

*MTSG Maintenance



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

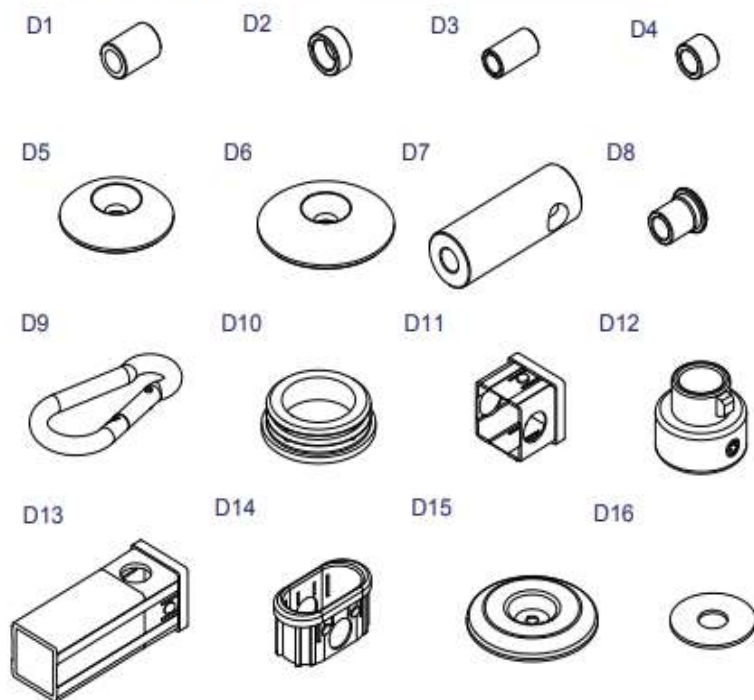


* Let's maintain your machine!

MTSG ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

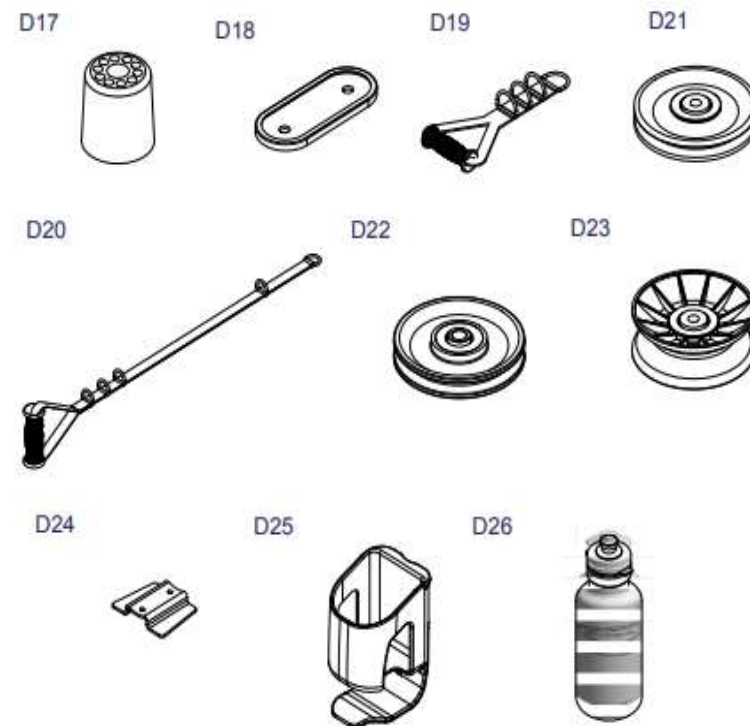
D1. Ø5/8"x22.5L Steel Bushing (8110-011)	[2PCS]
D2. Ø3/4"x8L STEEL BUSHING (8110-014)	[4PCS]
D3. Ø1/2"x23L STEEL BUSHING (8110-062)	[2PCS]
D4. Ø15.9X11L STEEL BUSHING (8110-131)	[2PCS]
D5. Ø50 CAP COVER(8130-131)	[10PCS]
D6. Ø60 CAP COVER(8130-231)	[2PCS]
D7. Ø1X70L STEEL BUSHING (8220-244)	[1PCS]
D8. Ø10x19.5L Steel Bushing (8530-015)	[2PCS]
D9. Ø8 Spring Snap Link (8810-001)	[4PCS]
D10. Ø50 End Cap(9211-020)	[2PCS]
D11. 60x50 NYLON BUSHING(9211-033)	[2PCS]
D12. Ø3/4" Shaft Collar (9211-046)	[8PCS]
D13. 45.5x60 NYLON BUSHING(9211-047)	[1PCS]
D14. 50x100(40x80) NYLON BUSHING(9211-107)	[3PCS]
D15. PLATE CAP (9211-173)	[12PCS]
D16. 3" Nylon Washer (9214-008)	[4PCS]



MTSG ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D17. Ø65XØ20X70L Rubber Dount(9310-049)	[8PCS]
D18. 108X263 RUBBER PAD(9310-075)	[1PCS]
D19. SHOULDER BELT(9630-221)	[2PCS]
D20. SHOULDER BELT(9630-286)	[2PCS]
D21. Ø110X22 PULLEY(9213-002B)	[19PCS]
D22. Ø4-1/2"x26 PULLEY(9213-010E)	[8PCS]
D23. Ø110X42 PULLEY(9213-022E)	[2PCS]
D24. BOTTLE BRACKET(8388-025)	[2PCS]
D25. BOTTLE RACK(9260-086)	[2PCS]
D26. BOTTLE(9260-123)	[2PCS]



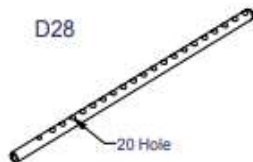
MTSG ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

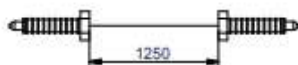
D27. TOP PLATE(8400-006)	[4PCS]
D28. Selector Rod(8210-042)	[4PCS]
D29. 1250mm STEEL CABLE (FMTSGA)	[1PCS]
D30. 4700mm STEEL CABLE (FMTSGB)	[1PCS]
D31. 1345mm STEEL CABLE (FMTSGC)	[1PCS]
D32. 6760mm STEEL CABLE (FMTSGD)	[1PCS]
D33. 7045mm STEEL CABLE (FMTSGE)	[1PCS]
D34. 4625mm STEEL CABLE (FMTSGF)	[1PCS]
D35. D2. Ø1" CU WASHER(8520-008)	[2PCS]



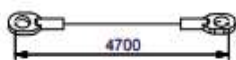
D28



D29



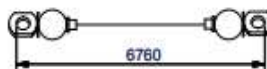
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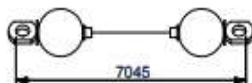
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D32



D33



D34



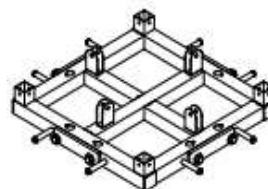
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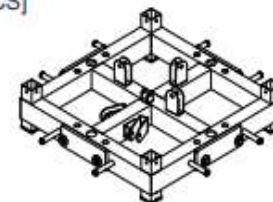
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

A[1PCS]



B[1PCS]



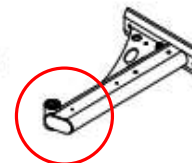
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D[1PCS]



E[1PCS]



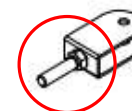
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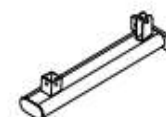
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H[1PCS]



I[1PCS]



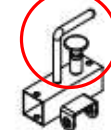
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K[2PCS]



L[1PCS]



M[2PCS]



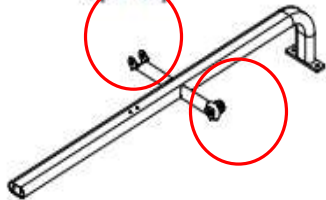
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

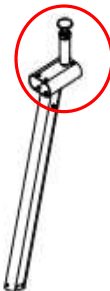
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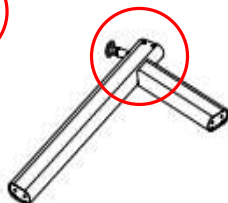
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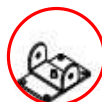
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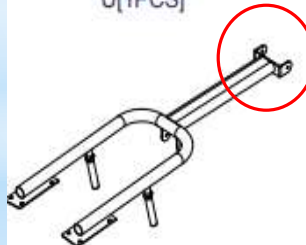
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T[2PCS]



U[1PCS]



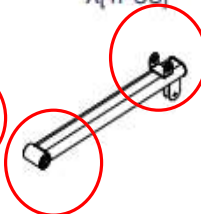
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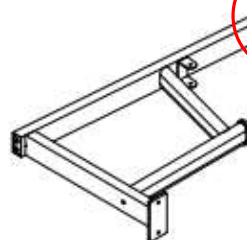
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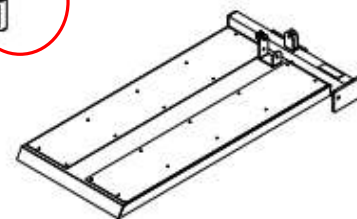
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

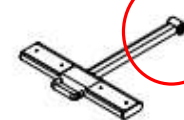
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Z[1PCS]



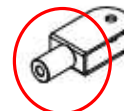
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28MTSGAB



AC[2PCS]
6640-019



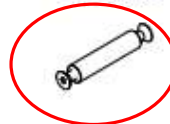
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8220-181
Ø25.4X98L



AE[1PCS]
9121-114



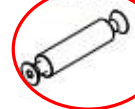
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8220-149
Ø20X89L



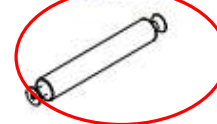
AG[2PCS]
9161-077



AH[1PCS]
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Ø20X74L



AI[1PCS]
8220-255
Ø25X153.5L



AJ[2PCS]
9131-059



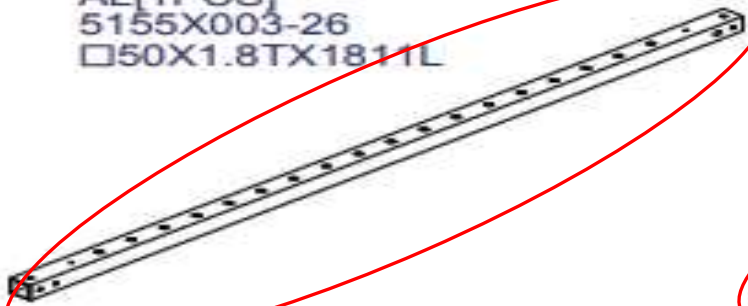
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□50X1.8TX1788L



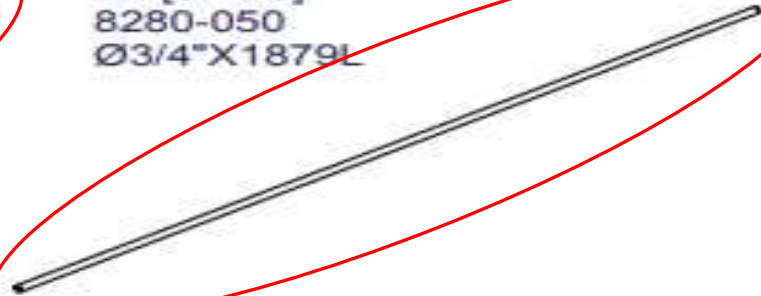
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

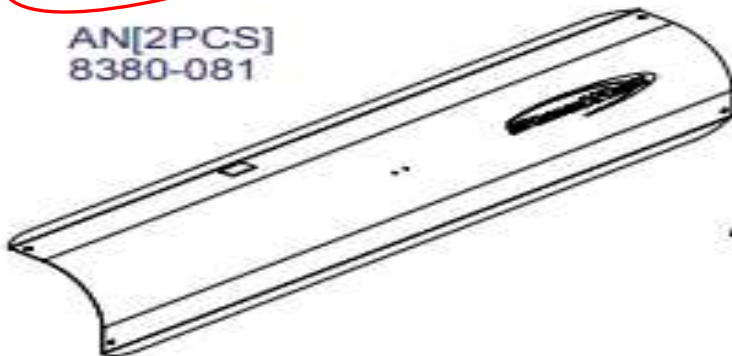
AL[1PCS]
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□50X1.8TX1811L



AM[8PCS]
8280-050
Ø3/4"X1879L



AN[2PCS]
8380-081



AO[2PCS]
8380-081



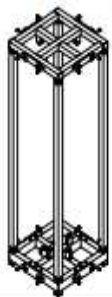
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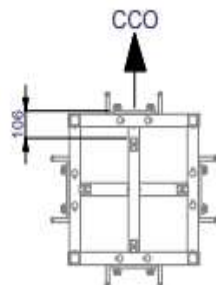
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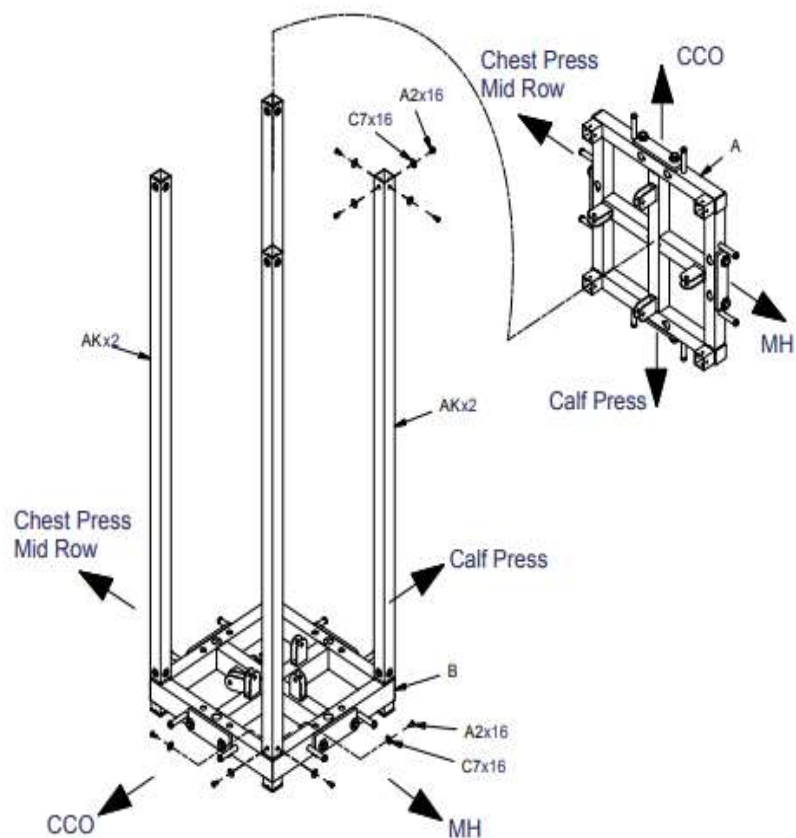
MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



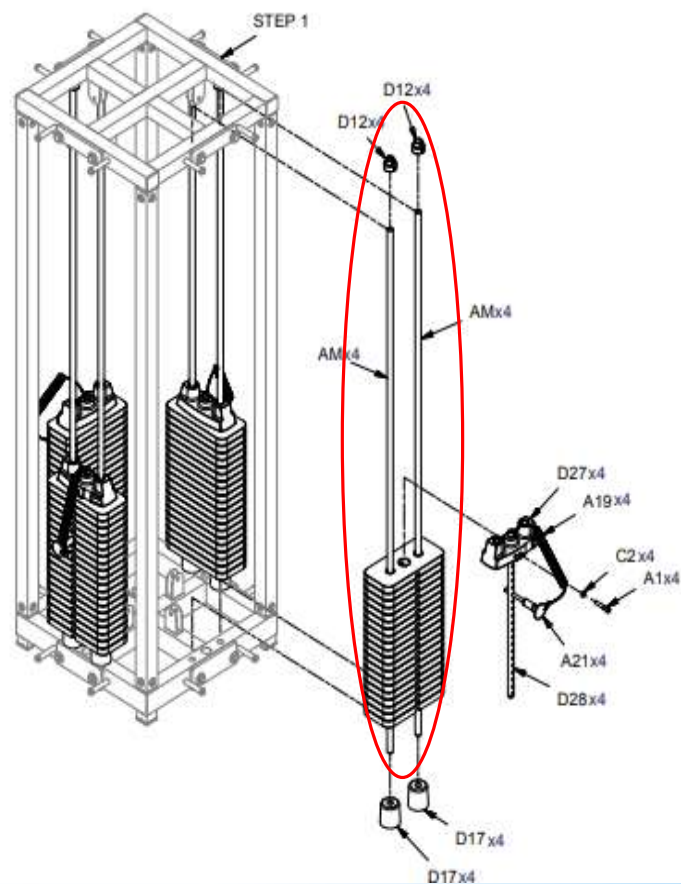
Above shows STEP 2
assembled and completed



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed



A diagram of a cable machine, showing a pulley system with weights and a handle.

Above shows STEP 3
assembled and completed

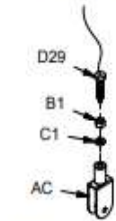
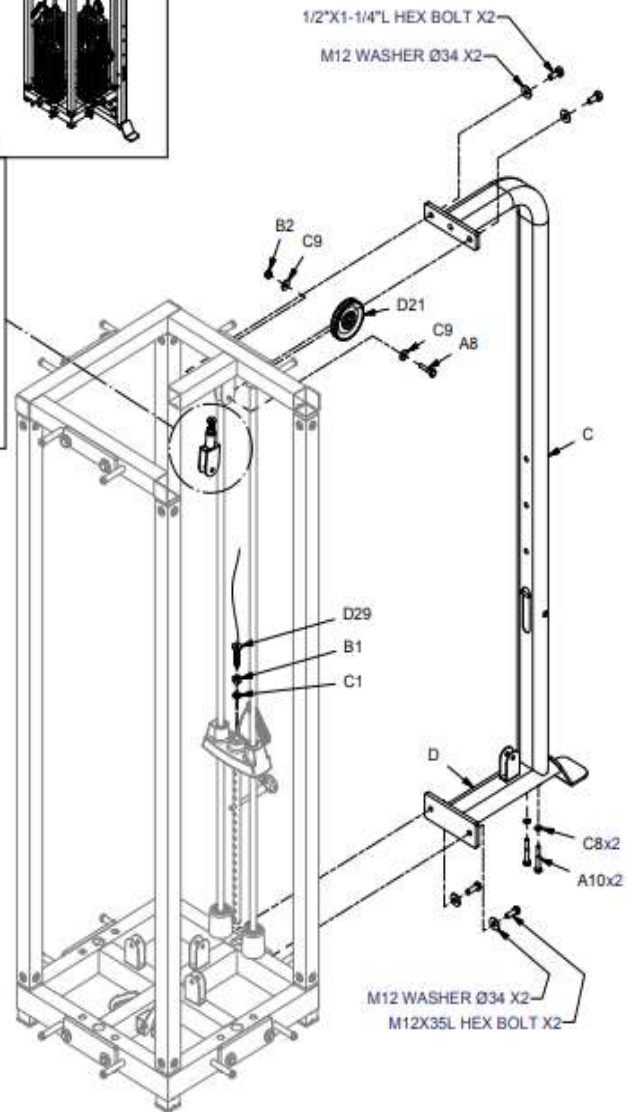


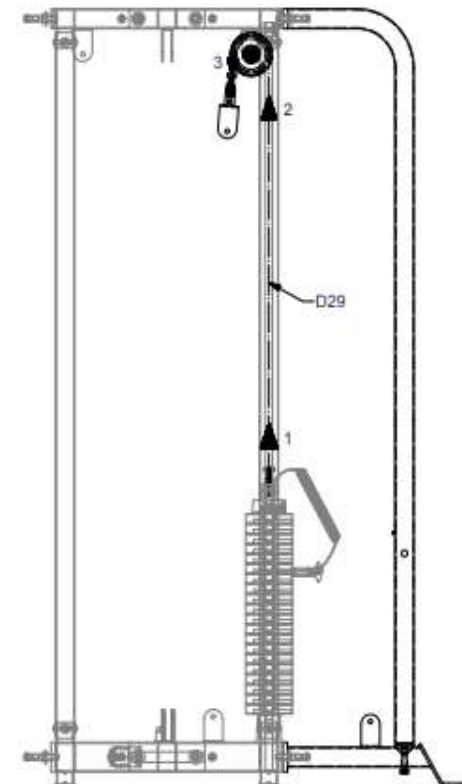
Figure 1

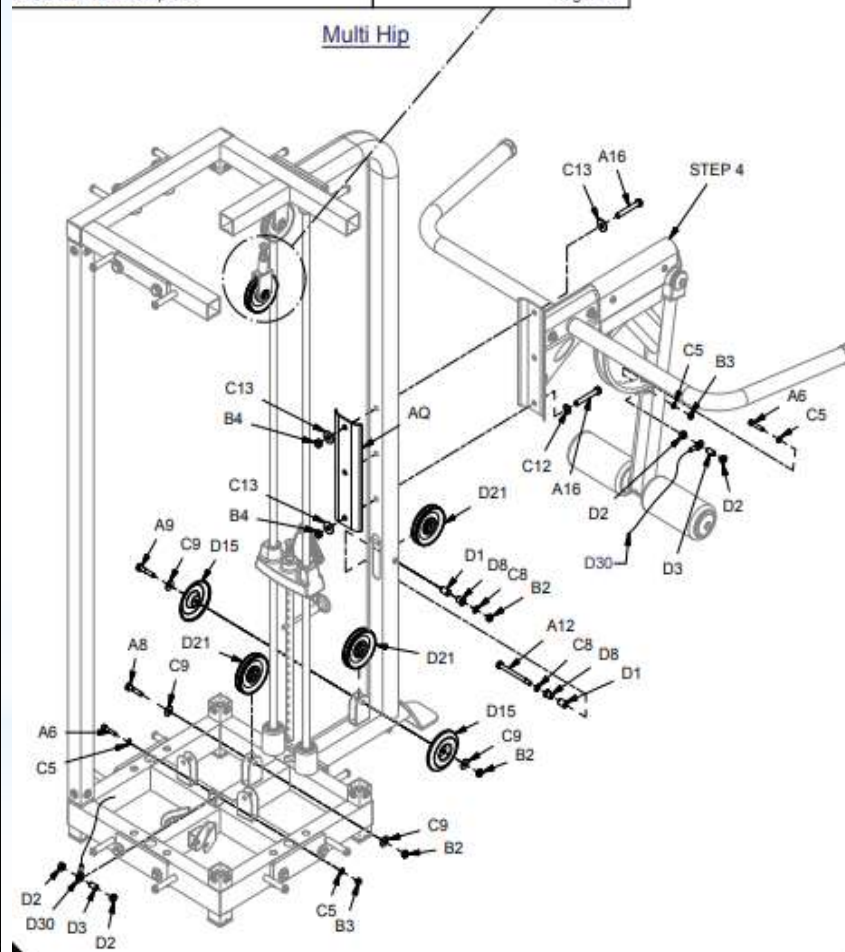


Cable Configuration Diagram

Multi Hip

A horizontal beam is shown with a central section of length 1250 mm. The beam is supported by a pin support on the left and a roller support on the right. The central section is highlighted with a double-headed arrow and the value 1250.



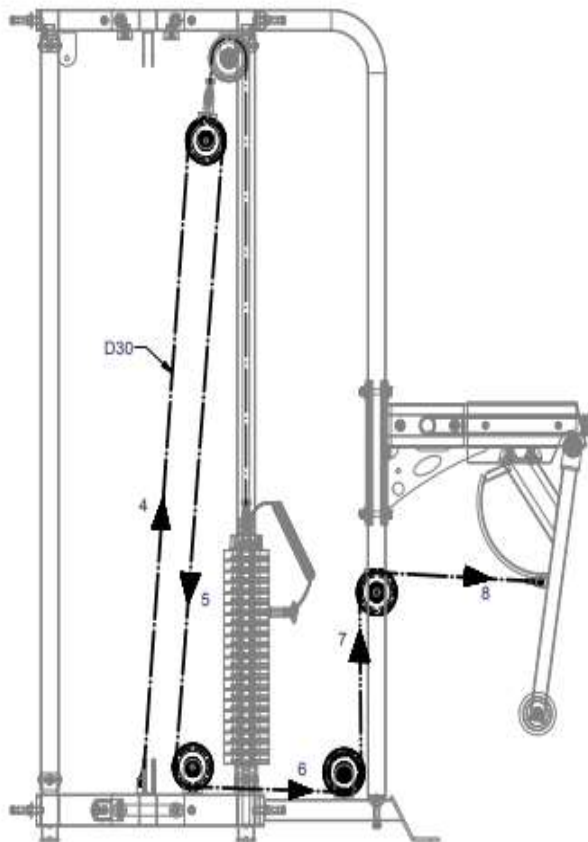


MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram

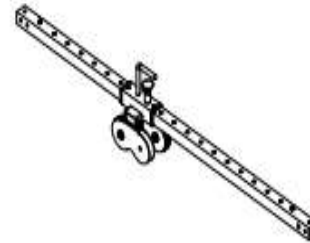
Multi Hip

D30

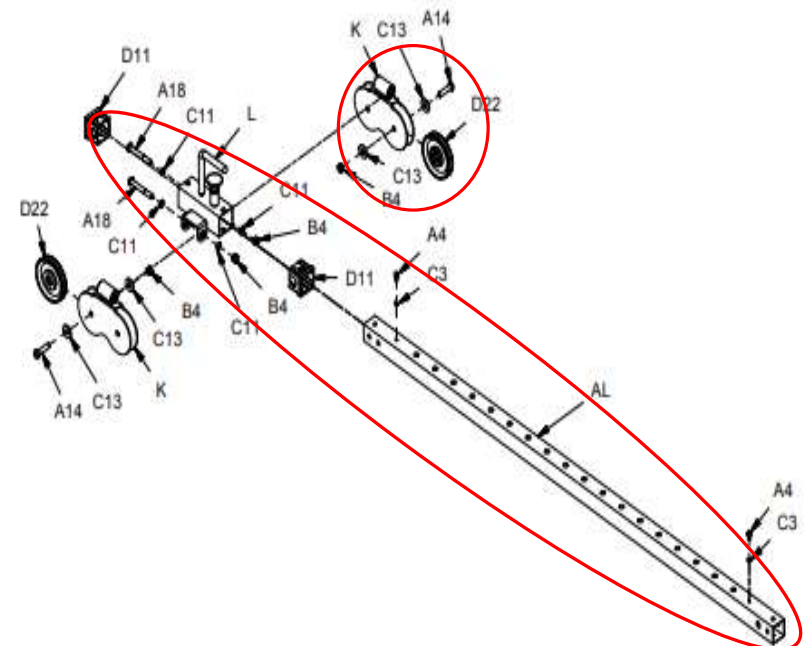


MTSG ASSEMBLY INSTRUCTIONS

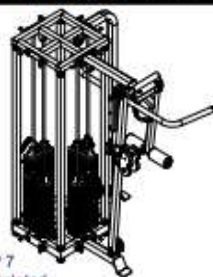
Cable Cross over



Above shows STEP 6
assembled and completed

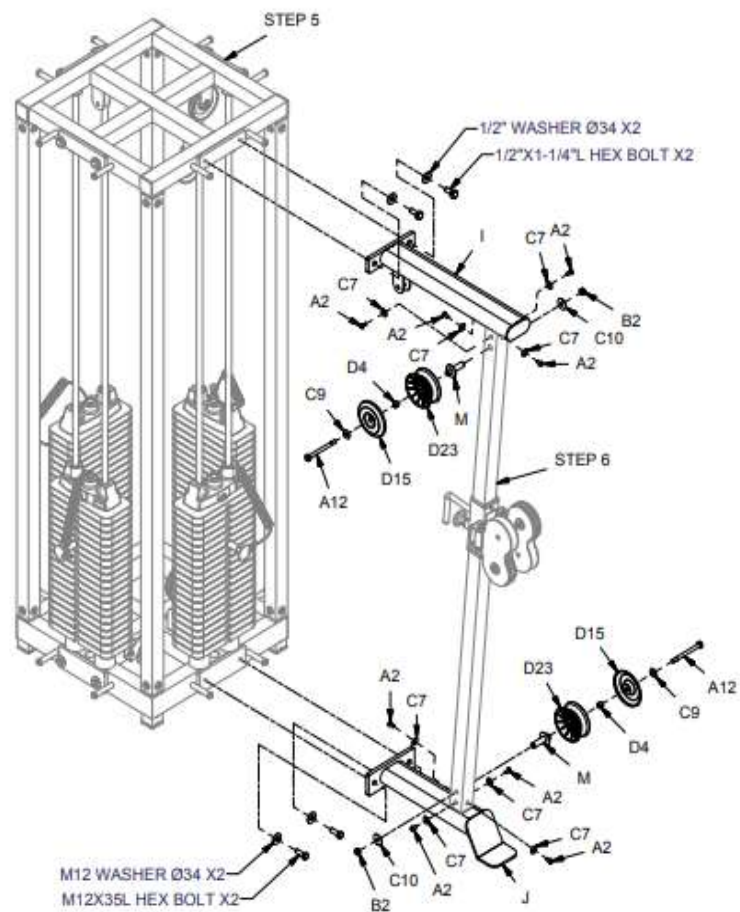


MTSG ASSEMBLY INSTRUCTIONS

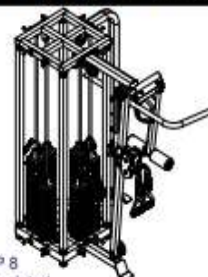


Cable Cross over

Above shows STEP 7
assembled and completed

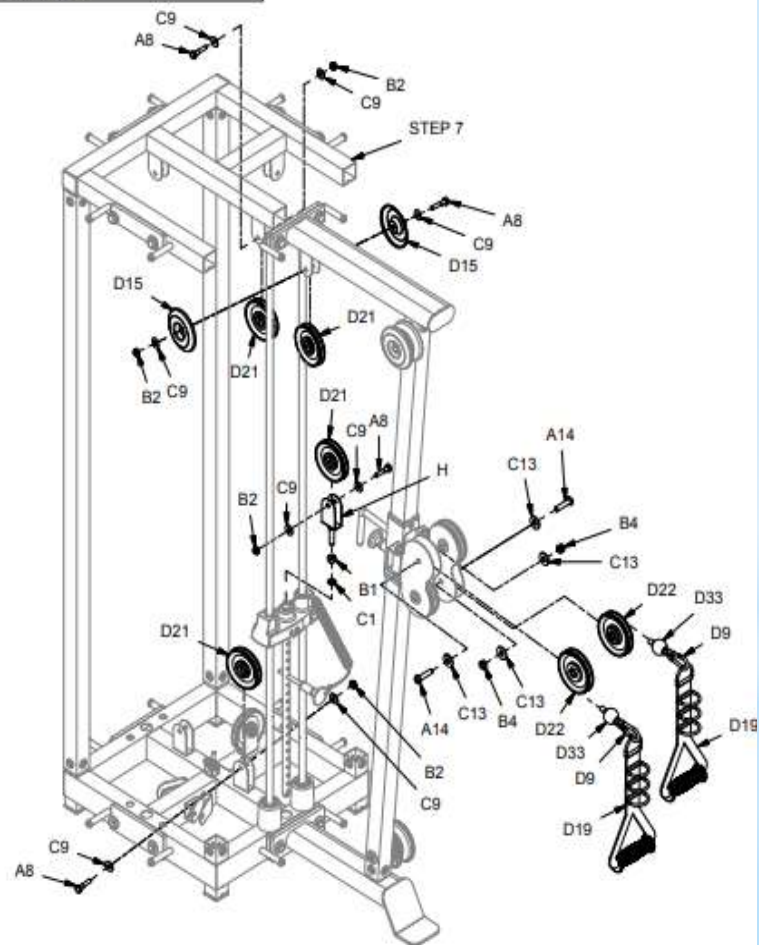


MTSG ASSEMBLY INSTRUCTIONS



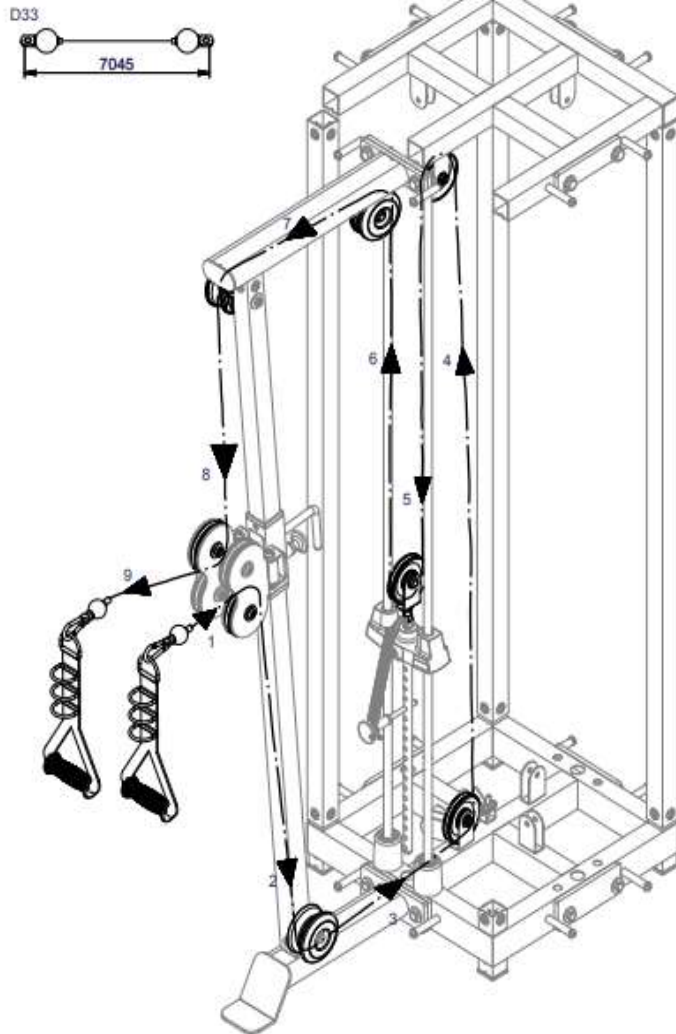
Cable Cross over

Above shows STEP 8
assembled and completed

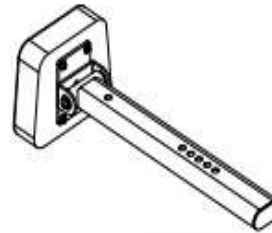


MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram
Cable Cross over

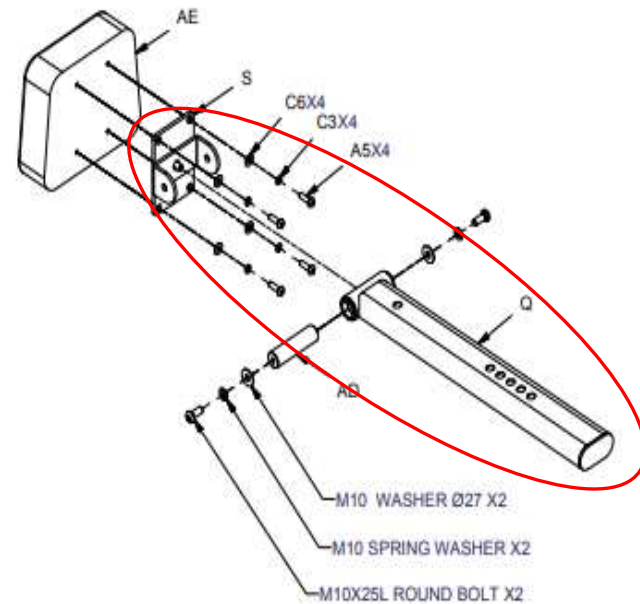


MTSG ASSEMBLY INSTRUCTIONS

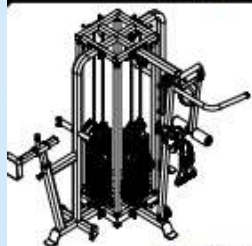


Chest Press
Mid Row

Above shows STEP 9
assembled and completed

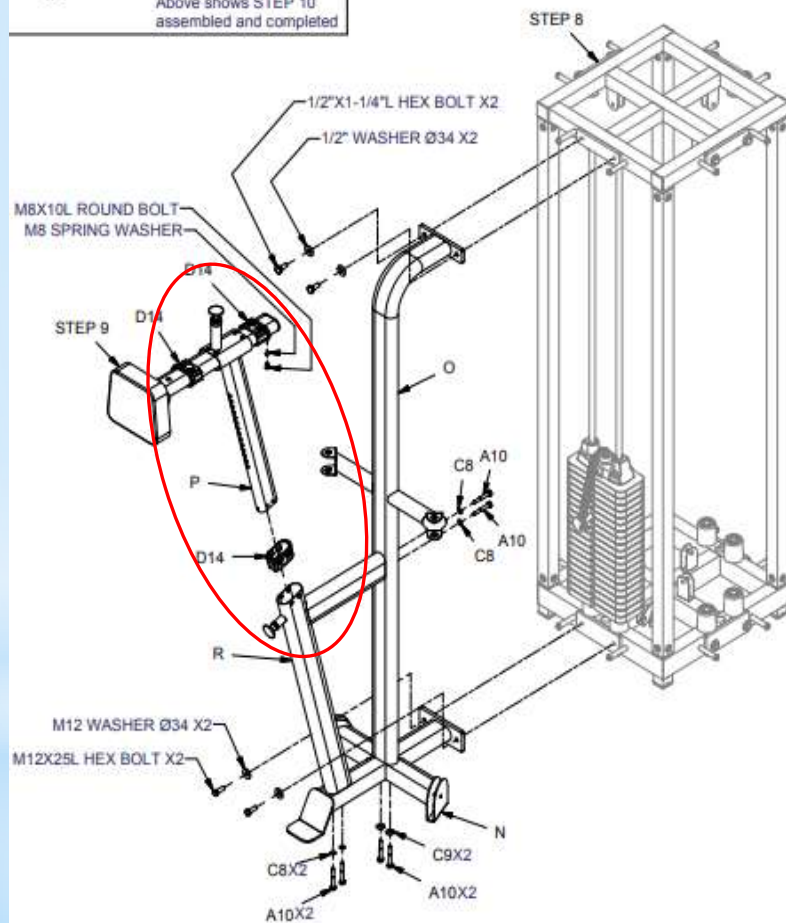


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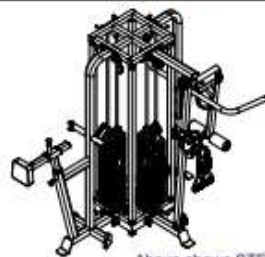


Above shows STEP 10
assembled and completed

Chest Press Mid Row



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

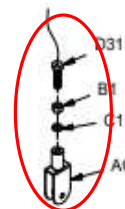
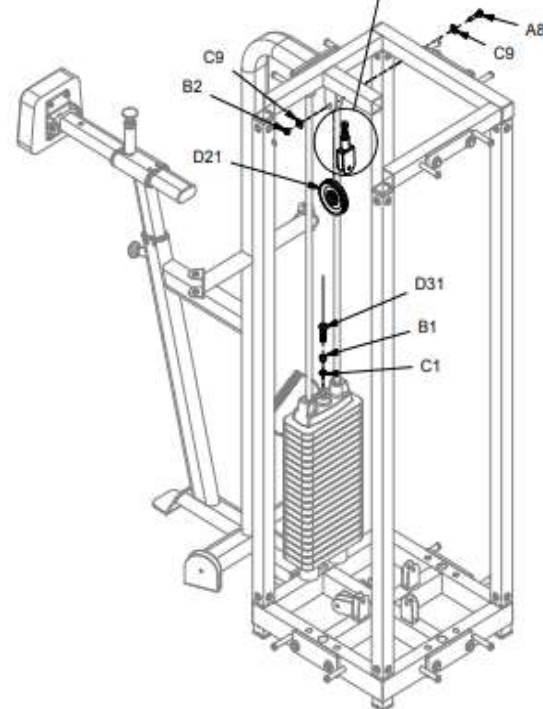


Figure 3

Chest Press Mid Row

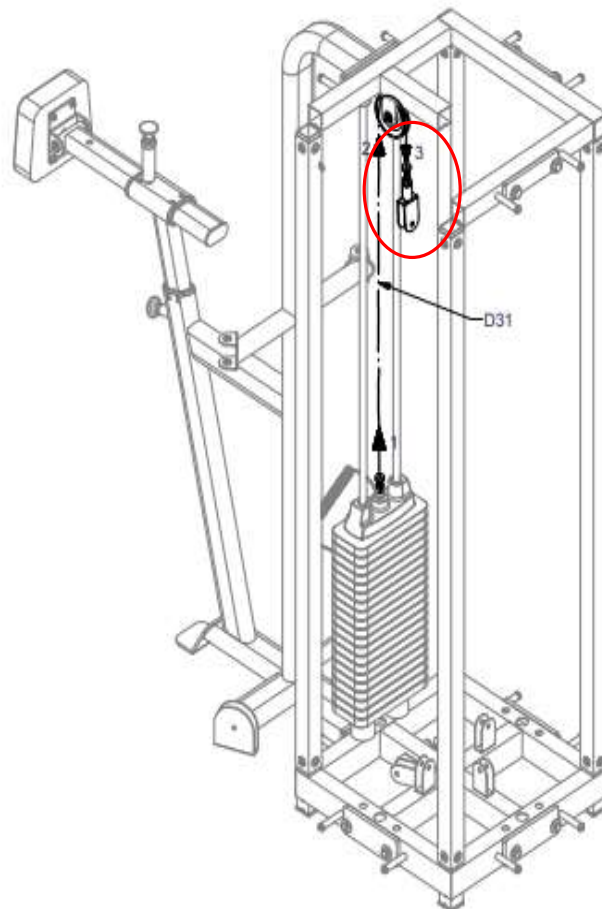
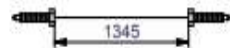


MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram

Chest Press Mid Row

D31



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 12
assembled and completed

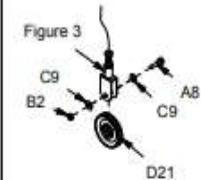


Figure 6

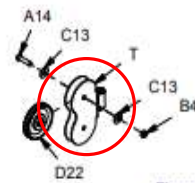


Figure 4

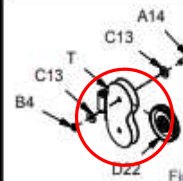
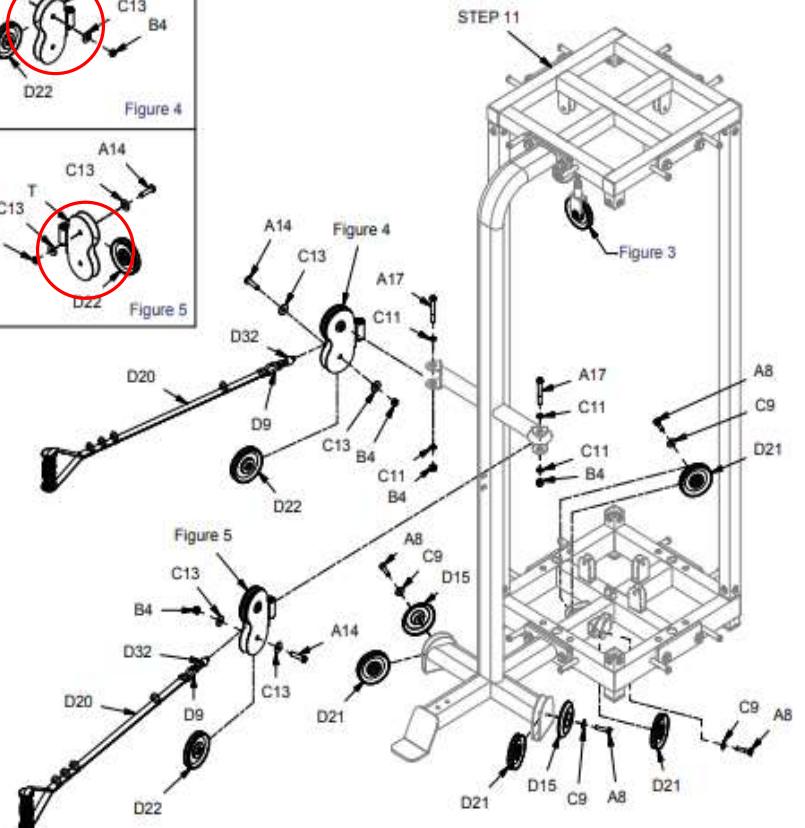


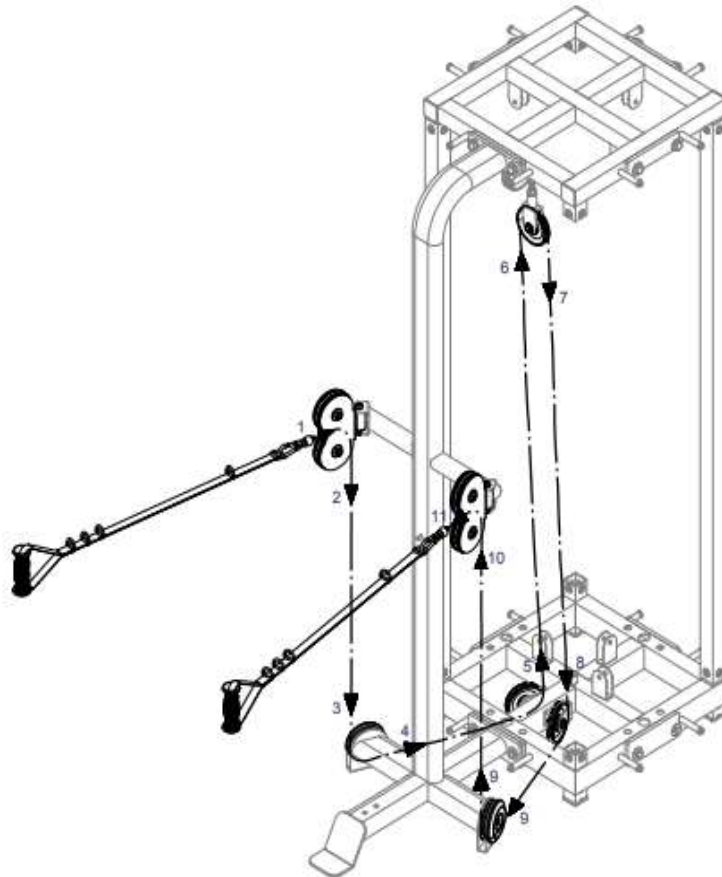
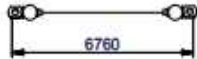
Figure 5



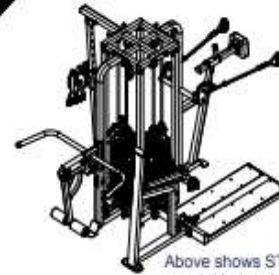
MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram Chest Press Mid Row

D32

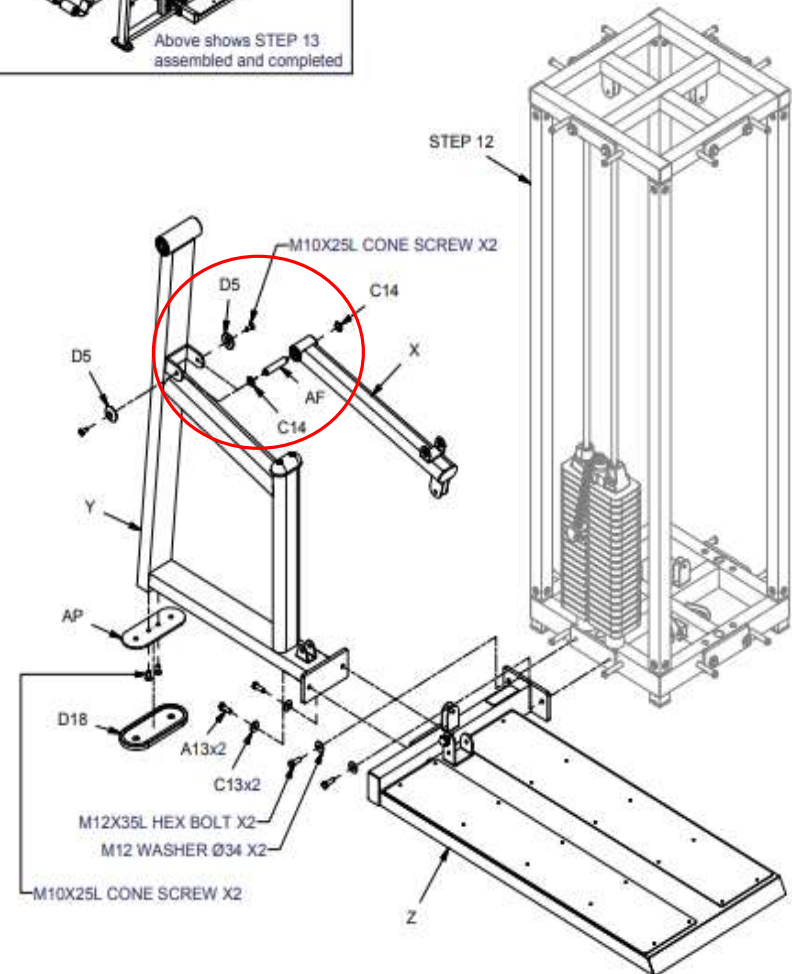


MTSG ASSEMBLY INSTRUCTIONS

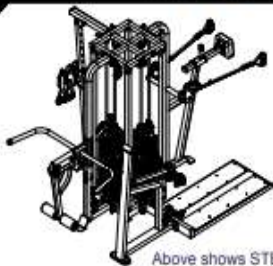


Above shows STEP 13
assembled and completed

Calf Press

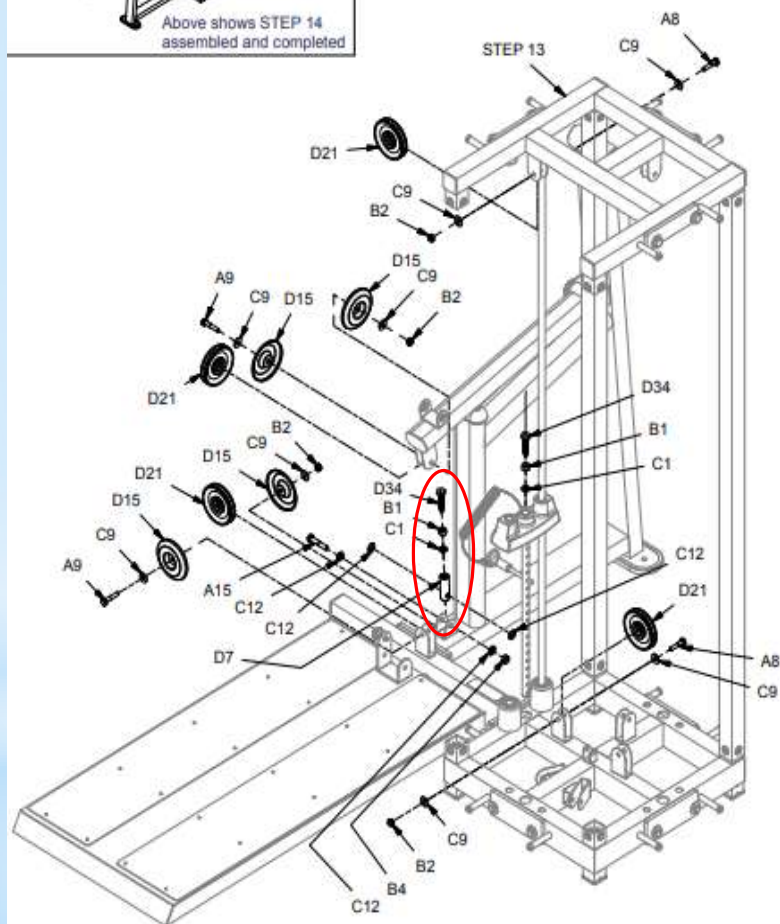


MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 14 assembled and completed

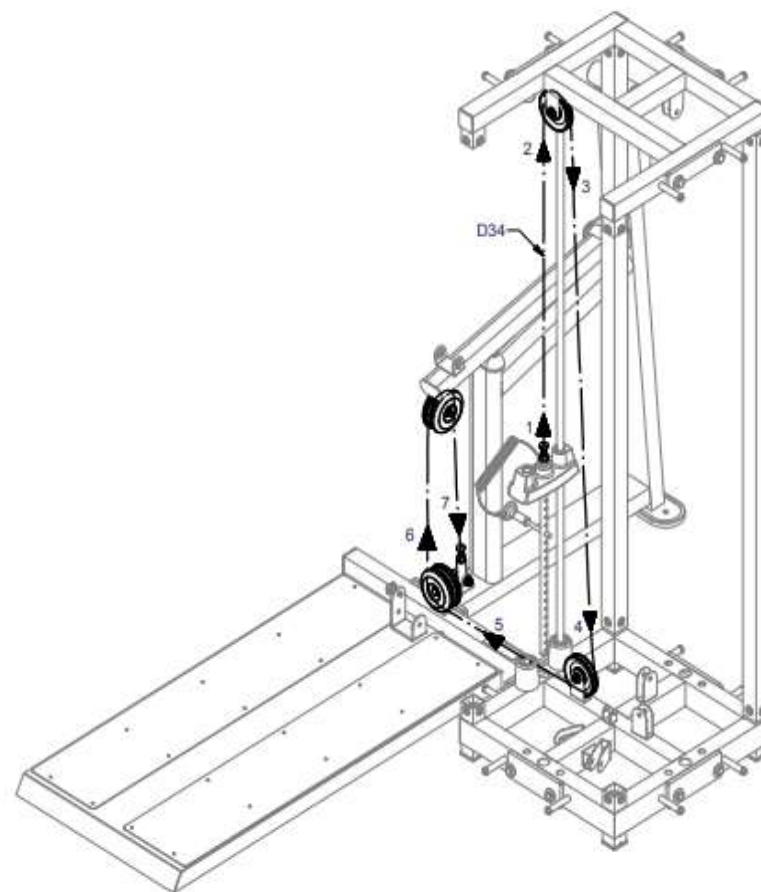
Calf Press



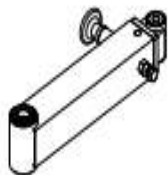
MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram

Calf Press

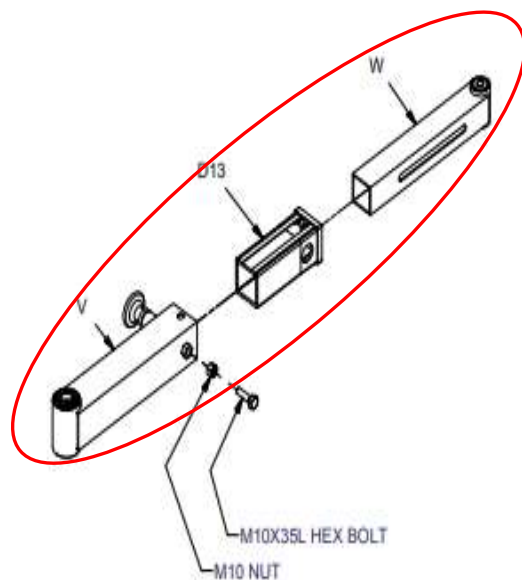


MTSG ASSEMBLY INSTRUCTIONS

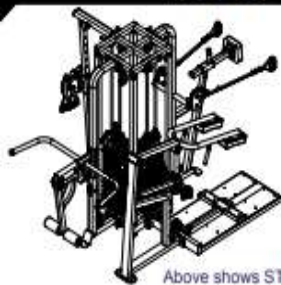


Calf Press

Above shows STEP 15
assembled and completed

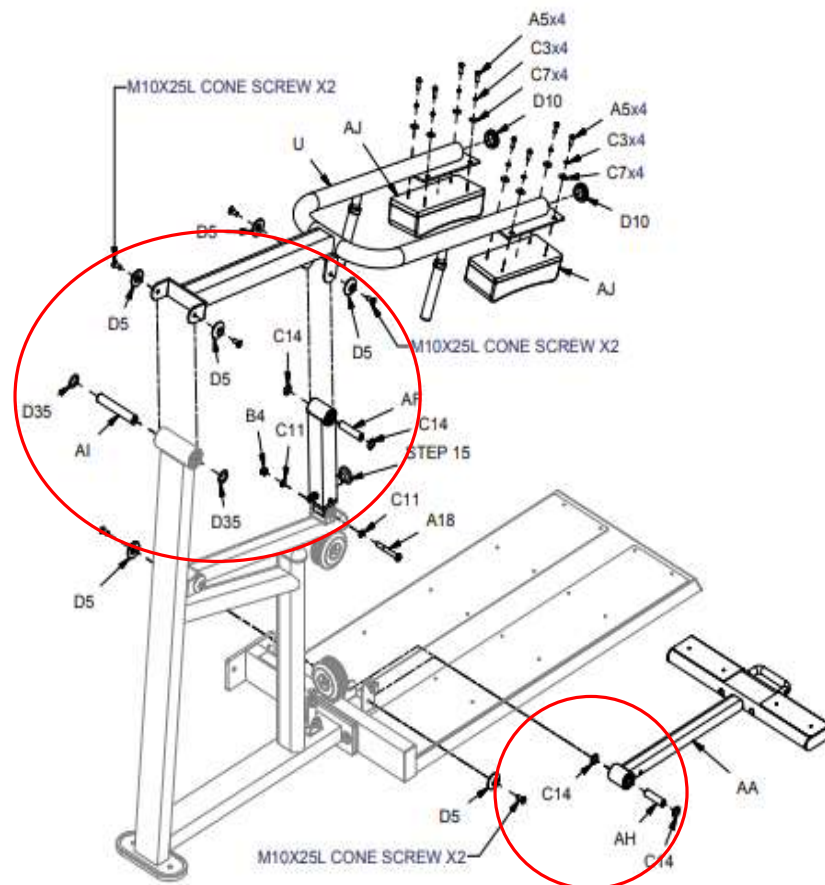


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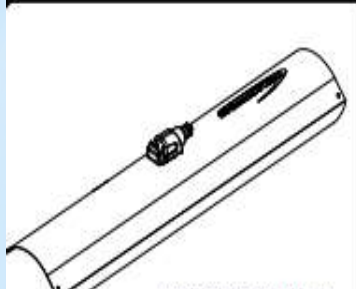


Calf Press

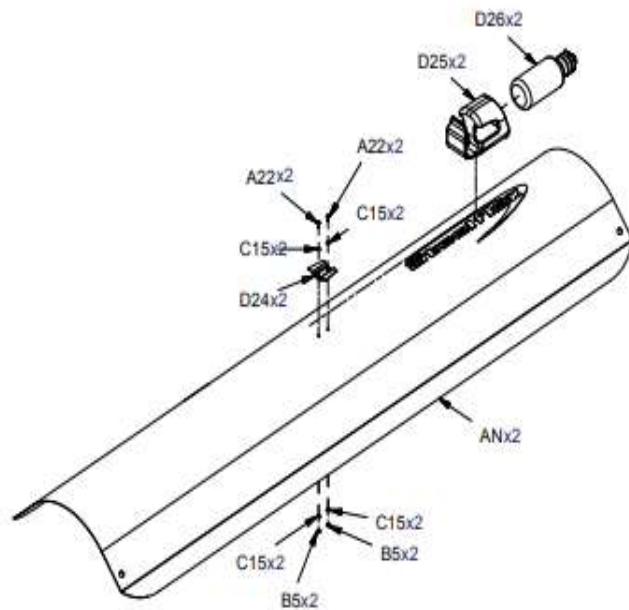
Above shows STEP 16
assembled and completed



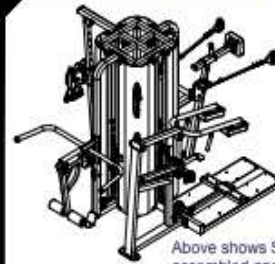
MTSG ASSEMBLY INSTRUCTIONS



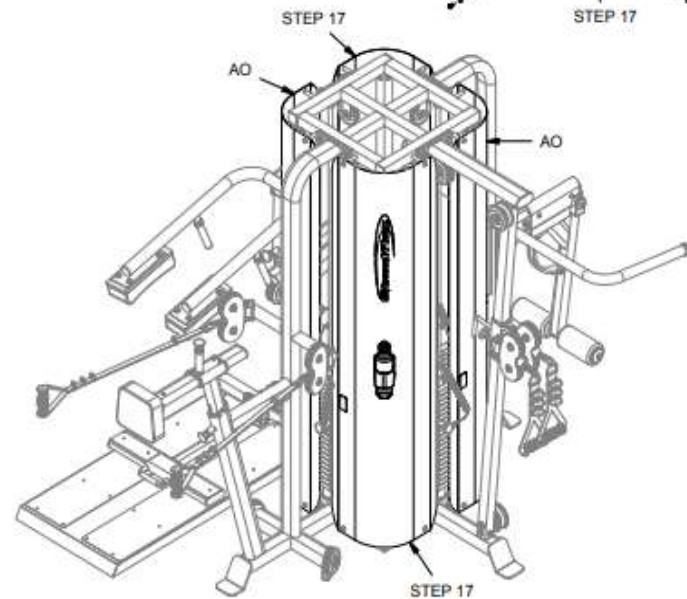
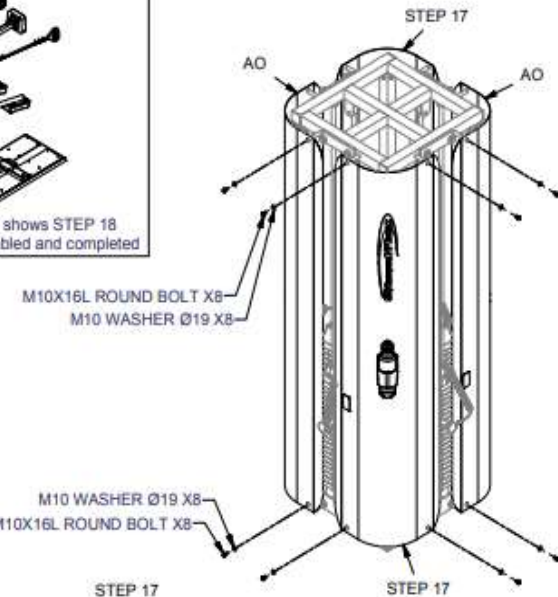
Above shows STEP 17
assembled and completed



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 18
assembled and completed



*Well done!

