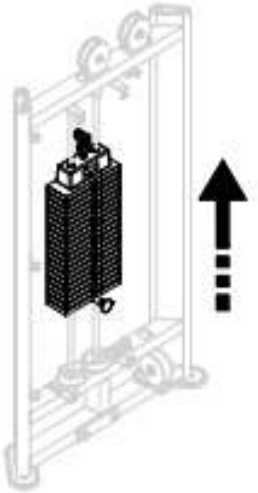


Rotate the Selector Rod slightly or move the 3/8"x2"L Round Allen Head to left and right and repeat Step 3.

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.

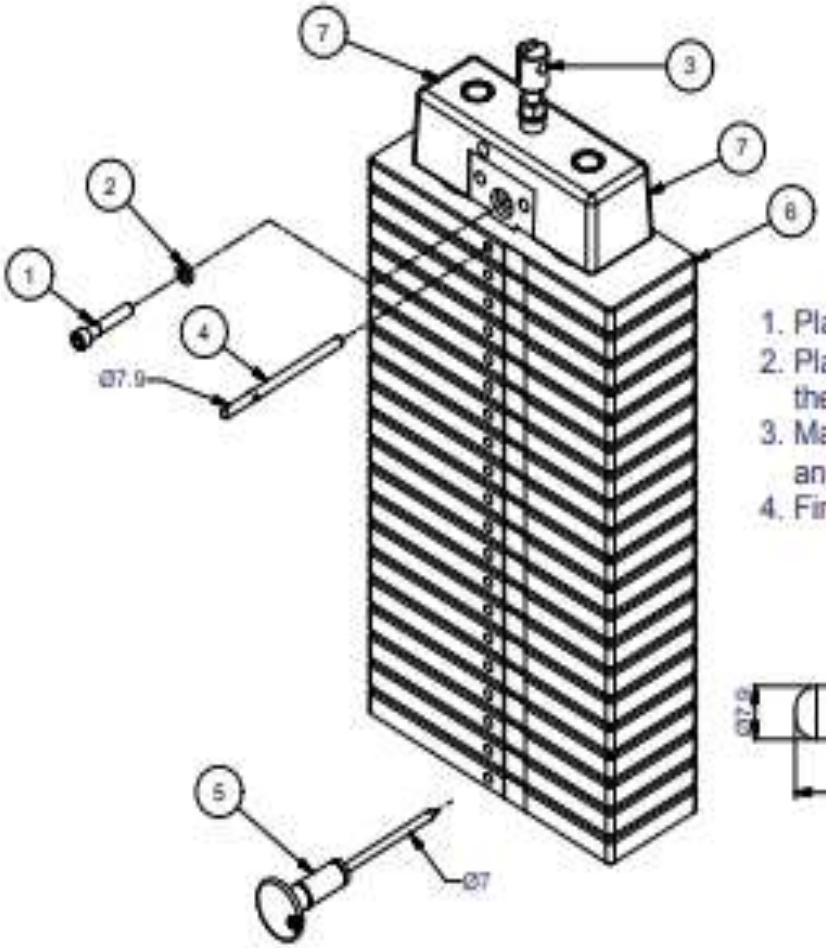
2.When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt,flat belt will be loosed a little bit.



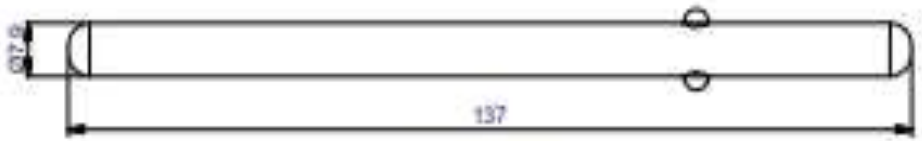
3.Pull end of flat belt as drawing showed to make the flat belt be tightened. (After using the machine 3 months to 6 months, please check flat belt.If the flat belt is loosed, please follow this step to tighten the belt again.)

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	102x226x280L 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!

