*MTH1100 Maintenance

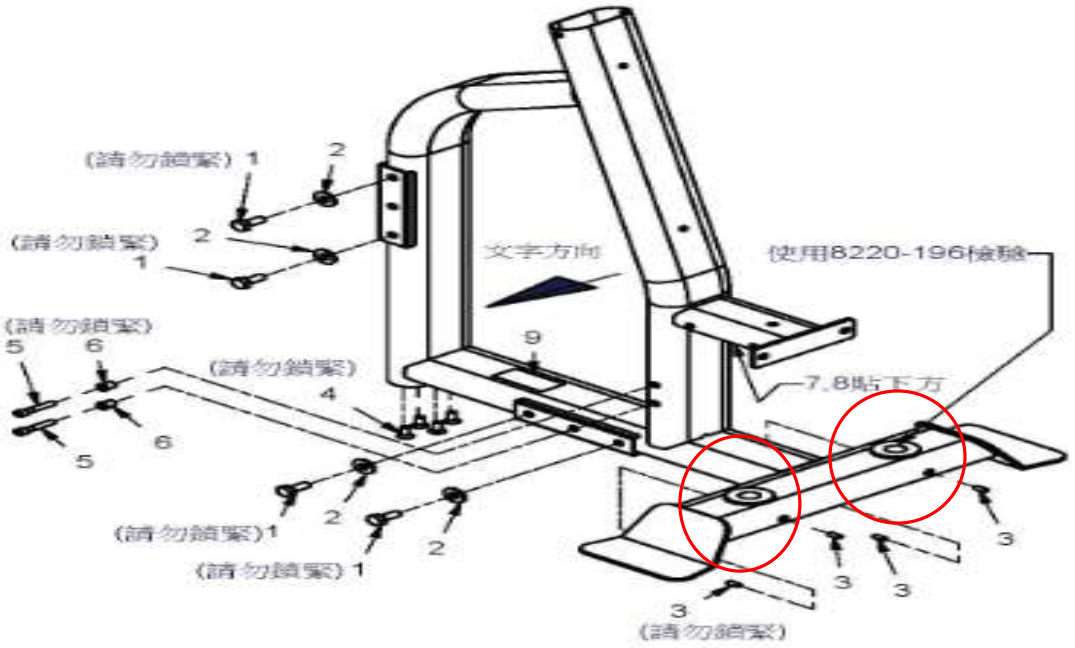
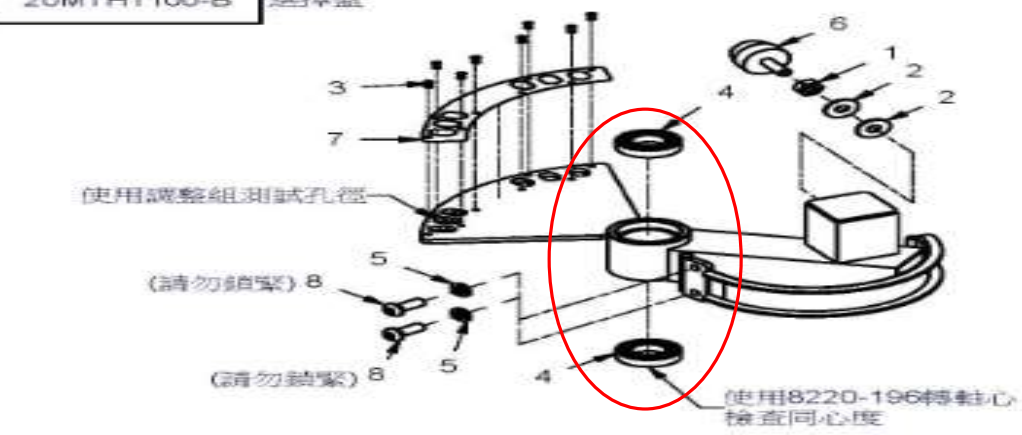


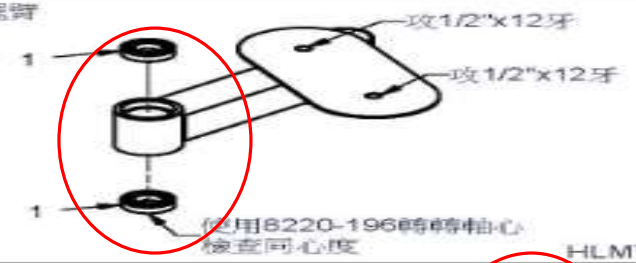
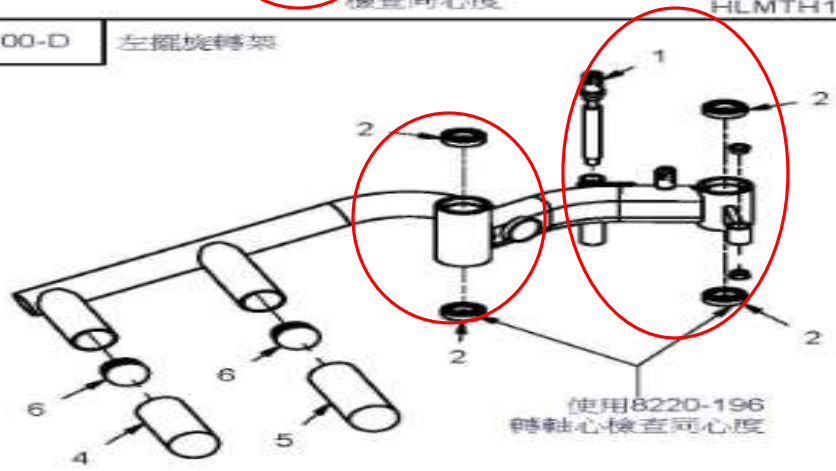
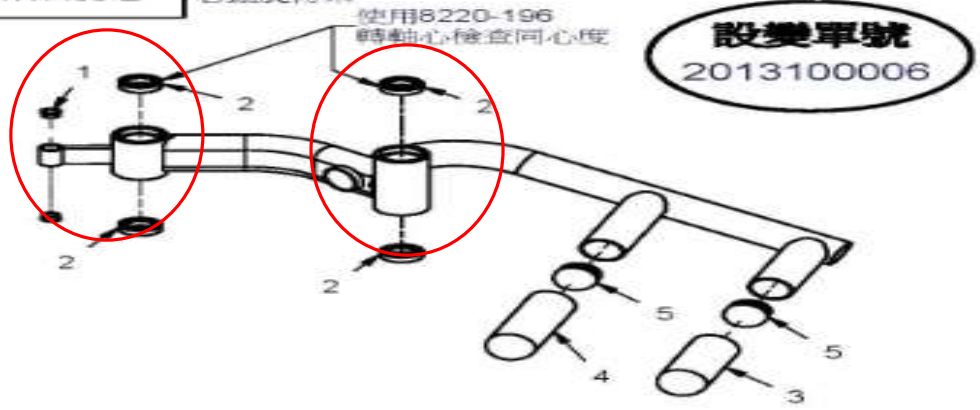
* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.

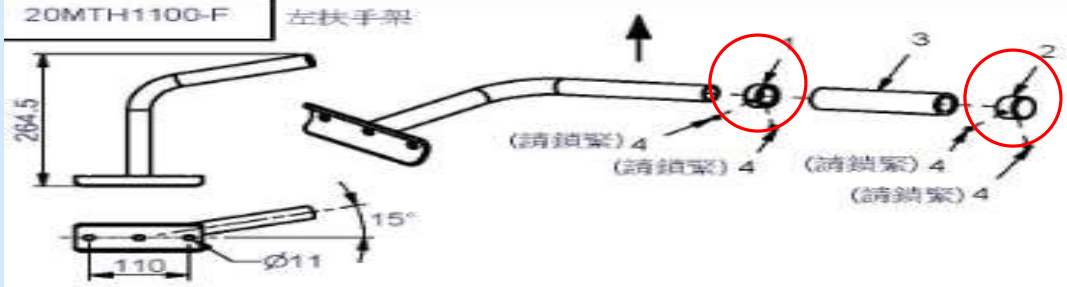
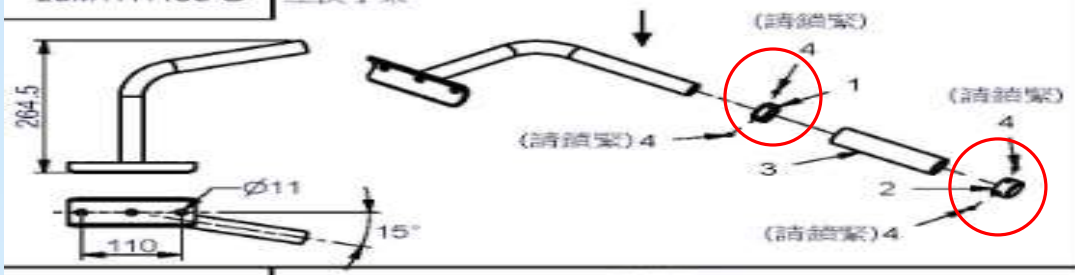
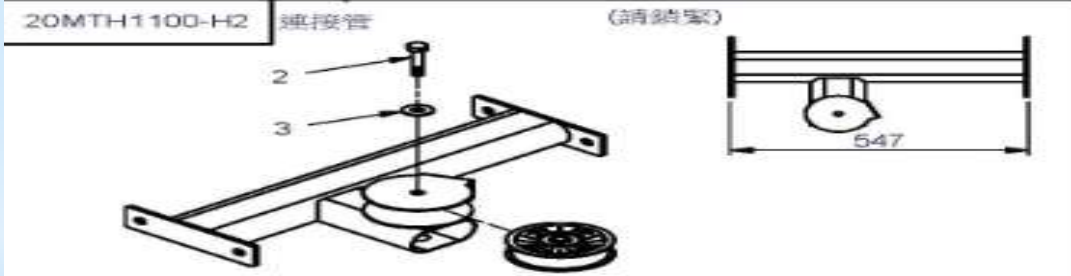
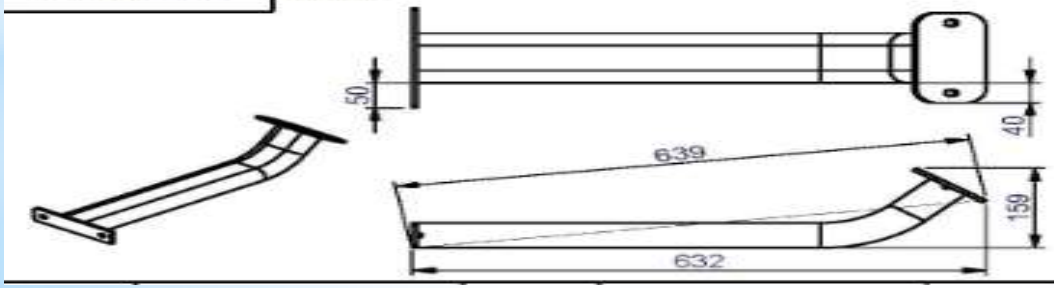


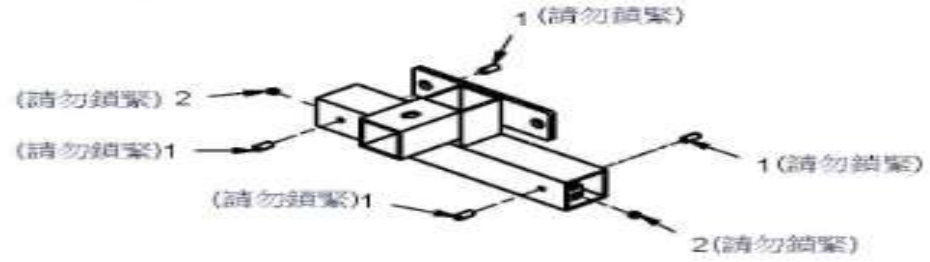
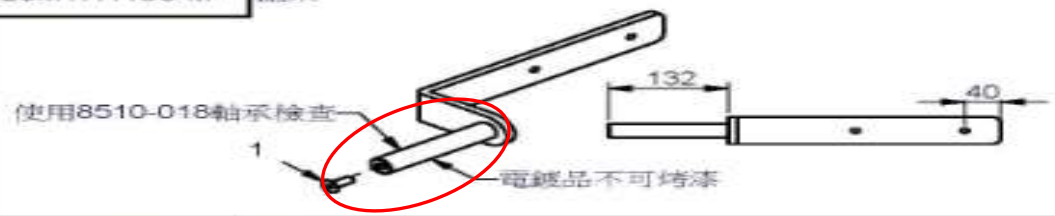
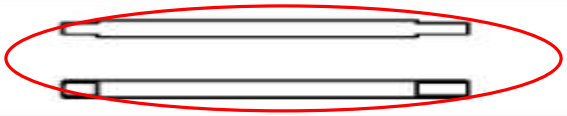


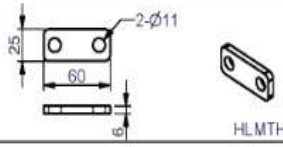
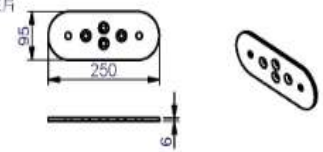
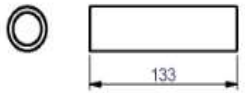
* Let's maintain your machine!

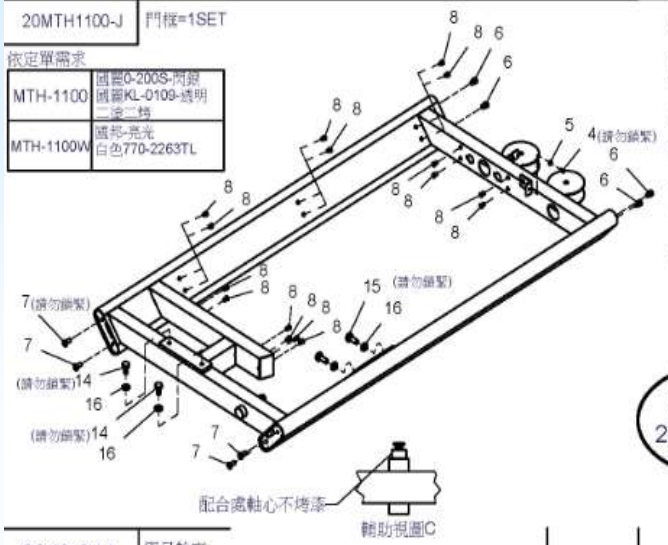
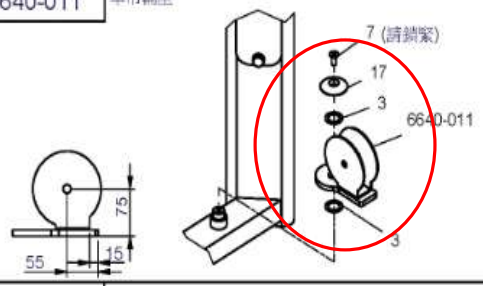
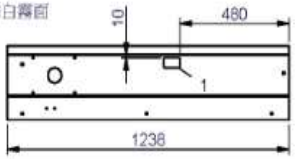
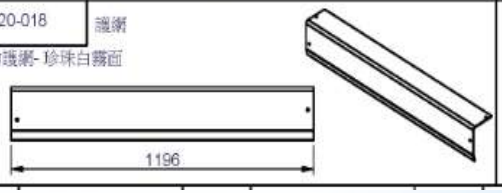
零件代碼	品 名 及 圖 案	用量	備 註
20MTH1100-A	主架 	1SET	1.組立1/2"X1-1/4"L 一般外六角螺絲=4PCS 2.組立1/2"華司Ø34=4PCS 3.組立5/16"X3/4"L 沈頭螺絲=4PCS 4.組立M10X25L 錐形平頭內六角螺絲=4PCS 5.組立3/8"X2"L 圓頭內六角螺絲=2PCS 6.組立3/8" 拉臂(身體有花)=2PCS 7.貼9440-055貼紙=1PCS 8.貼"工單"貼紙=1PCS 9.貼9440-327認證貼紙=1PCS 依定單需求 MTH-1100 國龍0-200S-內銀 國龍KL-0109-透明 二塗二烘 MTH-1100W 國邦-亮光 白色770-2263TL
20MTH1100-B	選擇盤 	1SET	1.組立3/8"螺桿8T=1PCS 2.組立3/8"華司Ø27=2PCS 3.組立435(4-3)拉釘=8PCS 4.組立8510-018軸承=2PCS 5.組立M10彈簧華司=2PCS 6.組立9310-018阻擋墊=1PCS 7.組立9440-243 不鏽鋼貼紙=1PCS 8.組立M10X25L 半圓頭內六角螺絲=2PCS 依定單需求 MTH-1100 國龍0-200S-內銀 國龍KL-0109-透明 二塗二烘 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A

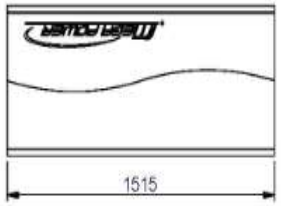
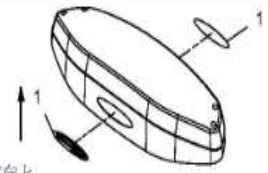
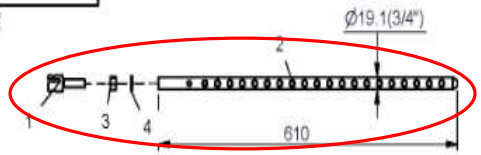
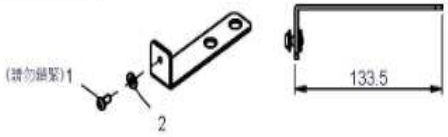
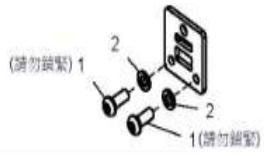
零件代碼	品 名 及 圖 案	用量	備 註
20MTH1100-C	擺臂  HLMTH1100A	1SET	1.組立8510-018軸承=2PCS 依定單需求 MTH-1100 國產0-200S-灰銀 國產KL-0109-透明 二途二噴 MTH-1100W 國邦-亮光 白色770-2263TL
20MTH1100-D	左擺旋轉架  	1SET	1.組立8250-131調整組=1PCS 2.組立8510-018軸承=4PCS 3.組立8520-001銅套=2PCS 4.組立9162-168 浸漬把手=1PCS 5.組立9162-169 浸漬把手=1PCS 6.組立9211-074 香菇塞=2PCS 依定單需求 MTH-1100 國產0-200S-灰銀 國產KL-0109-透明 二途二噴 MTH-1100W 國邦-亮光 白色770-2263TL
20MTH1100-E	右擺旋轉架  	1SET	1.組立8510-018軸承=4PCS 2.組立8520-001銅套=2PCS 3.組立9162-168 浸漬把手=1PCS 4.組立9162-169 浸漬把手=1PCS 5.組立9211-074 香菇塞=2PCS 依定單需求 MTH-1100 國產0-200S-灰銀 國產KL-0109-透明 二途二噴 MTH-1100W 國邦-亮光 白色770-2263TL

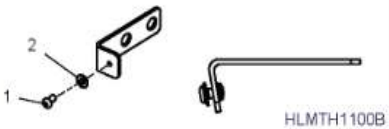
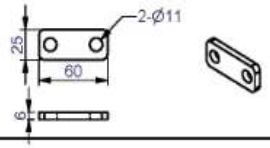
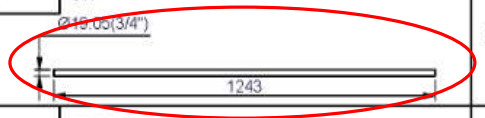
零件代碼	品 名 及 圖 案	用量	備 註
20MTH1100-F	左扶手架 	1SET	1.組立8130-250束子=1PCS 2.組立8890-006鐵套=1PCS 3.組立9162-111 高密度把手=1PCS 4.組立3/16"X3/16"L 沈頭螺絲=4PCS 依定單需求 MTH-1100 國產0-200S-閃銀 國產KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
20MTH1100-G	左扶手架 	1SET	1.組立8130-250束子=1PCS 2.組立8890-006鐵套=1PCS 3.組立9162-111 高密度把手=1PCS 4.組立3/16"X3/16"L 沈頭螺絲=4PCS 依定單需求 MTH-1100 國產0-200S-閃銀 國產KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
20MTH1100-H2	連接管 	1SET	1.組立9213-042B 皮帶輪組=1PCS 2.組立1/2"X2-1/2L 一般外六角螺絲=1PCS 3.組立1/2"華司34邊=1PCS 依定單需求 MTH-1100 國產0-200S-閃銀 國產KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
20MTH1100-I	連接管 	1SET	設變單號 2014110001 依定單需求 MTH-1100 國產0-200S-閃銀 國產KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL

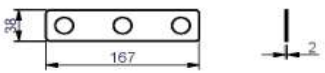
零件代碼	品 名 及 圖 案	用量	備 註
20MTH1100-K	連接組 	1SET	設變單號 2013100009 依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
20MTH1100-L	固定管 	1SET	1.組立5/16"X3/4"L 沈頭螺絲=4PCS 2.組立5/16"X5/16"L 沈頭螺絲=2PCS 事務通知單 2013100004 依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
20MTH1100-M	擺架 	2SET	1.組立M10X25L 鏡影平頭內六角螺絲=2PSC 依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
8240-098 電鍍	調整桿 	1SET	1組立9212-061 浸漬把手(暗紅)=1PCS HLMTH1100A
8220-196 染黑	轉軸心 	2PCS	HLMTH1100A Ø25x356L
9420-107	MTH1100動作圖銘板	1PCS	9630-126氣泡袋X1 160X460XB-平口

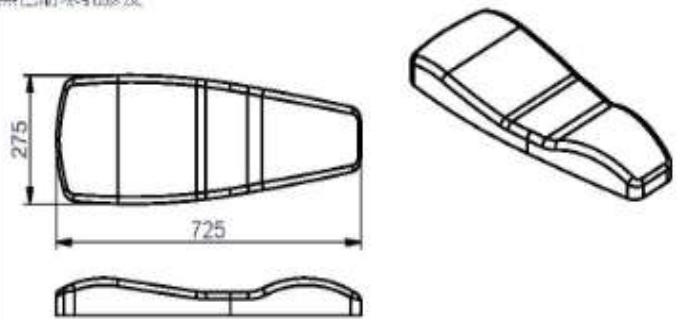
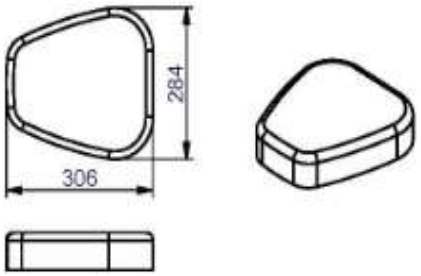
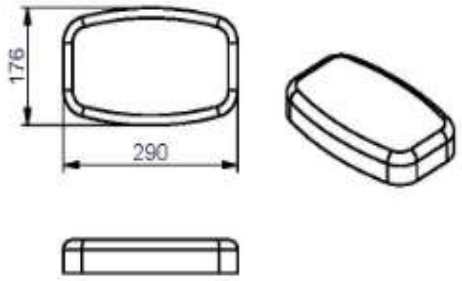
零件代碼	品 名 及 圖 案	用量	備 註
23MTH1100A	附件包 23MTH1100WA 附件包	1SET	HLMTH1100A
25MTH1100A	皮帶輪包	1SET	HLMTH1100A
FMTH1100A1	4040mm平面皮帶 	1SET	HLMTH1100A
GMTH1100A	螺絲包	1SET	HLMTH1100A
KMTH1100	說明書	1SET	
8311-117	固定片  HLMTH1100A	1PCS	依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL
8313-144	固定片 	1PCS	依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL HLMTH1100A
8110-113	鐵套  Ø35xØ25.2x133L HLMTH1100A	1PCS	依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL
			設變單號 2019030004 9180-027特固龍X12 9630-009束帶X16 9630-185蜂巢紙X7

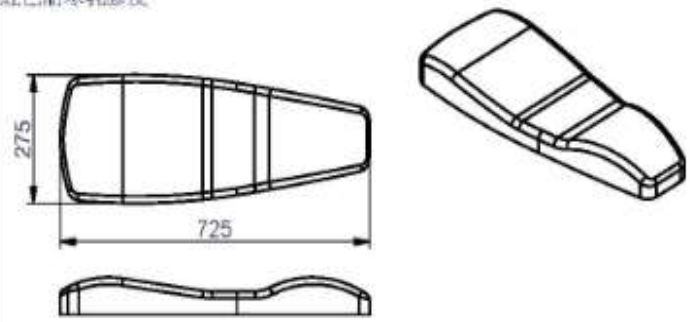
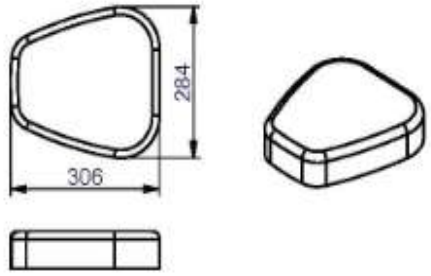
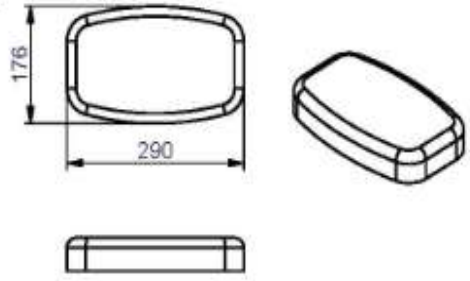
零件代碼	品 名 及 圖 案	用量	備 註
20MTH1100-J	門框=1SET  配合處軸心不烤漆 輔助視圖C		3.組立8520-008銅華司=2PCS 4.組立M6X12L 半圓頭內六角螺絲=1PCS 5.組立M6墊可Ø13=1PCS 6.組立M10X12L 圓頭內六角-CAP螺絲=4PCS 7.組立M10X25L 錐形內六角螺絲=5PCS 8.組立M6拉帽 (身體有花)=16PCS 14.組立1/2"x1"L 一般外六角螺絲=2PCS 15.組立1/2"x1-1/4"L 一般外六角螺絲=2PCS 16.組立1/2"華司Ø25=4PCS 17.組立8130-231隔蓋=1PCS 設變單號 2019030004
6640-011	車吊輪座 	1SET	依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MTH-1100W 國邦-亮光 白色770-2263TL 鉚鉸孔Ø25.4
9220-017	護網 文字方向  壓克力護網-珍珠白霧面	1PCS	1.貼9440-117防爽手貼紙=1PCS
9220-018	護網  壓克力護網-珍珠白霧面	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	設變單號 2016010001
9211-148	上蓋 	1SET	1. 貼9441-370=2PCS 鋁標(Steelflex) H9211148
8400-033	選擇上片 烤黑漆 	1SET	HLMTH1100B
8210-216C	20孔選擇桿組 電鍍 	1SET	1.組立8260-076固定座=1PCS 2.組立8210-216 20孔選擇桿=1PCS 3.組立1/2"螺帽=1PCS 4.組立1/2"彈簧華司=1PCS
8331-057	L型片 	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 MTH-1100 國麗0-200S-閃銀 MTH-1100W 國邦-亮光白色770-2263TL HLMTH1100B
8313-169	固定片 電鍍 	1PCS	1.組立M10X25L 半圓頭內六角螺絲=2PCS 2.組立M10彈簧華司=2PCS HLMTH1100B

零件代碼	品名及圖案	用量	備註
8331-058	L型片 	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 MTH-1100 國麗0-200S-閃銀 MTH-1100W 國邦-亮光白色770-2263TL
8313-144	固定片 	2PCS	依定單需求 MTH-1100 國麗0-200S-閃銀 國麗KL-0109-透明二油二槽 MTH-1100W 國邦-亮光白色770-2263TL
8311-117	L型片 	1PCS	依定單需求 MTH-1100 國麗0-200S-閃銀 MTH-1100W 國邦-亮光白色770-2263TL HLMTH1100B
8331-056	L型片 	1SET	1.組立M6X12L 半圓頭內六角螺絲=1PCS 2.組立M6華司-Ø13=1PCS 依定單需求 MTH-1100 國麗0-200S-閃銀 MTH-1100W 國邦-亮光白色770-2263TL
8280-041	導桿 電鍍 	2PCS	
23MTH1100B	附件包	1SET	HLMTH1100B
23MDCUP	附件包-CUP	1SET	HLMTH1100B
25MTH1100B	皮帶輪包	1SET	HLMTH1100B
GMTH1100B	螺絲包	1SET	HLMTH1100B

零件代碼	品名及圖案	用量	備註
8311-194	固定片 K32027G深灰砂 	1PCS	

零件代碼	品 名 及 圖 案	用量
9111-069	背墊 黑色耐寒乳膠皮 	1PCS
9121-083	座墊 黑色耐寒乳膠皮 	1PCS
9131-041	膝墊 黑色耐寒乳膠皮 	2PCS

零件代碼	品 名 及 圖 案	用量
9111-069R	背墊 紅色耐寒乳膠皮 	1PCS
9121-083R	座墊 紅色耐寒乳膠皮 	1PCS
9131-041R	膝墊 紅色耐寒乳膠皮 	2PCS

MTH-1100 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)----------[2PCS]
D2.Ø10X60L SHAFT (8210-156) ----------[1PCS]
D3.ROLLER THRUST BEARING(8510-008)----------[2PCS]
D4.Ø1" CU WASHER(8520-008)----------[6PCS]
D5.Ø50 END CAP(9211-074)----------[2PCS]
D6. □50X50X1.8T End Cap (9211-087)----------[3PCS]
D7.Ø28 PLUG(9211-095)----------[4PCS]
D8.59X116.5X2.5TX25H END CAP(9211-189)----------[1PCS]
D9. Ø27.5X12.5L Rubber Pad(9214-030)----------[4PCS]
D11.108X263 RUBBER PAD(9310-075)----------[1PCS]
D12. 44X54TX99 RUBBER LUMP(9214-038)----------[1PCS]
D13.Ø115 PULLEY(9213-042B)----------[2PCS]

D1 D2 D3 D4



D5 D6 D7 D8



D9 D11



D12 D13



MTH-1100 ASSEMBLY INSTRUCTIONS

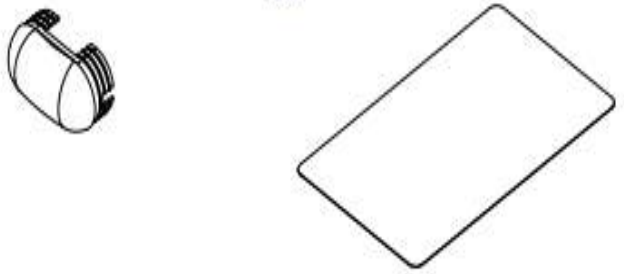
HARDWARE ILLUSTRATION

D14.4040mm BELT(FMTH1100A1)----------[1PCS]
D15.EXERCISE CHART (9420-107)----------[1PCS]
D27.50x100x1.5T END CAP(9261-060)----------[1PCS]
D31.150X250L RUBBER PAD(9310-036)----------[1PCS]

D14 D15



D27 D31



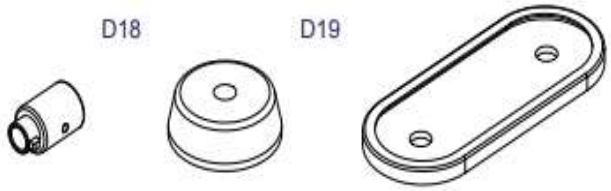
MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION

D17.3/4" SHAFT COLLAR(9211-147)----------[2PCS]
D18.Ø4" RUBBER PAD(9310-017)----------[2PCS]
D19.108X263 RUBBER PAD(9310-075)----------[2PCS]

D21.Ø115 PULLEY(9213-042B)----------[3PCS]
D22.BOTTLE BRACKET(8388-025)----------[1PCS]
D23.BOTTLE RACK(9260-320)----------[1PCS]
D24.BOTTLE(9260-123)----------[1PCS]

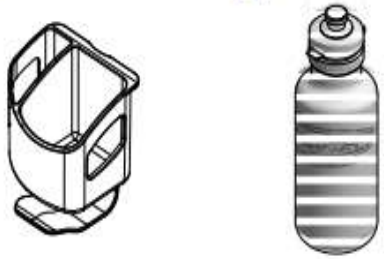
D17 D18 D19



D21 D22



D23 D24



MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION

D28.TOP PLATE(8400-033)----------[1PCS]
D29.3/4" SHAFT COLLAR(9211-167)----------[2PCS]
D30.Selector Rod(8210-216C)----------[1PCS]

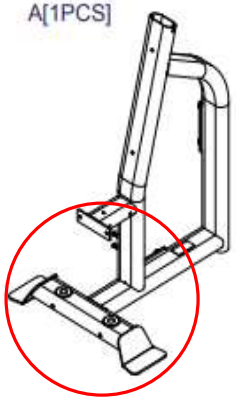
D28 D29 D30



MTH-1100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

A[1PCS]



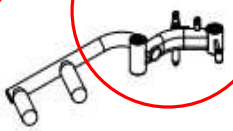
B[1PCS]



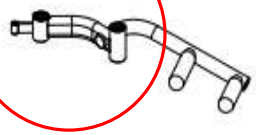
C[1PCS]



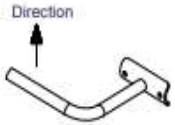
D[1PCS]



E[1PCS]



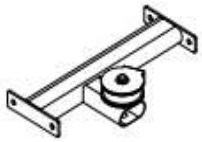
F[1PCS]



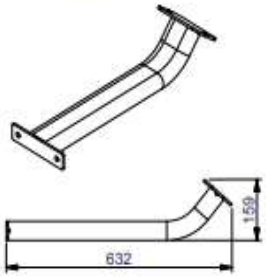
G[1PCS]



H2[1PCS]



I[1PCS]



K[1PCS]



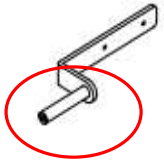
L[1PCS]



MTH-1100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

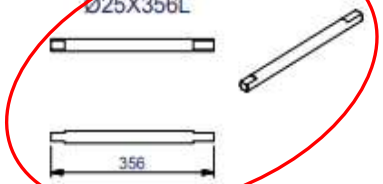
M[2PCS]



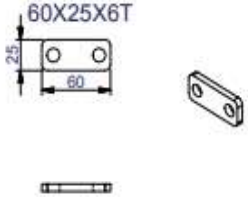
N[1PCS]
8240-098



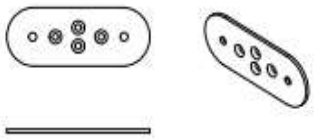
O[2PCS]
8220-196
Ø25X356L



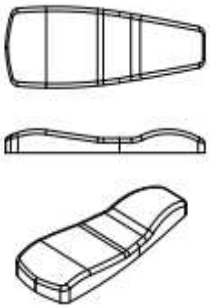
P[1PCS]
8311-117
60X25X6T



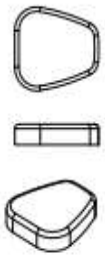
Q[1PCS]
8313-144
95X6TX250L



R[1PCS]
9111-069



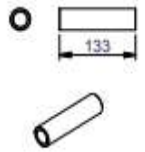
S[1PCS]
9121-083



T[2PCS]
9131-041



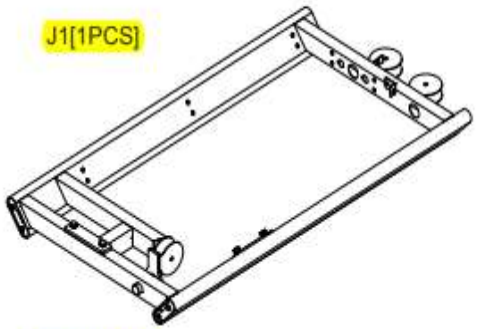
U[1PCS]
8110-113
Ø35xØ25.2x133L



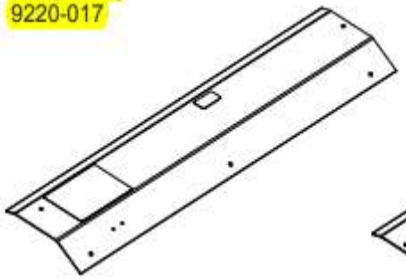
MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

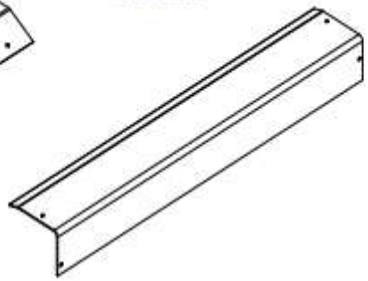
J1[1PCS]



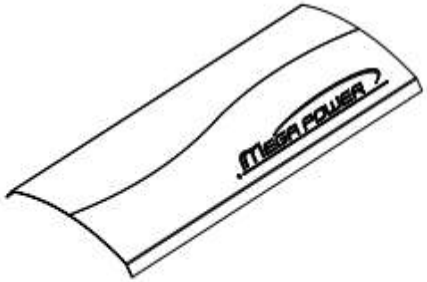
AB1[1PCS]
9220-017



AC[1PCS]
9220-018



AD[1PCS]
9220-023



AE[1PCS]
9211-148



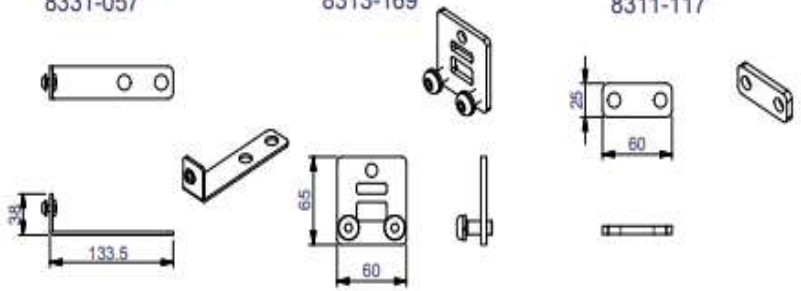
MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

AF[4PCS]
8331-057

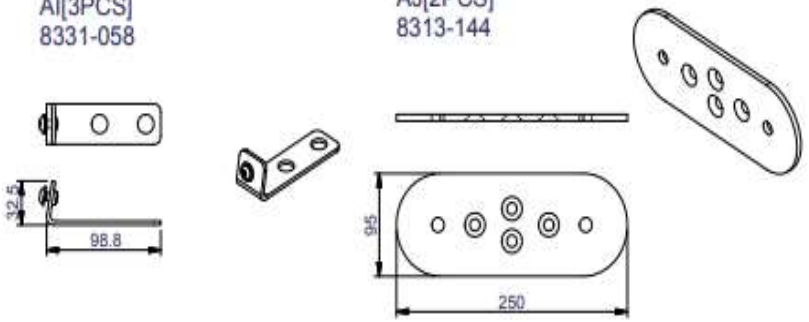
AG[1PCS]
8313-169

AH[1PCS]
8311-117



AI[3PCS]
8331-058

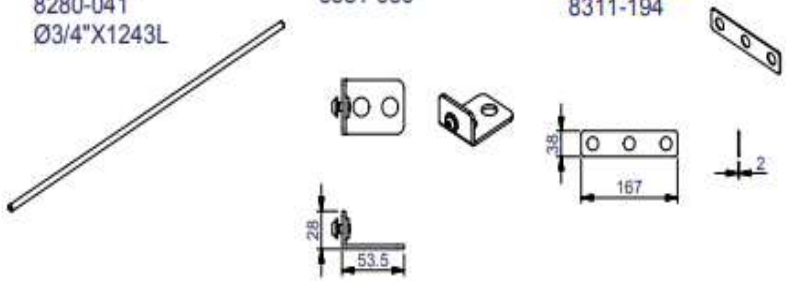
AJ[2PCS]
8313-144



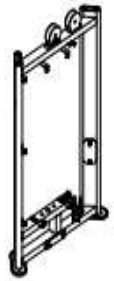
AL1[2PCS]
8280-041
Ø3/4"X1243L

AM[1PCS]
8331-056

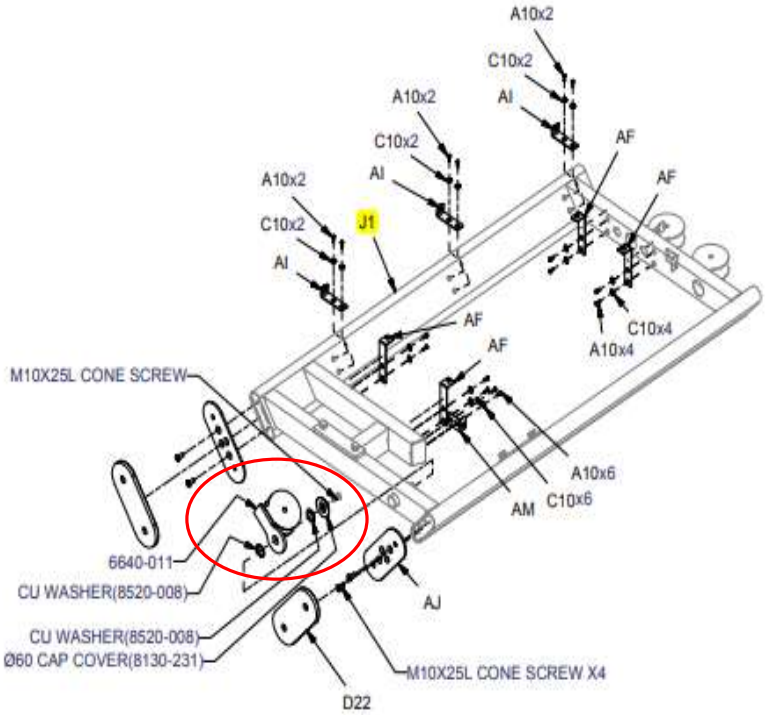
AQ[1PCS]
8311-194



MTH-1100 ASSEMBLY INSTRUCTIONS



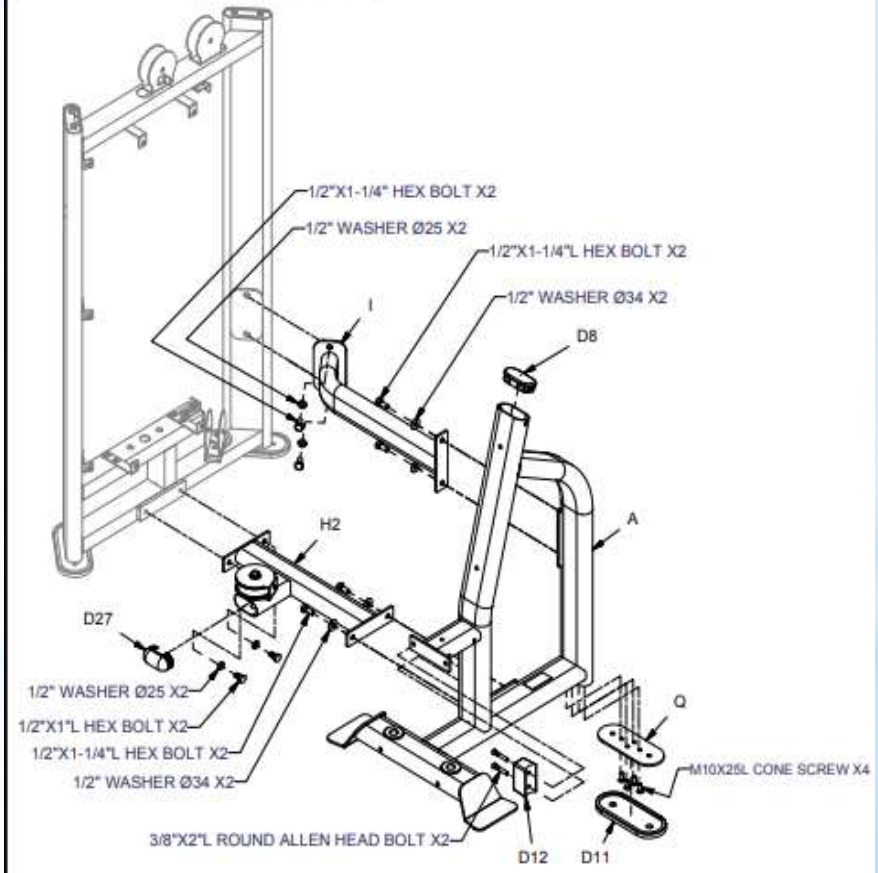
Above shows STEP 1
assembled and completed



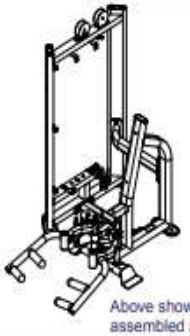
MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

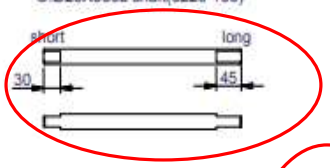


MTH-1100 ASSEMBLY INSTRUCTIONS

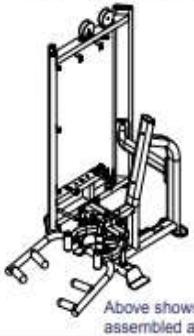


Above shows STEP 3
assembled and completed

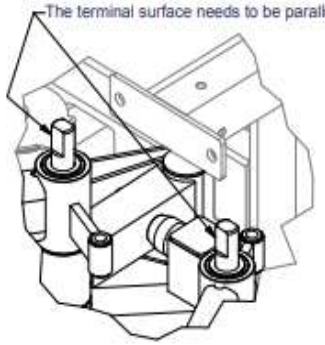
O.Ø25X356L shaft(8220-196)



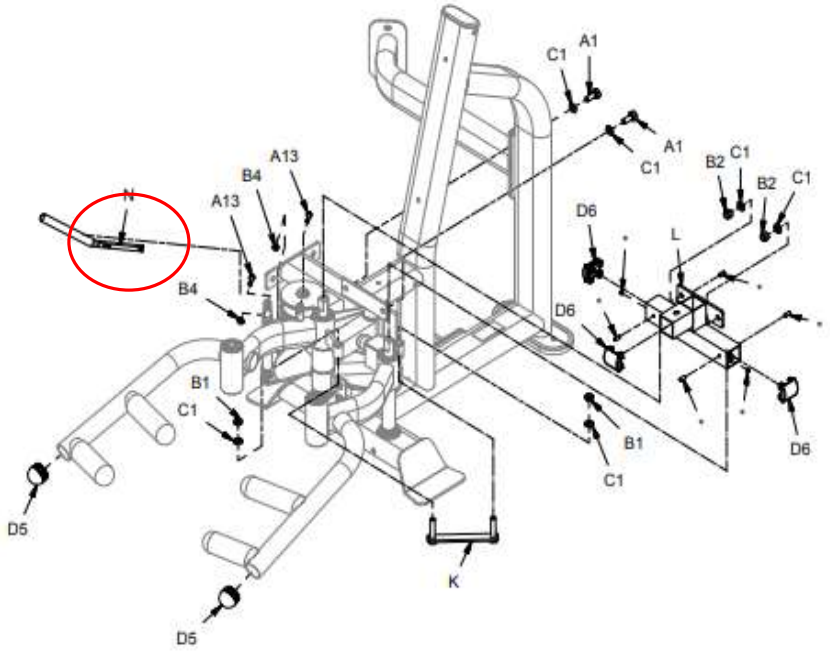
MTH-1100 ASSEMBLY INSTRUCTIONS



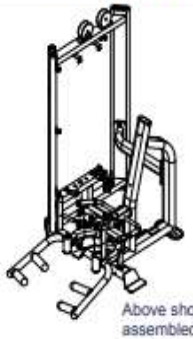
Above shows STEP 4
assembled and completed



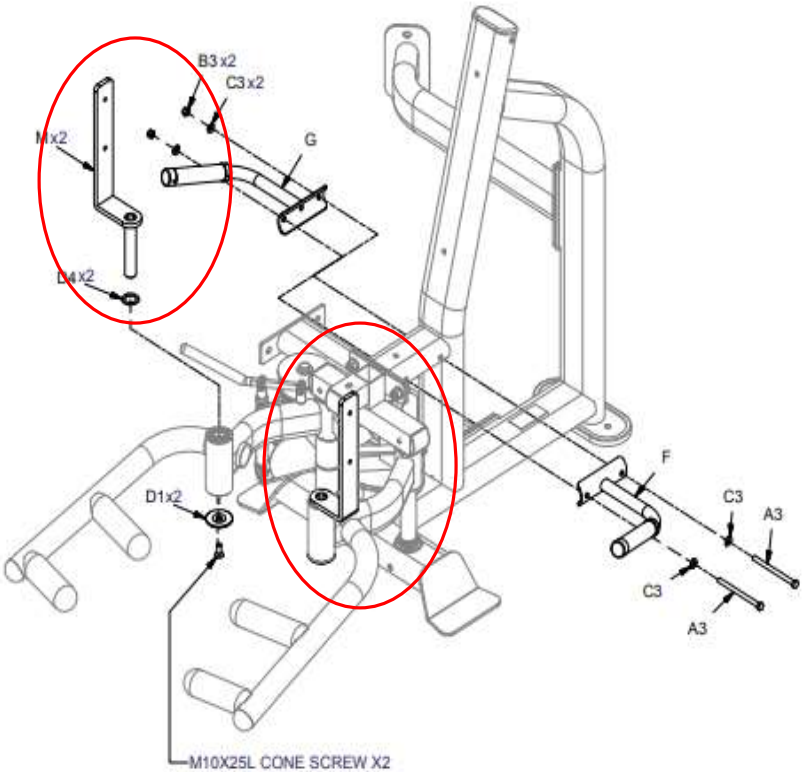
Attention
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE PART#(L)



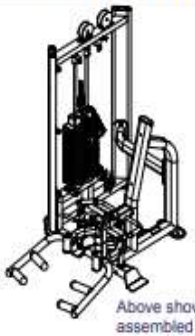
MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed



MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

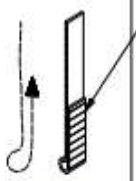
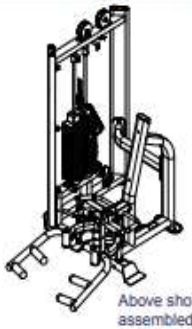


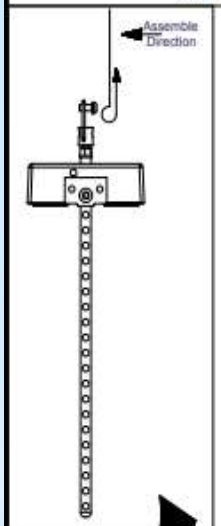
Figure 1

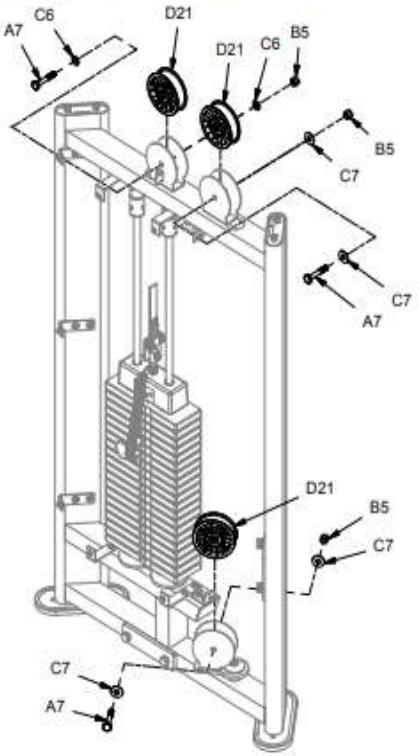
MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 7 assembled and completed

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 (AG) DO NOT EXCEED 70 PSI





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.

MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 8 assembled and completed

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 (AG) DO NOT EXCEED 70 PSI

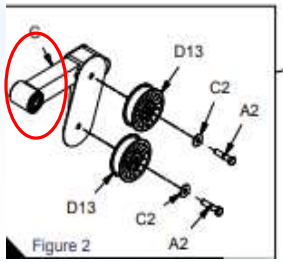
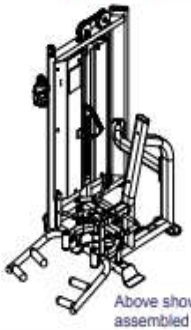


Figure 2

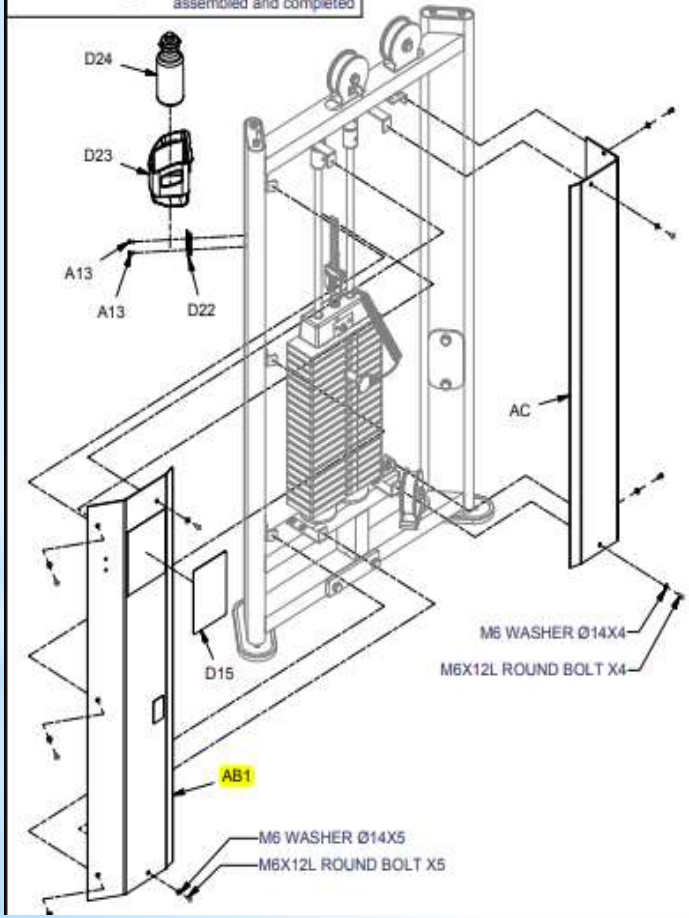
MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

Post location

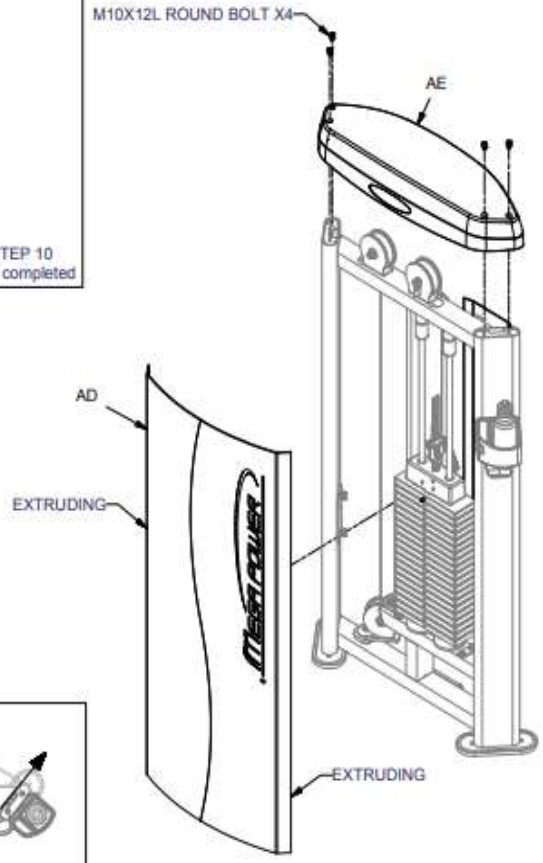




MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed



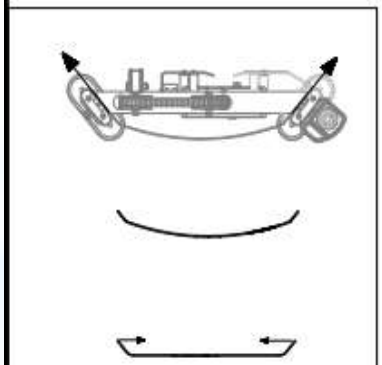
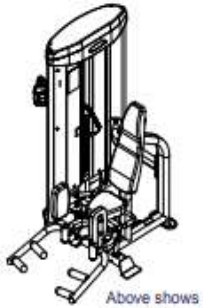


Figure 5

Note: When installing the shroud (AD), 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.

MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

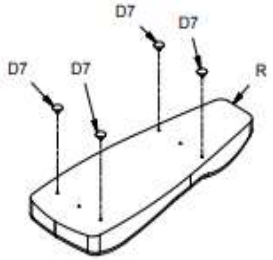
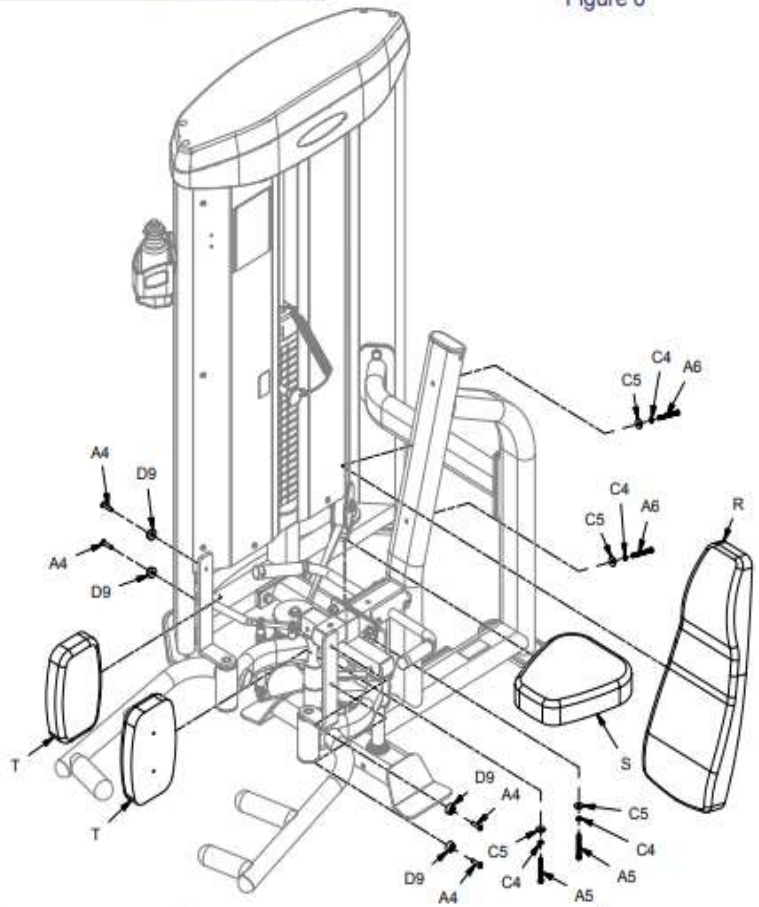


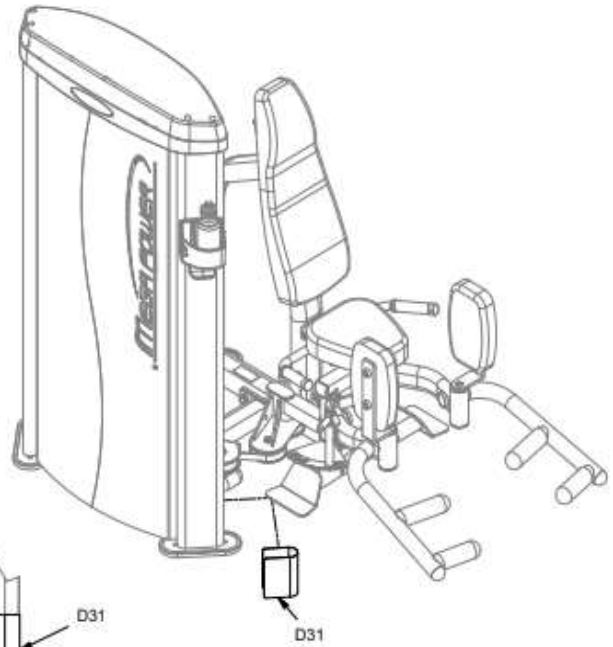
Figure 6

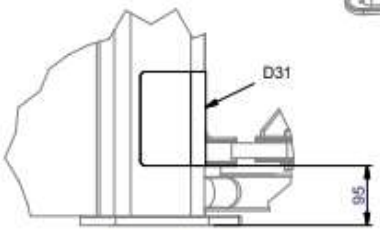


MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 12
assembled and completed

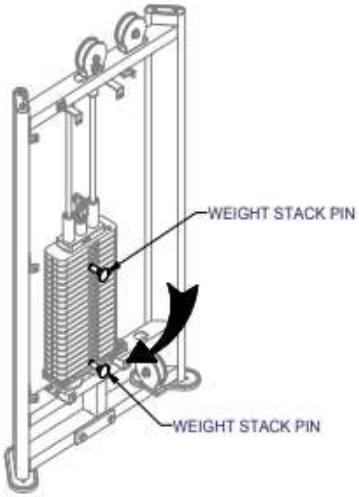


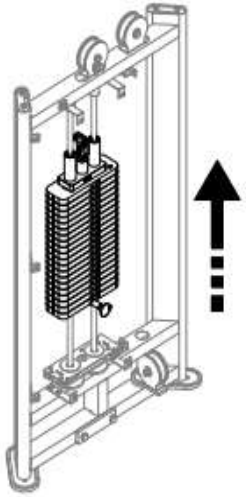


DETIAL DRAW

ASSEMBLY INSTRUCTIONS

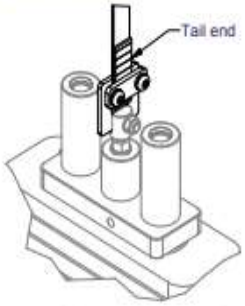
Adjust Flat Belt Steps





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.

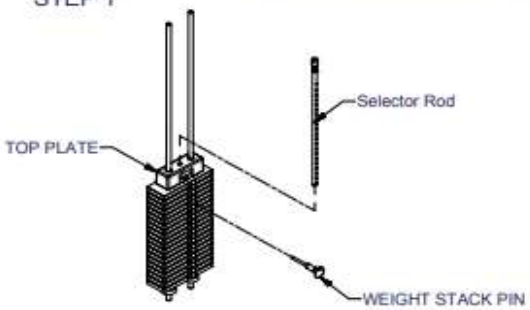
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt,flat belt will be loosed a little bit.



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



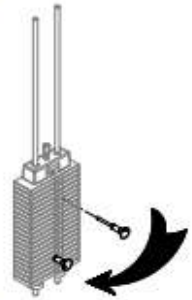
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

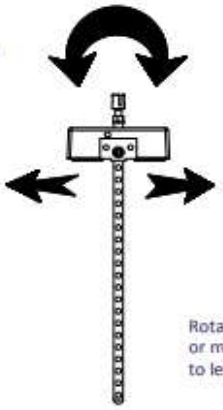


Step 2
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



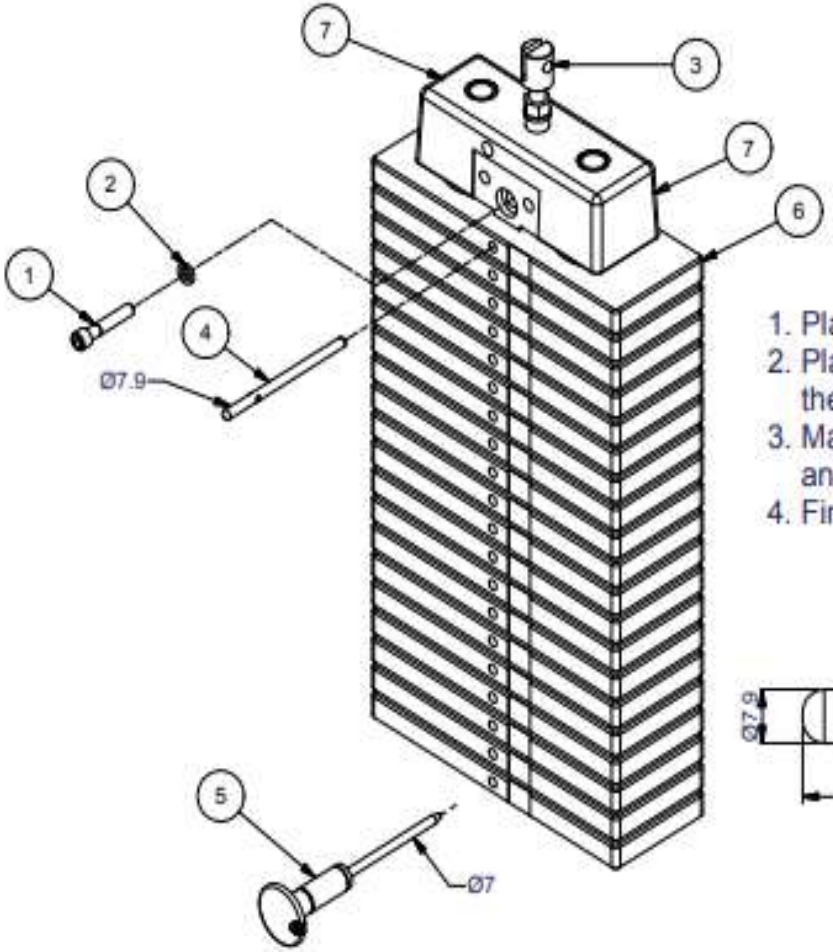
Step 3
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



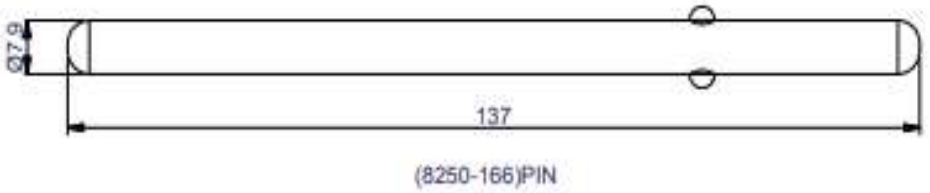
Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

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!

