*MDC2000 Maintenance

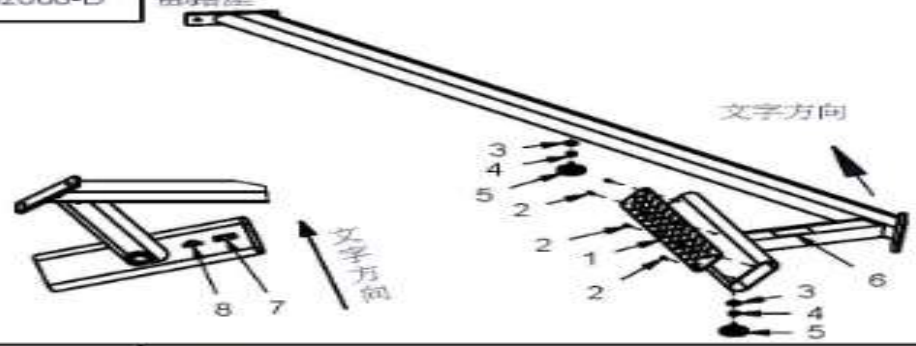
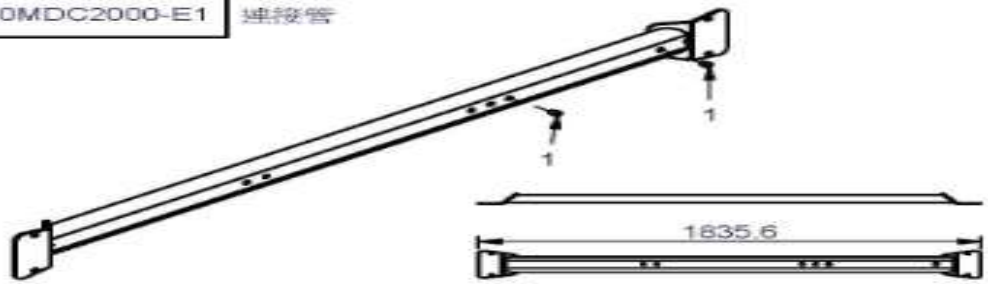


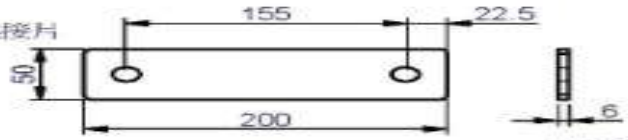
* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.





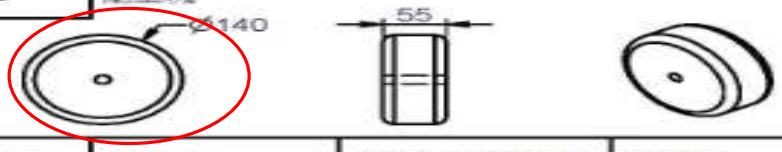
* Let's maintain your machine!

零件代碼	品 名 及 圖 案	用量	備 註
20MDC2000-D	腳踏座 	1SET	1.組立8370-039花板=1PCS 2.組立650(6-4)拉釘=6PCS 3.組立3/8"華司Ø27=2PCS 4.組立3/8"螺帽7T=2PCS 5.組立9214-037避震座=2PCS 6.組立9440-315認證貼紙=1PCS 7.貼工單貼紙=1PCS 8.貼9440-055台灣貼紙=1PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 二途二噴 MDC-2000W 國邦-亮光 白色770-2263TL
8370-039 國邦790-49153F1HT-深灰	壓花板 	1PCS	設變單號 2015050003
20MDC2000-E1	連接管 	1SET	1.組立M10 拉帽(身體有花)=2PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 二途二噴 MDC-2000W 國邦-亮光 白色770-2263TL
20MDC2000F1	吊鉤架 	1SET	依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 二途二噴 MDC-2000W 國邦-亮光 白色770-2263TL
20MDC2000-G	單品滑輪座 	2SET	同20CCCO150-E 20GCCCO150-E 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 二途二噴 MDC-2000W 國邦-亮光 白色770-2263TL



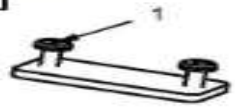


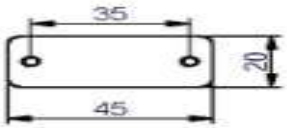




零件代碼	品名及圖案	用量	備註
8312-077	連接片 155 22.5 50 200 6 HLMDC2000A	2PCS	依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MDC-2000W 國邦-亮光 白色770-2263TL
20LB500E 國邦790-49153F1HT-深灰	短拉棒 5 6 (請鎖緊) 4 2 216 3 1 5 6 4 (請鎖緊) 8130-464 8130-465 國邦790-49153F1HT-深灰	1SET	1.組立8130-464轉環=1PCS 2.組立9310-128墊片=1PCS 3.組立8130-465鐵套=1PCS 4.組立M5X4L沉頭螺絲=2PCS 5.組立9162-020 高密度把手=2PCS 6.組立9260-021半圓塞=2PCS
8230-023 電鍍	配重塊 Ø140 55	2PCS	設變單號 2017050005 HLMDC2000A
23MDC2000	附件包 23MDC2000W 附件包	1SET	HLMDC2000A
25MDC2000	皮帶輪包	1SET	
9420-065	MDC2000動作圖銘板	1SET	9630-127氣泡袋X1 200X650XB-平口
FMDC2000	鋼索	1SET	9180-025特固龍X2 9180-027特固龍X6 9630-009束帶X8 HLMDC2000A
GMDC2000A GMDC2000B	螺絲包	1SET	HLMDC2000A
KMDC2000	說明書	1SET	
23MDCUP	附件包-CUP	1SET	HLMDC2000A
8311-120	連接片 1 35 20 45	1PCS	1.組立M4X12L半圓頭十字螺絲=2PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 二塗二烤 MDC-2000W 國邦-亮光 白色770-2263TL



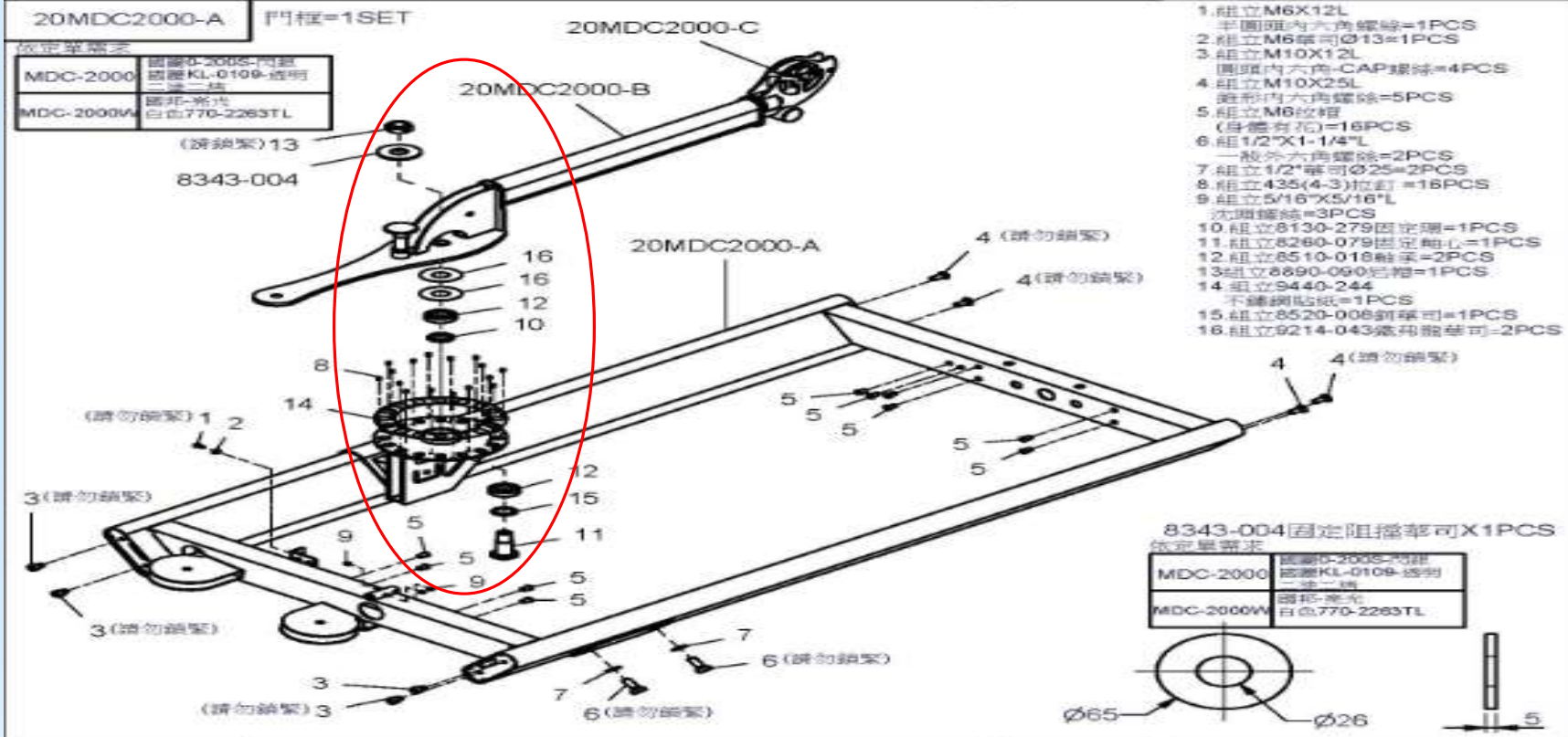




零件代碼	品 名 及 圖 案	用量	備 註
20MDC2000-A	門框=1SET		1.組立M6X12L 半圓頭內六角螺絲=1PCS 2.組立M6華司Ø13=1PCS 3.組立M10X12L 圓頭內六角-CAP螺絲=4PCS 4.組立M10X25L 錐形內六角螺絲=5PCS 5.組立M6紋帽 (身體有花)=16PCS 6.組1/2"X1-1/4"L 一般外六角螺絲=2PCS 7.組立1/2"華司Ø25=2PCS 8.組立435(4-3)拉釘 =16PCS 9.組立5/16"X5/16"L 沈頭螺絲=3PCS 10.組立8130-279固定環=1PCS 11.組立8260-079固定軸心=1PCS 12.組立8510-018軸承=2PCS 13組立8890-090鉛帽=1PCS 14.組立9440-244 不鏽鋼貼紙=1PCS 15.組立8520-008釘華司=1PCS 16.組立9214-043鐵丹龍華司=2PCS

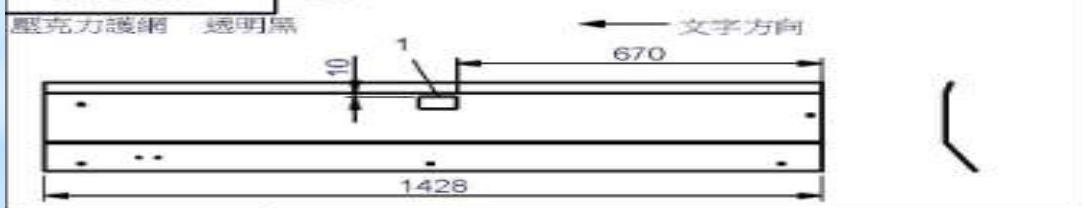
依定單需求

MDC-2000	國圖0-200S-門框 國圖KL-0109-透明 二達二桶
MDC-2000W	國邦-亮光 白色770-2263TL



9220-025	護網	1PCS	1.貼9440-117防夾手貼紙=1PCS

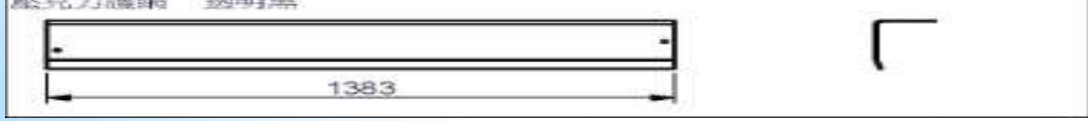
壓克力護網 透明黑

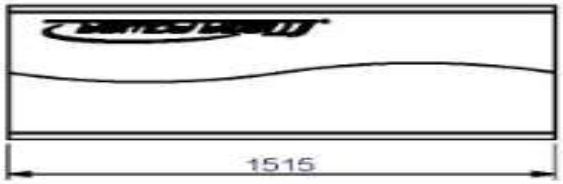
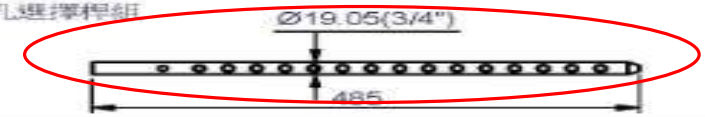
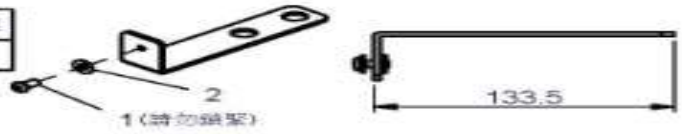


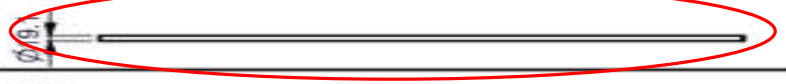
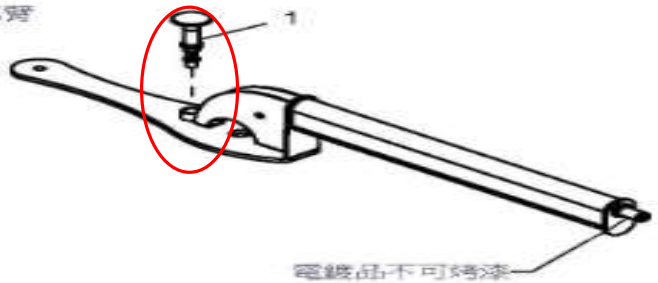
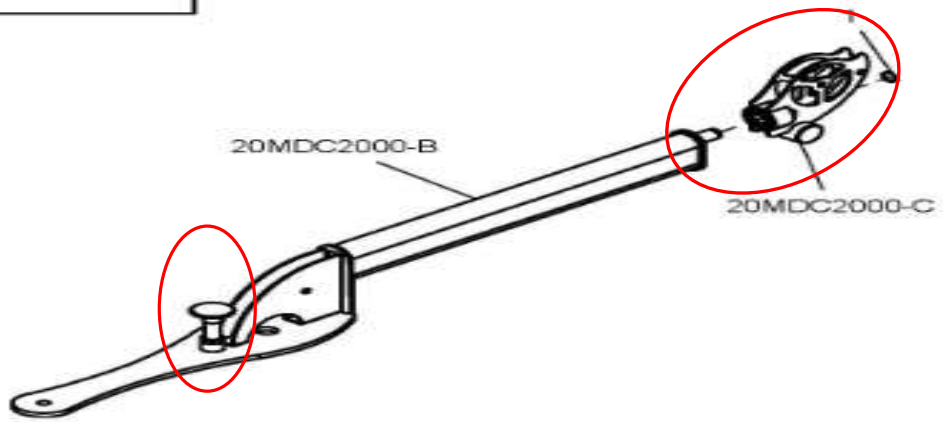
設變單號
2016070004

9220-016	護網	1PCS	

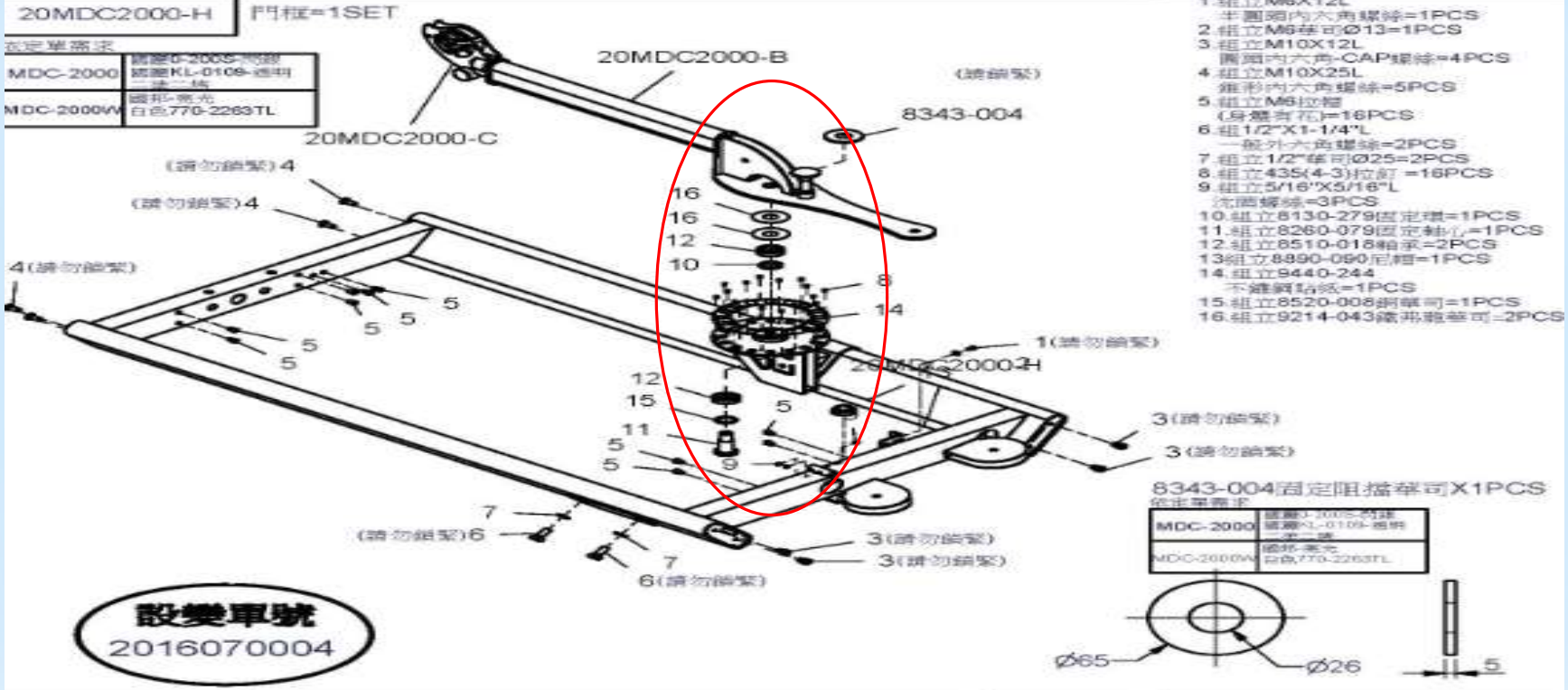
壓克力護網 透明黑



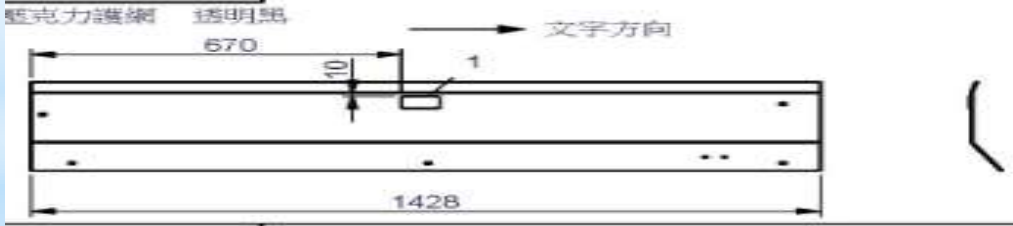
零件代碼	品 名 及 圖 案	用量	備 註
9220-023 護網 壓克力護網 透明黑		1PCS	設變單號 2016010001
9211-148 上蓋		1SET	1. 貼9441-370=2PCS 鋁標(Steelflex)
8400-033 選擇上片		1SET	
8210-217 15孔選擇桿組 弯鏡		1PCS	
8331-056 L型片 依定單需求 MDC-2000 固態0-200S-閃銀 MDC-2000W 國邦-亮光白色770-2283TL		1SET	1.組立M6X12L 半圓頭內六角螺絲=1PCS 2.組立M6華司-Ø13=1PCS
8331-057 L型片 依定單需求 MDC-2000 固態0-200S-閃銀 MDC-2000W 國邦-亮光白色770-2283TL		4SET	1.組立M6X12L 半圓頭內六角螺絲=4PCS 2.組立M6華司Ø13=4PCS
8331-058 L型片 依定單需求 MDC-2000 固態0-200S-閃銀 MDC-2000W 國邦-亮光白色770-2283TL		3SET	1.組立M6X12L 半圓頭內六角螺絲=3PCS 2.組立M6華可-Ø13=3PCS

零件代碼	品 名 及 圖 案	用量	備 註
8313-144	固定片 	2PCS	依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 一塗一烤 MDC-2000W 國邦-亮光 白色770-2263TL
8280-042	導桿 	2PCS	Ø3/4"X1433L
20MDC2000-B	搖臂 	1SET	1.組立8250-132調整組=1PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 一塗一烤 MDC-2000W 國邦-亮光 白色770-2263TL
20MDC2000-C	旋轉座 	1SET	1.組立8510-010軸承=1PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明 一塗一烤 MDC-2000W 國邦-亮光 白色770-2263TL
			1.組立S20扣環=1PCS 設變單號 2015040004

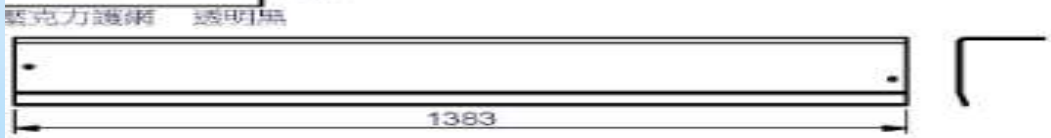
零件代碼	品 名 及 圖 案	用量	備 註
20MDC2000-H	門框=1SET		1.組立M6X12L 半圓頭內六角螺絲=1PCS 2.組立M6華司Ø13=1PCS 3.組立M10X12L 圓頭內六角-CAP螺絲=4PCS 4.組立M10X25L 錐形內六角螺絲=5PCS 5.組立M6拉帽 (身體青花)=16PCS 6.組1/2"X1-1/4"L 一般外六角螺絲=2PCS 7.組立1/2"華司Ø25=2PCS 8.組立435(4-3)拉釘 =16PCS 9.組立5/16"X5/16"L 沈頭螺絲=3PCS 10.組立8130-279固定環=1PCS 11.組立8260-079固定軸心=1PCS 12.組立8510-018軸承=2PCS 13組立8890-090尼帽=1PCS 14.組立9440-244 不鏽鋼貼紙=1PCS 15.組立8520-008銅華司=1PCS 16.組立9214-043鐵弗龍華司=2PCS

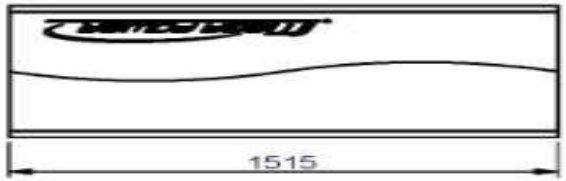
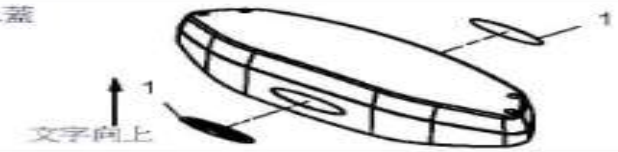
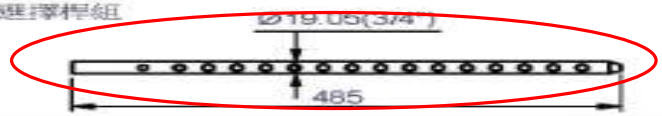
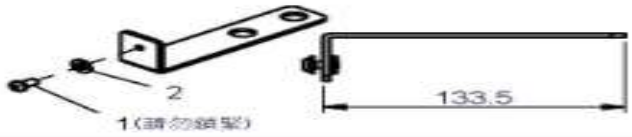


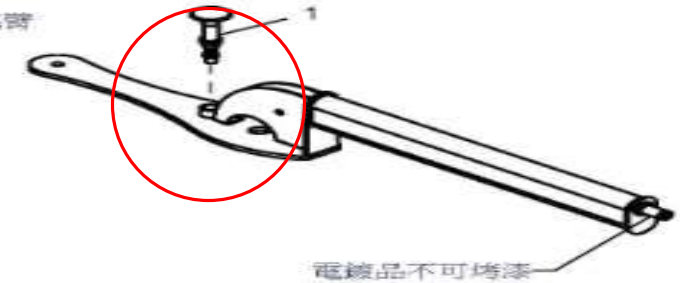
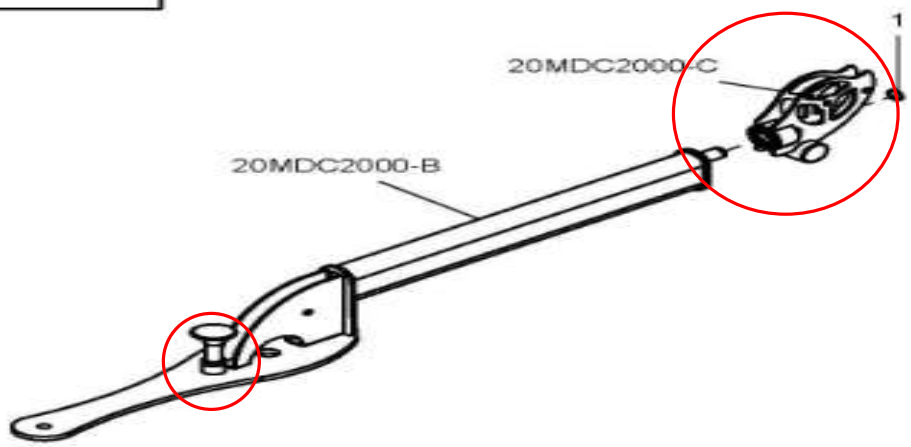
9220-026	護網 壓克力護網 透明黑	1PCS	1.貼9440-117防夾手貼紙=1PCS

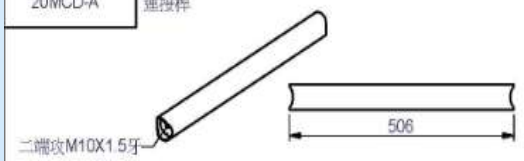
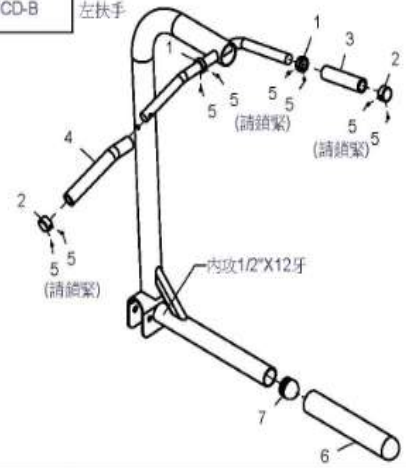
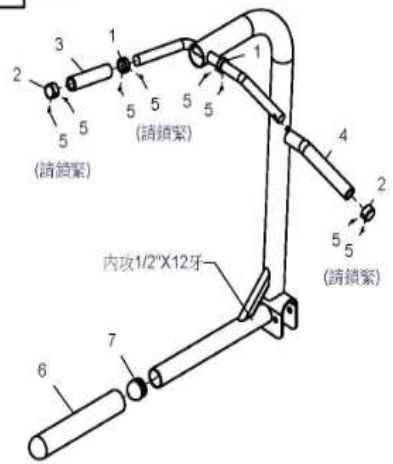


9220-027	護網 壓克力護網 透明黑	1PCS	



零件代碼	品 名 及 圖 案	用量	備 註
9220-023 壓克力護網 透明黑	護網 	1PCS	
9211-148	上蓋 	1SET	1. 貼9441-370=2PCS 鋁條(Steelflex)
8400-033	選擇上片 	1SET	設變單號 2016010001
8210-217 電鍍	15孔選擇桿組 	1PCS	
8331-056 依定單需求 MDC-2000 固體0-200S-閃爍 MDC-2000W 雷邦-亮光白色770-2263TL	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
8331-057 依定單需求 MDC-2000 固體0-200S-閃爍 MDC-2000W 雷邦-亮光白色770-2263TL	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
8331-058 依定單需求 MDC-2000 固體0-200S-閃爍 MDC-2000W 雷邦-亮光白色770-2263TL	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

零件代碼	品 名 及 圖 案	用量	備 註
8313-144	固定片 	2PCS	依定單需求 MDC-2000：國菱0-200S-閃銀 國菱KL-0109-透明 二塗二烤 MDC-2000W：國邦-亮光 白色770-2263TL
8280-042	導桿 	2PCS	Ø3/4"X1433L
20MDC2000-B	搖臂 	1SET	1.組立8250-132調整組=1PCS 依定單需求 MDC-2000：國菱0-200S-閃銀 國菱KL-0109-透明 二塗二烤 MDC-2000W：國邦-亮光 白色770-2263TL
20MDC2000-C	旋轉座 	1SET	1.組立8510-010軸承=1PCS 依定單需求 MDC-2000：國菱0-200S-閃銀 國菱KL-0109-透明 二塗二烤 MDC-2000W：國邦-亮光 白色770-2263TL
			1.組立S20扣環=1PCS 設變單號 2015040004

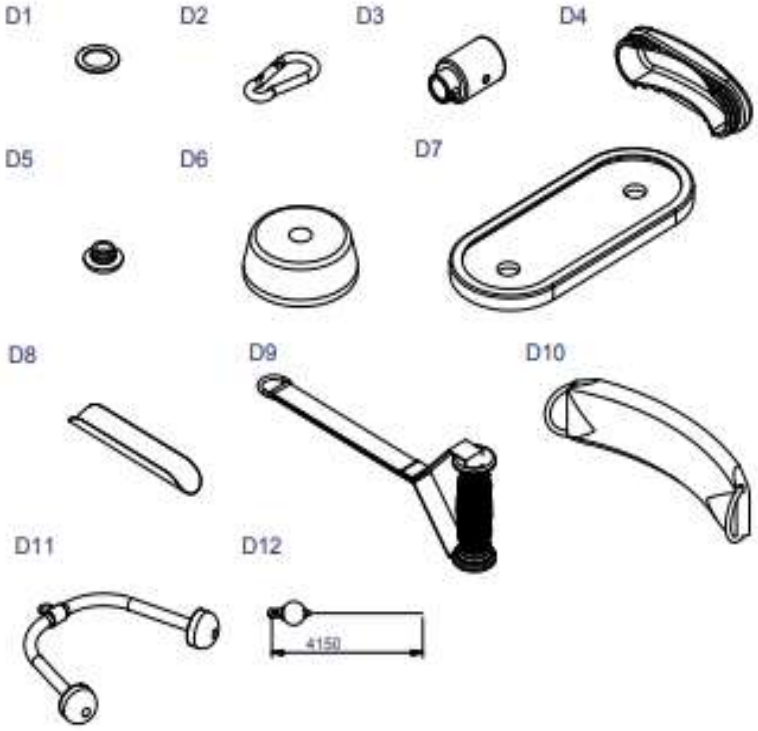
零件代碼	品名及圖案	用量	備註
20MCD-A	連接桿 	1SET	依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明一塗二烤 MDC-2000W 國邦-亮光白色770-2263TL
20MCD-B	左扶手 	1SET	1.組立8130-250束子=2PCS 2.組立8890-006鐵套=2PCS 3.組立9162-122 高密度把手=1PCS 4.組立9162-121 高密度把手=1PCS 5.組立3/16"X3/16'L 沈頭螺絲=8PCS 6.組立9162-124 高密度把手=1PCS 7.組立9211-074香菇塞=1PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明一塗二烤 MDC-2000W 國邦-亮光白色770-2263TL
20MCD-C	右扶手 	1SET	1.組立8130-250束子=2PCS 2.組立8890-006鐵套=2PCS 3.組立9162-122 高密度把手=1PCS 4.組立9162-121 高密度把手=1PCS 5.組立3/16"X3/16'L 沈頭螺絲=8PCS 6.組立9162-124 高密度把手=1PCS 7.組立9211-074香菇塞=1PCS 依定單需求 MDC-2000 國麗0-200S-閃銀 國麗KL-0109-透明一塗二烤 MDC-2000W 國邦-亮光白色770-2263TL

零件代碼	品名及圖案	用量	備註
GMCD	螺絲包	1SET	
KMCD	說明書	1SET	
23MCD	附件包	1SET	

MDC-2000 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø1" CU WASHER(8520-008)---------- [2PCS]
D2. Ø8 Spring Snap Link (8810-001)---------- [2PCS]
D3.3/4" SHAFT COLLAR(9211-147)---------- [4PCS]
D4.50X150X41.5H END CAP(9211-162)---------- [2PCS]
D5. Ø1"x2.5t Round End Cap(9260-021)---------- [2PCS]
D6.Ø4" RUBBER PAD(9310-017)---------- [4PCS]
D7.108X263 RUBBER PAD(9310-075)---------- [4PCS]
D8. Protector Strip(9440-202)---------- [6PCS]
D9. NYLON CABLE HANDLE(9630-222)---------- [2PCS]
D10. ANKLE STRAP(NAS3)---------- [2PCS]
D11. TRICEP ROPE(TR20)---------- [1PCS]
D12. 4150mm STEEL CABLE---------- [2PCS]

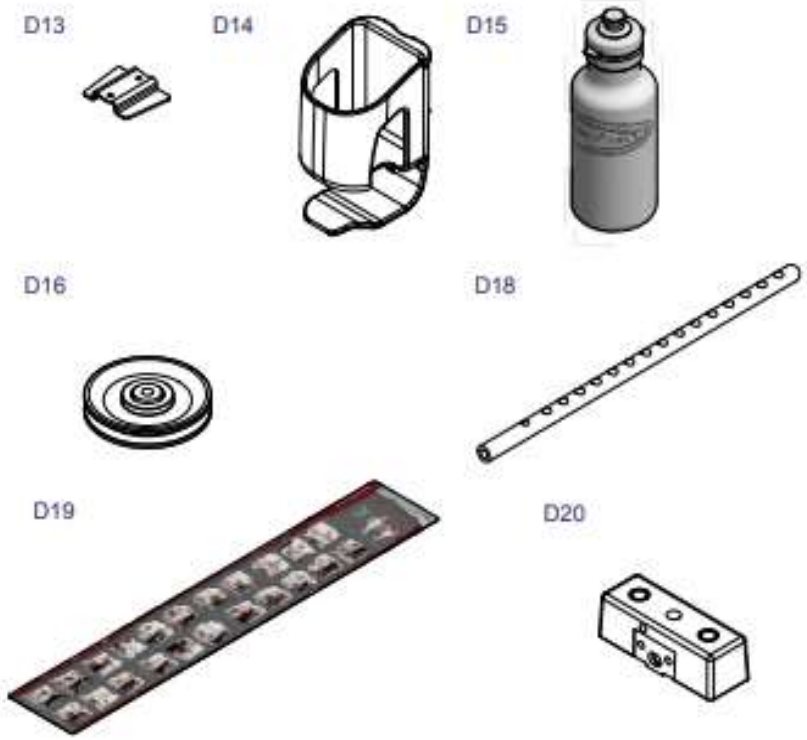


MDC-2000 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D13.BOTTLE BRACKET(8388-025)---------- [1PCS]
D14.BOTTLE RACK(9260086-019)---------- [1PCS]
D15.BOTTLE(9260-123)---------- [1PCS]
D16.Ø115 PULLEY(9213-002C)---------- [12PCS]

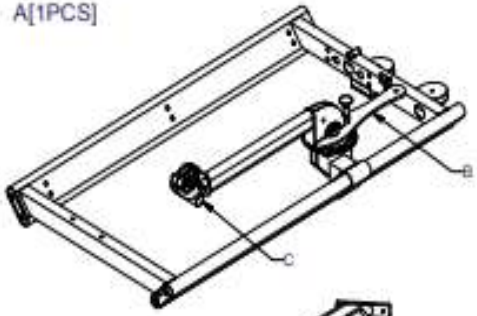
D18.Selector Rod(8210-052)---------- [2PCS]
D19.EXERCISE CHART (9420-065)---------- [1PCS]
D20.TOP PLATE(8400-033)---------- [2PCS]



MDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

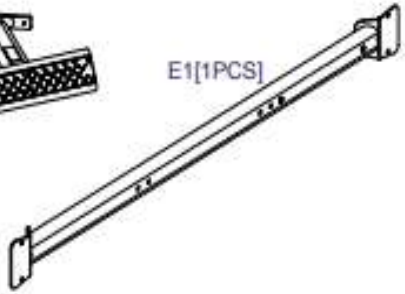
A[1PCS]



D[1PCS]



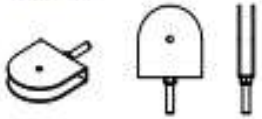
E1[1PCS]



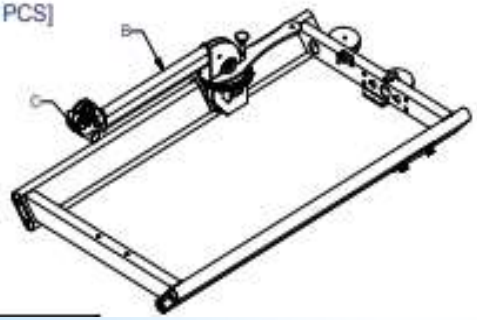
F1[1PCS]



G[2PCS]



H[1PCS]



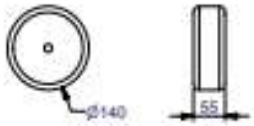
I[1PCS]
20LB500C



MDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

J[2PCS]
8230-023
Ø140X55TXØ13.5



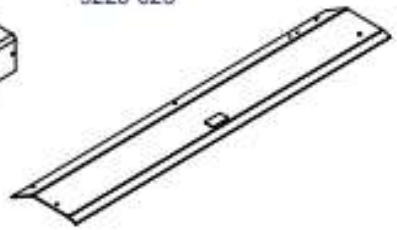
K[2PCS]
9211-148



L[1PCS]
9220-016



M[1PCS]
9220-025



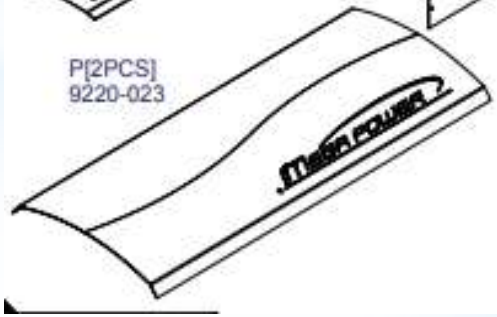
N[1PCS]
9220-026



O[1PCS]
9220-027



P[2PCS]
9220-023



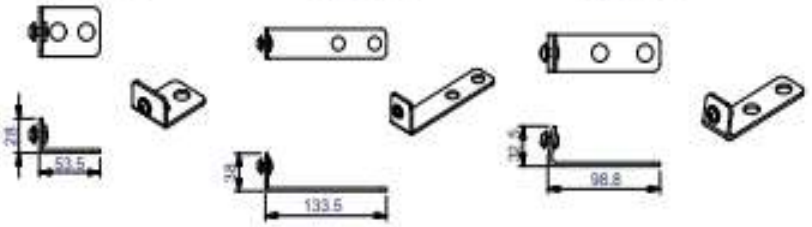
MDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

P[2PCS]
8331-056

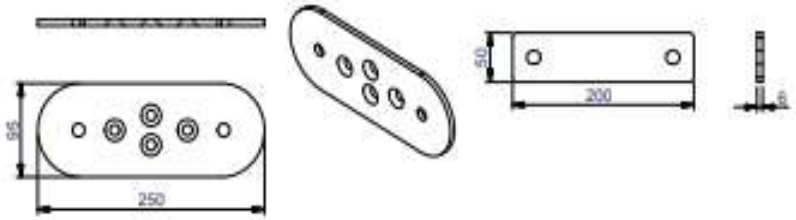
Q[8PCS]
8331-057

R[6PCS]
8331-058



S[4PCS]
8313-144
95X6TX250L

T[2PCS]
8312-077
50X6TX200L



U[1PCS]
8311-120

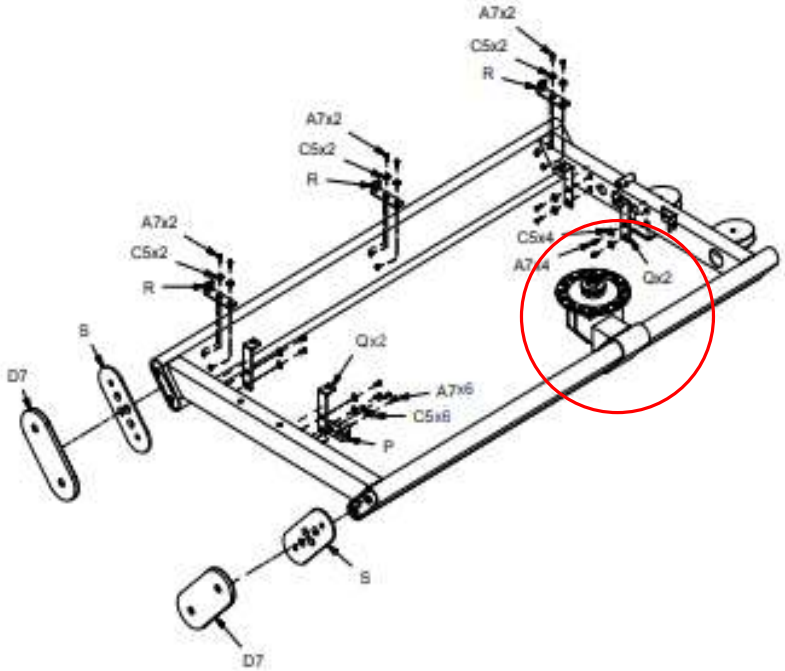
W1[4PCS]
8280-042
Ø3/4"X1433L



MDC-2000 ASSEMBLY INSTRUCTIONS



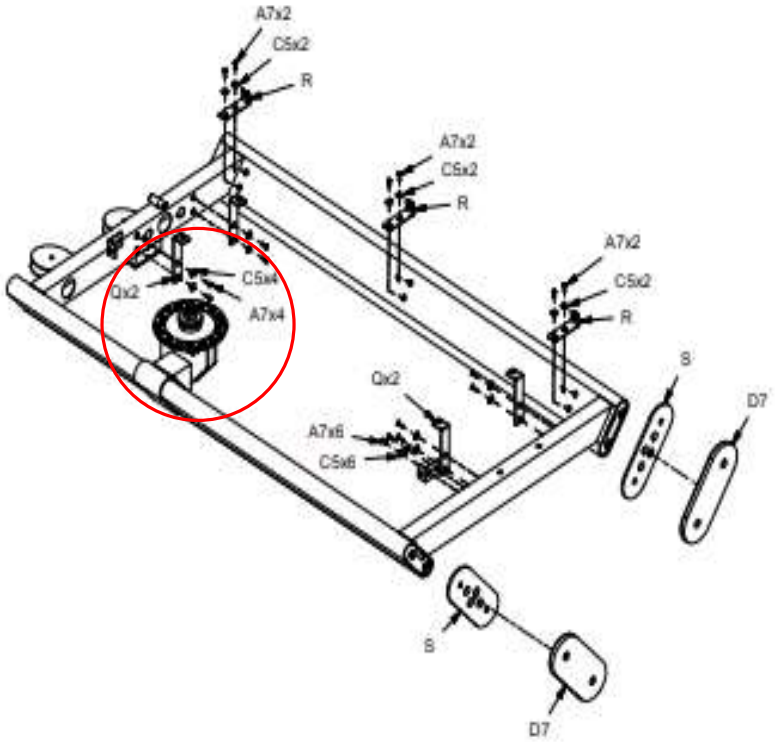
Above shows STEP 1
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



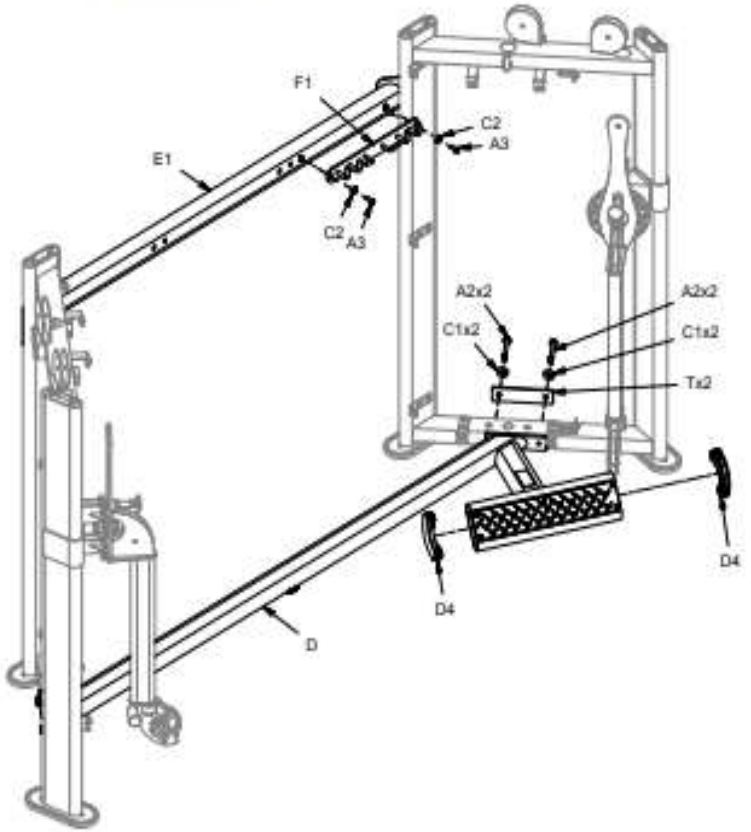
Above shows STEP 2
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



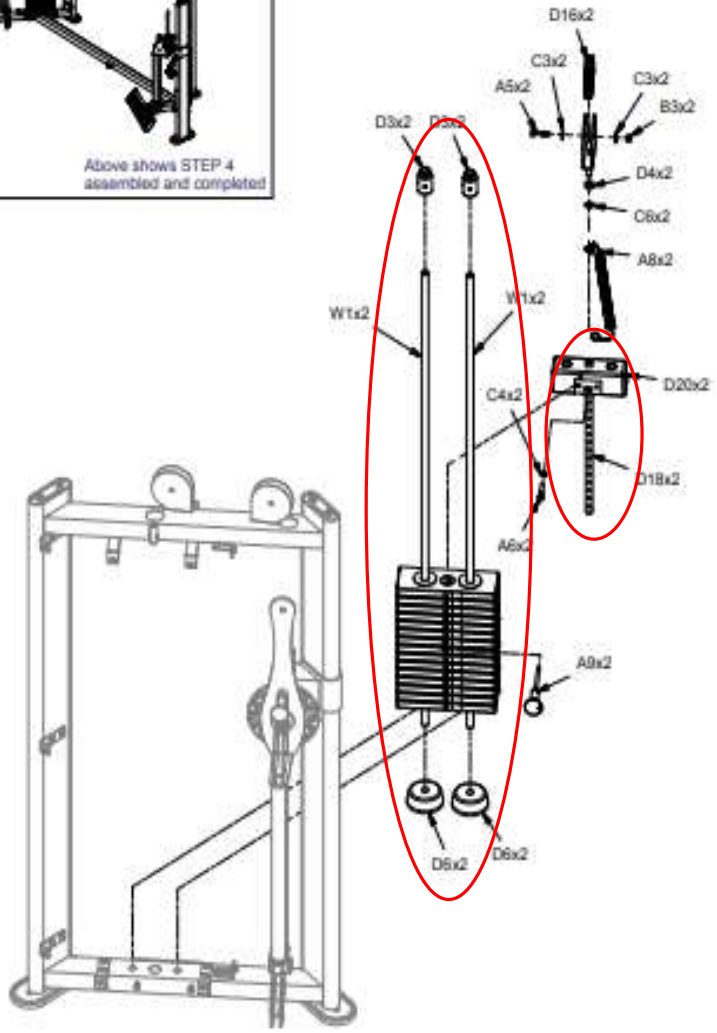
Above shows STEP 3
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

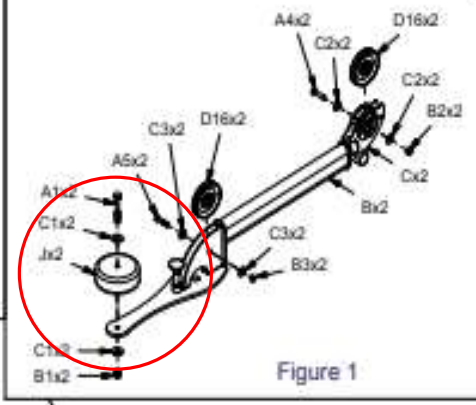
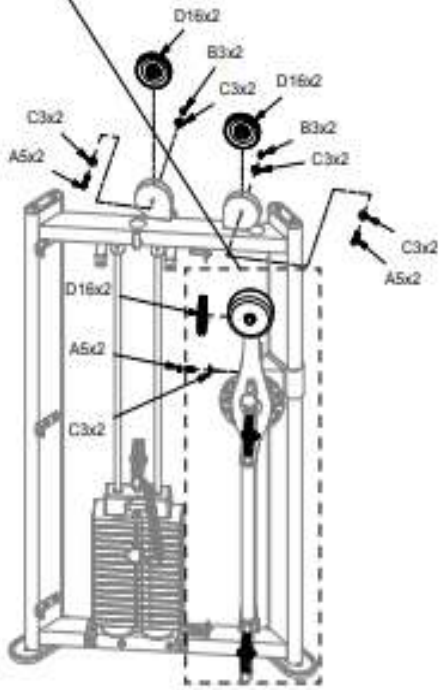


Figure 1



MDC-2000 ASSEMBLY INSTRUCTIONS

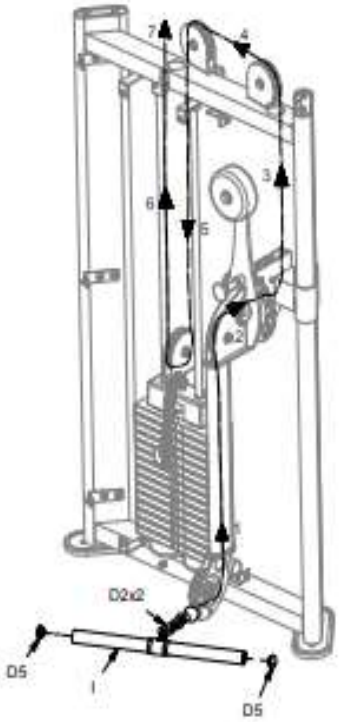


Above shows STEP 6
assembled and completed



Attention
* : after adjusted the cable then tighten the screw

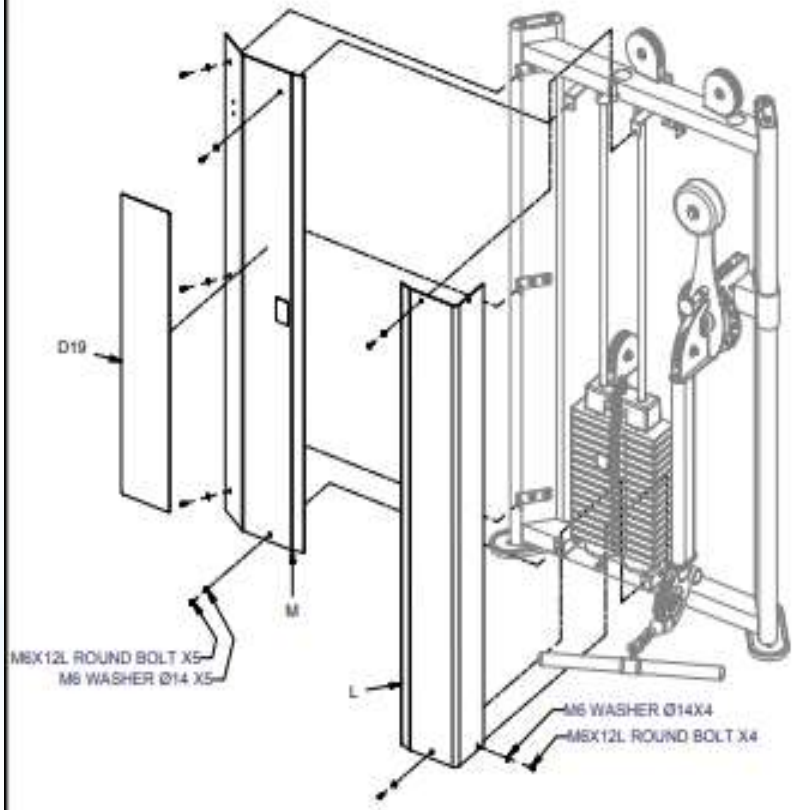
Cable to constitute illustration
1→2→3→4→5→6→7



MDC-2000 ASSEMBLY INSTRUCTIONS



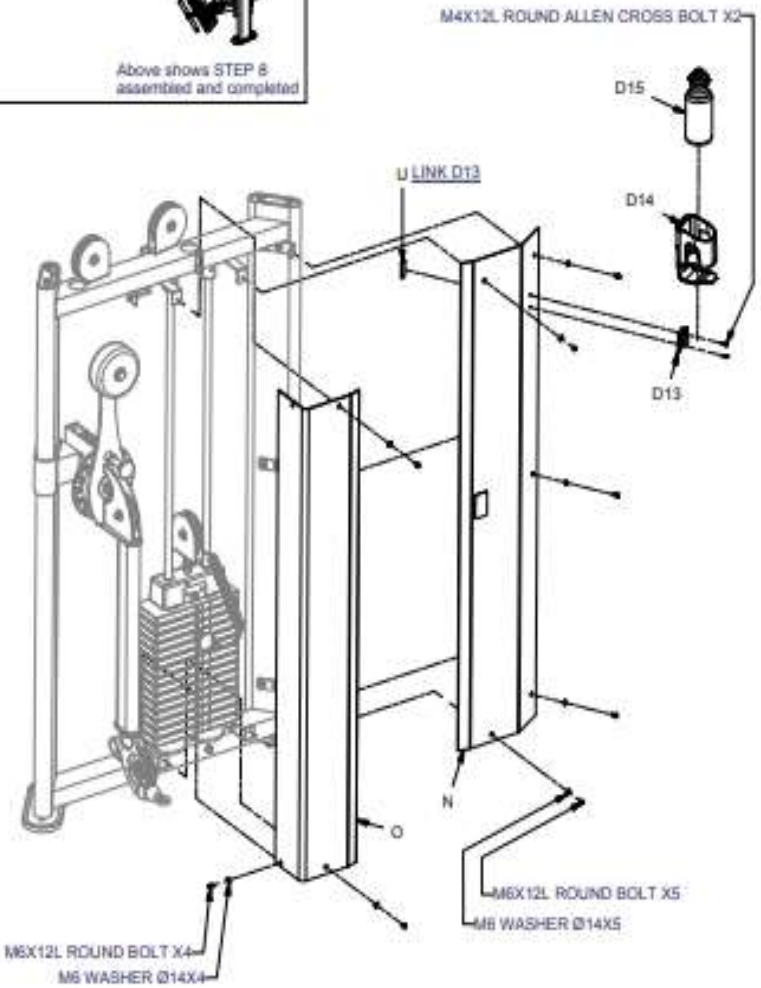
Above shows STEP 7
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



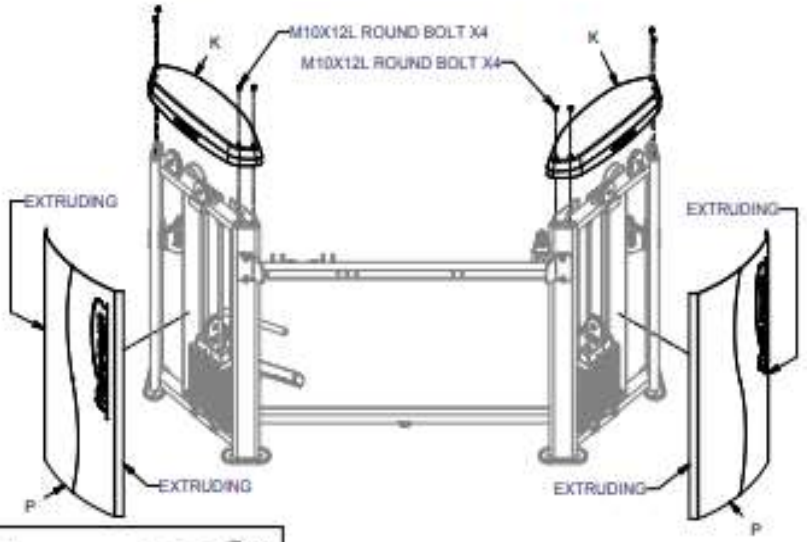
Above shows STEP 8
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed



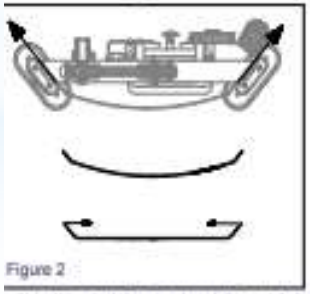


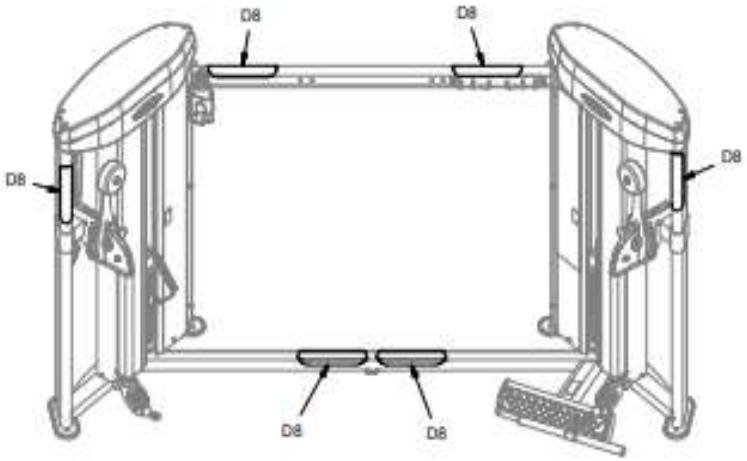
Figure 2

Note: When installing the shroud (P), 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.

MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed



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

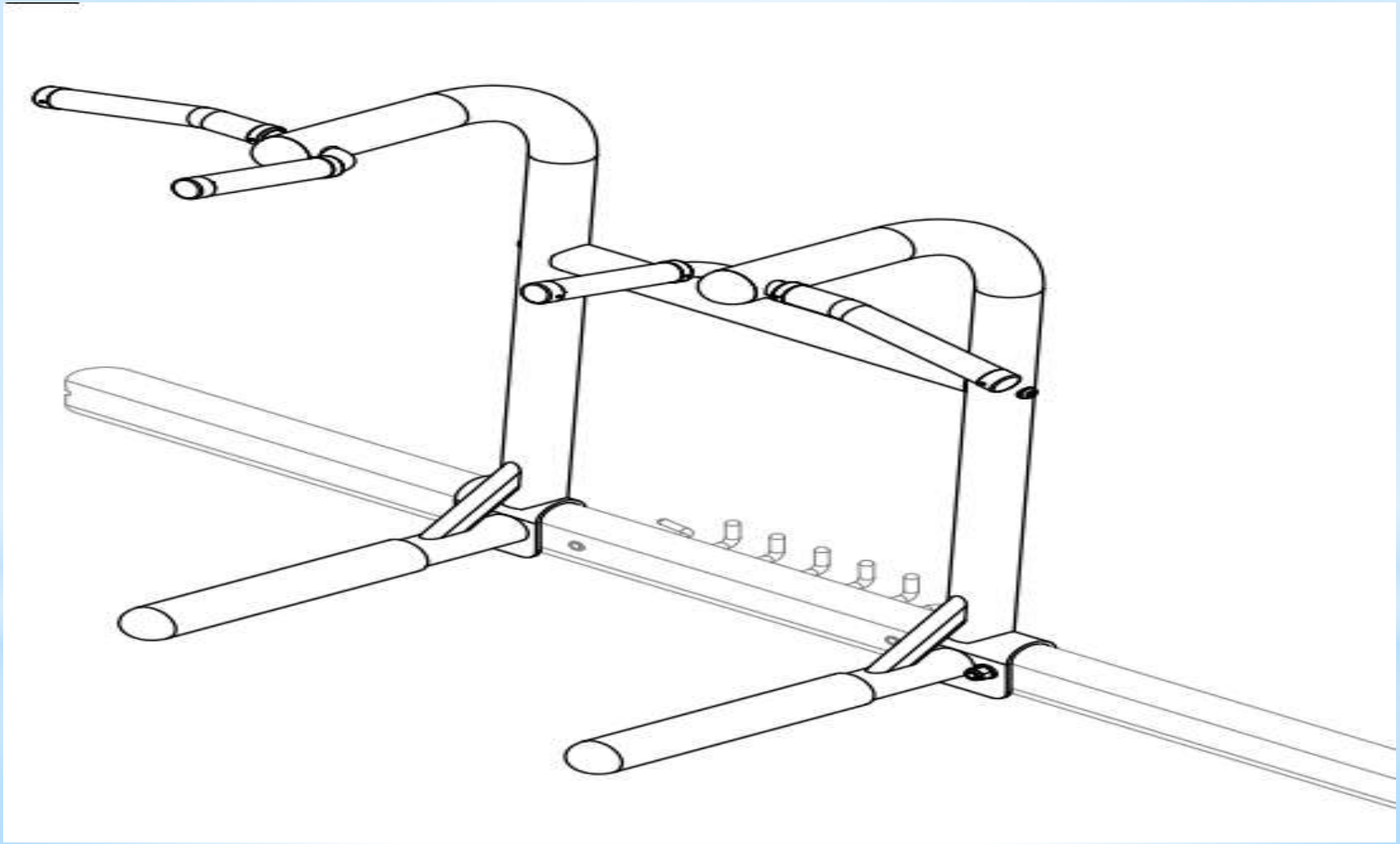


Step 3
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



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

*MDC2000+MDC



MCD ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1. Ø60x50L End Cap (9211-075)----------[2PCS]

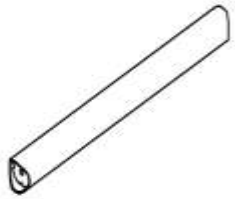
D1



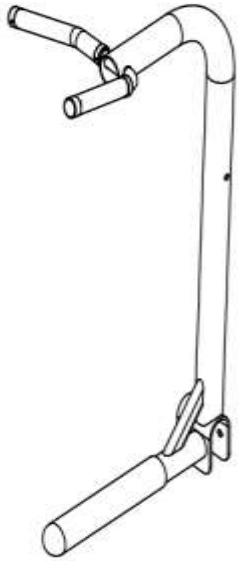
MCD ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

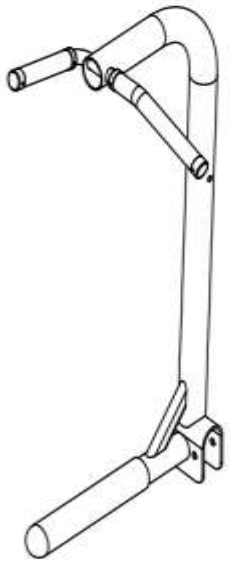
A[1PCS]



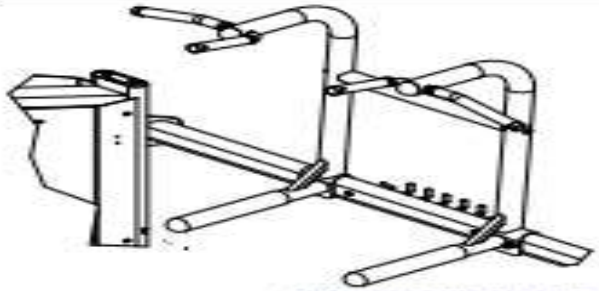
B[1PCS]



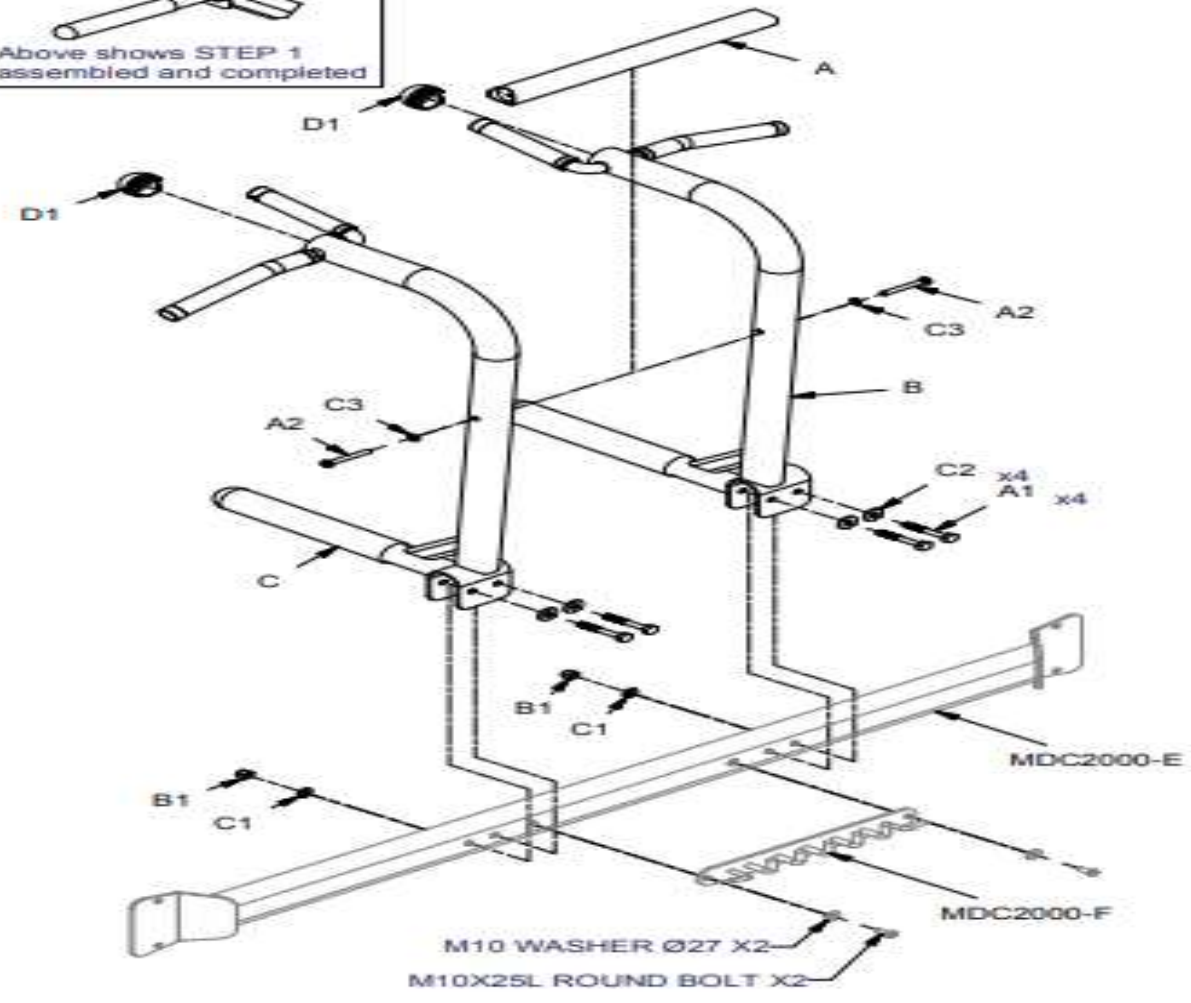
C[1PCS]



MCD ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



*Well done!

