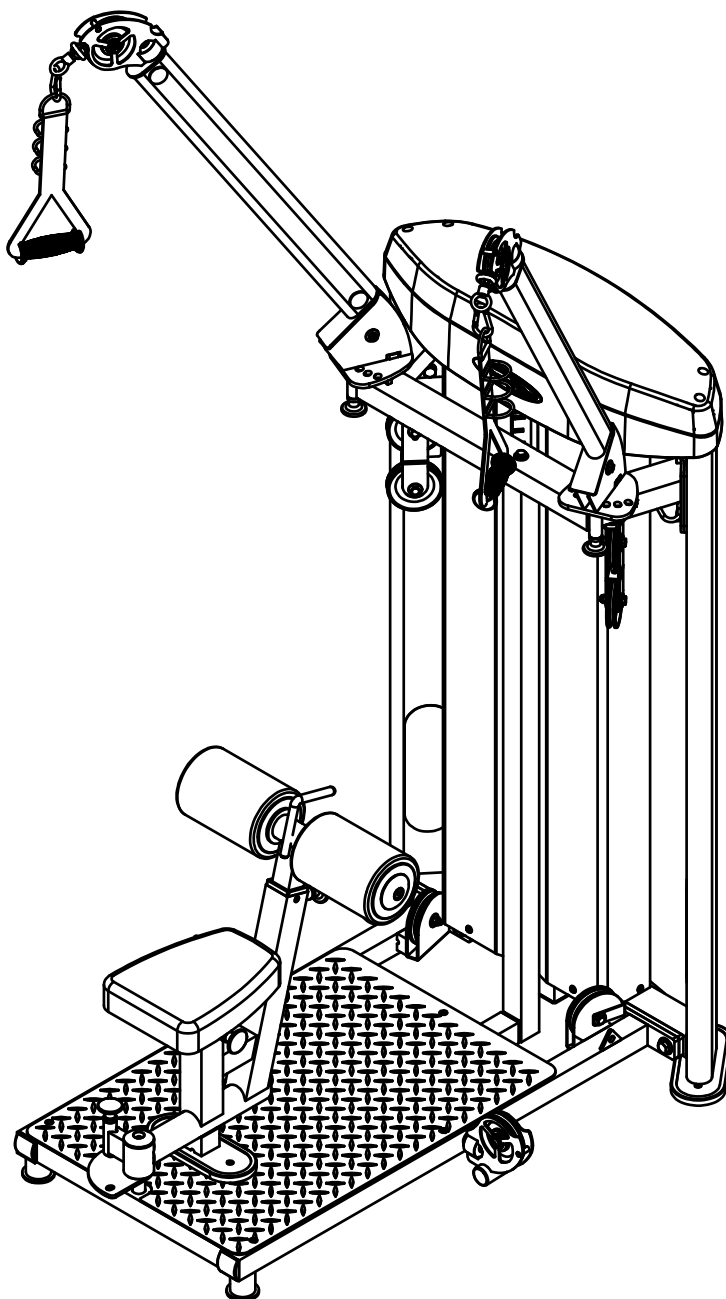


MEGA POWER



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

Tel: 886-2-27209980

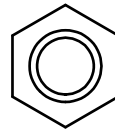
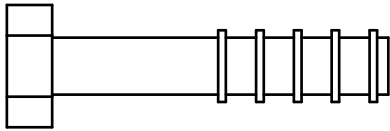
Fax: 886-2-27229750

www.steelflexfitness.com

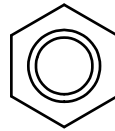
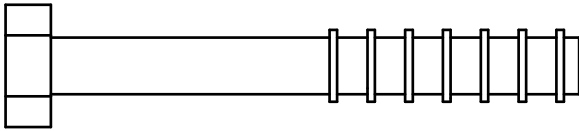
M3DHL.4 OWNER'S MANUAL

M3DHL ASSEMBLY INSTRUCTIONS

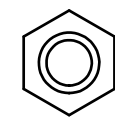
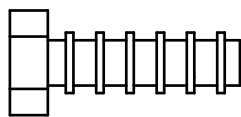
HARDWARE ILLUSTRATION



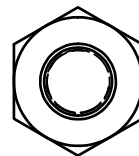
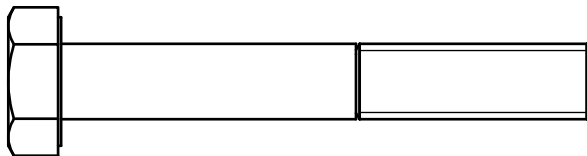
(A1)HEX BOLT 3/8"x1-3/4"L PARTIAL THREAD QTY.4



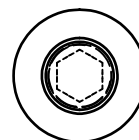
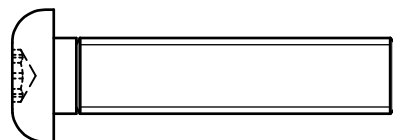
(A2)HEX BOLT 3/8"x2-3/4"L PARTIAL THREAD QTY.1



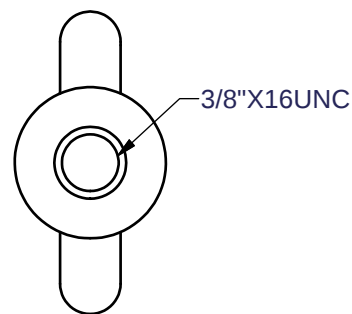
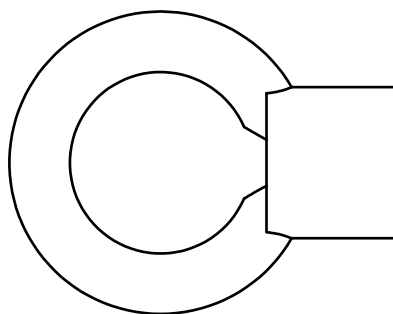
(A3)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4



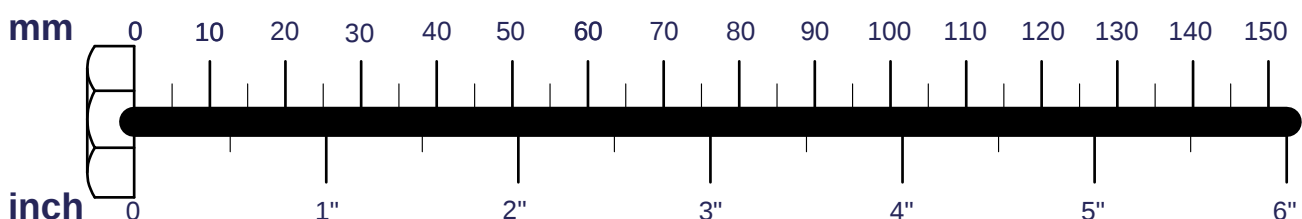
(A5)HEX BOLT M10X70L PARTIAL THREAD QTY.1



(A6)ROUND ALLEN HEAD M10X45L PARTIAL THREAD QTY.2

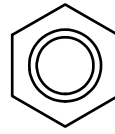
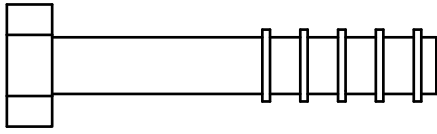


(A7)CARRIAGE BOLTS 3/8" PARTIAL THREAD QTY.4

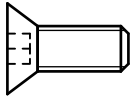


M3DHL ASSEMBLY INSTRUCTIONS

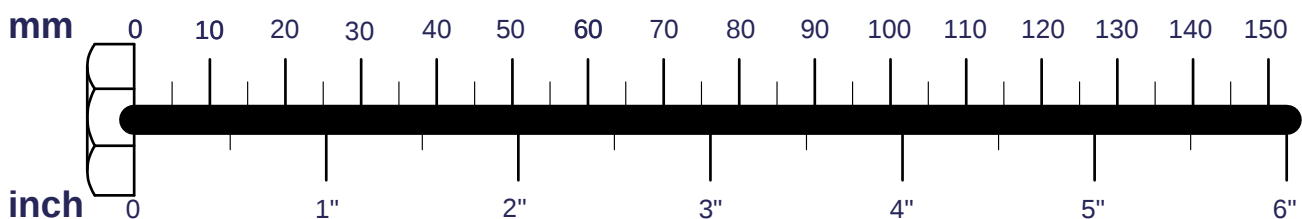
HARDWARE ILLUSTRATION



(A16)HEX BOLT 3/8"x2"L PARTIAL THREAD QTY.4

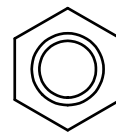
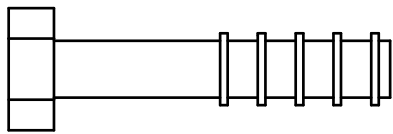


(A17)CONE SCREW M6X16L PARTIAL THREAD QTY.5

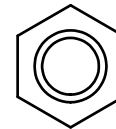
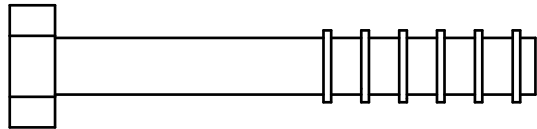


M3DHL ASSEMBLY INSTRUCTIONS

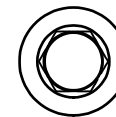
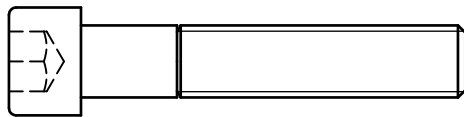
FRAME HARDWARE ILLUSTRATION



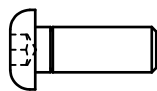
(A8)HEX BOLT 3/8"x1-3/4"L PARTIAL THREAD QTY.2



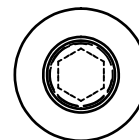
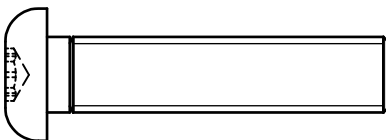
(A9)HEX BOLT 3/8"x2-1/2"L PARTIAL THREAD QTY.1



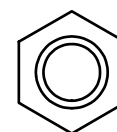
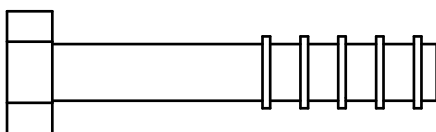
(A10)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



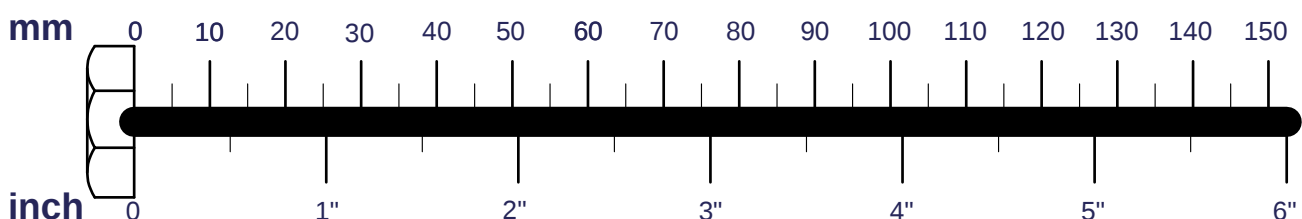
(A11)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.12



(A12)ROUND ALLEN HEAD M10X45L PARTIAL THREAD QTY.2

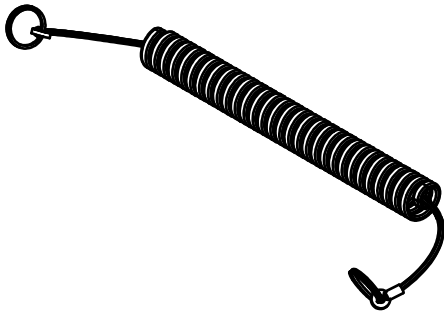


(A17)HEX BOLT 3/8"x2"L PARTIAL THREAD QTY.5

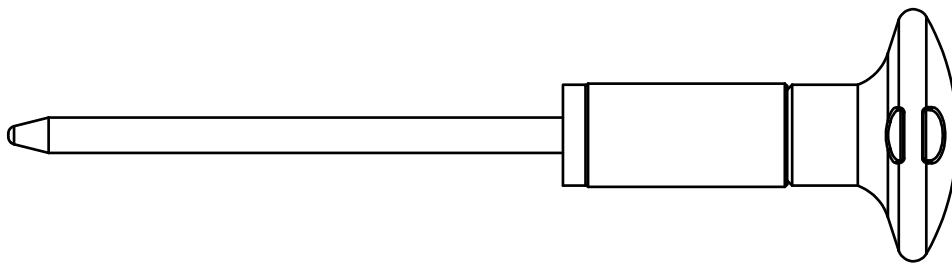


M3DHL ASSEMBLY INSTRUCTIONS

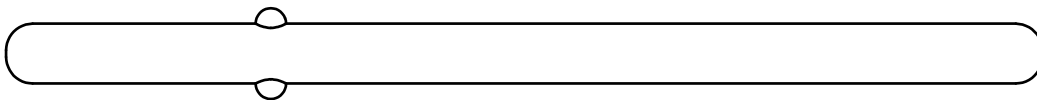
FRAME HARDWARE ILLUSTRATION



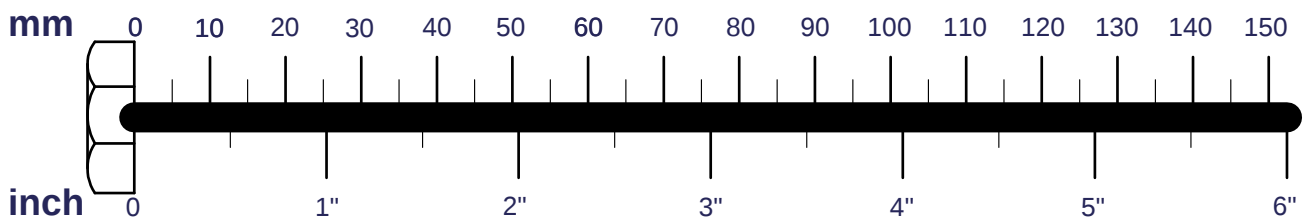
(A13)ELASTIC BELT (F920003) QTY.1



(A14)10 、 15 、 20LB PIN (8250-162) QTY.1

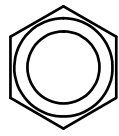
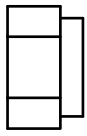


(A15)FIXED PIN (8250-166) QTY.1

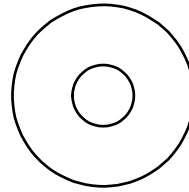


M3DHL ASSEMBLY INSTRUCTIONS

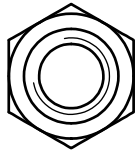
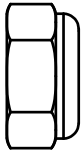
HARDWARE ILLUSTRATION



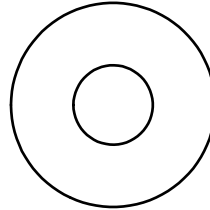
(B1)NYLON LOCK NUT 3/8" QTY.8



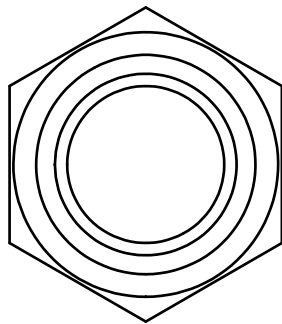
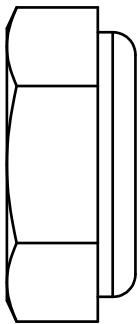
(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.4



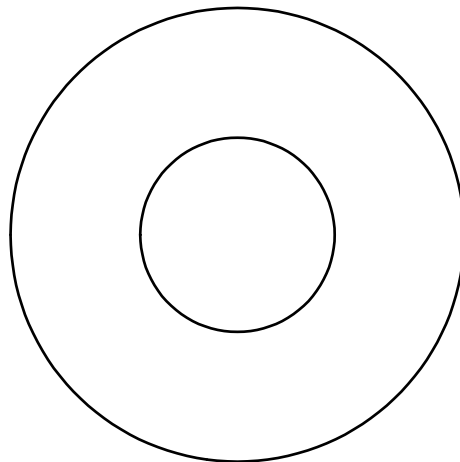
(B2)NYLON LOCK NUT M10 QTY.2



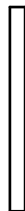
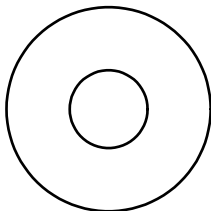
(C4)M10(I.D.)FLAT WASHER Ø27 QTY.5



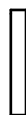
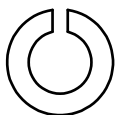
(B3)NYLON LOCK NUT M24X17H QTY.2



(C5)M24(I.D.)FLAT WASHER Ø60 QTY.2



(C1)3/8"(I.D.)FLAT WASHER Ø27 QTY.21



(C2)5/16" SPRING WASHER QTY.4

mm

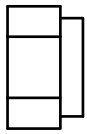
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inch

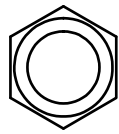
0 1" 2" 3" 4" 5" 6"

M3DHL ASSEMBLY INSTRUCTIONS

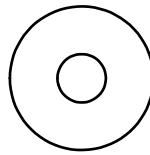
FRAME HARDWARE ILLUSTRATION



(B4)NYLON LOCK NUT 3/8" QTY.8



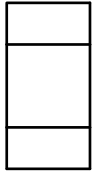
(B5)NUT 1/2"X13UNC QTY.1



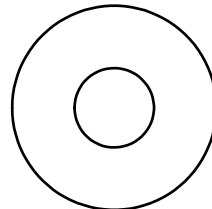
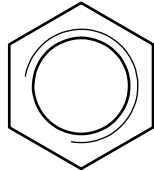
(C9)M6(I.D.)FLAT WASHER Ø19 QTY.12



(C10)M10(I.D.)FLAT WASHER Ø27 QTY.4



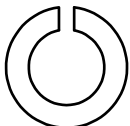
(B6)NYLON LOCK NUT M10 QTY.2



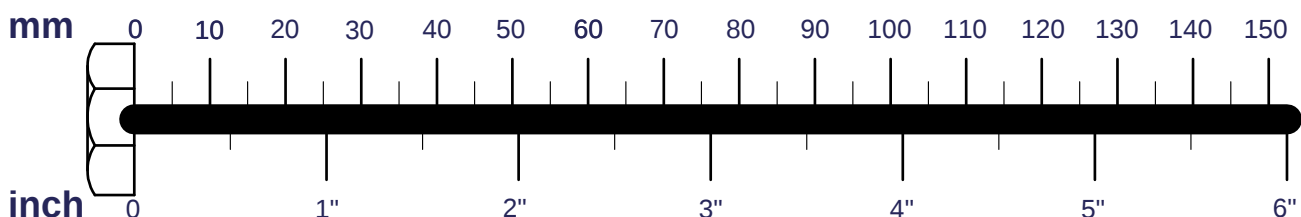
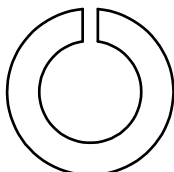
(C6)3/8"(I.D.)FLAT WASHER Ø27 QTY.16



(C7)3/8" SPRING WASHER QTY.1



(C8)1/2" SPRING WASHER QTY.1



M3DHL ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[1PCS]
D2.Ø76 CAP COVER(8130-236)-----	[2PCS]
D3. Ø1" CU WASHER(8520-008) -----	[3PCS]
D4. Ø8 Spring Snap Link (8810-001)-----	[7PCS]
D5.Ø31.8 END CAP(9211-169)-----	[2PCS]
D6.Ø38 END CAP(9211-018)-----	[4PCS]
D7. □45x60 NYLON BUSHING(9211-047) -----	[2PCS]
D8.□50 END CAP(9211-087)-----	[2PCS]
D9. Ø3/4"X65LShaft Collar (9211-147)-----	[2PCS]
D10. Ø3/4"X50L Shaft Collar (9211-167)-----	[2PCS]
D11. Ø120XØ51X3T Nylon Washer (9214-039)-----	[4PCS]
D12. Ø63X1T TEFLON Washer (9214-043)-----	[4PCS]
D14. Ø4"XØ20X38T Rubber Dount(9310-017)-----	[2PCS]
D15. Rubber Dount(9310-075)-----	[3PCS]
D16. TRICEP STRAP(9630-221)-----	[4PCS]

D1



D2



D3



D4



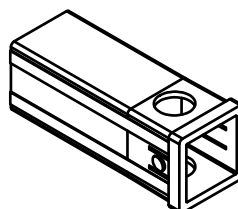
D5



D6



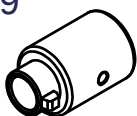
D7



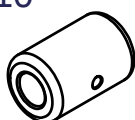
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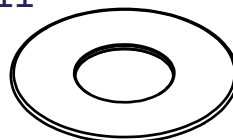
D9



D10



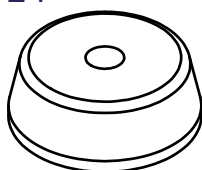
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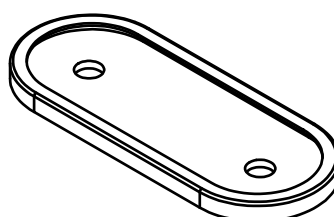
D12



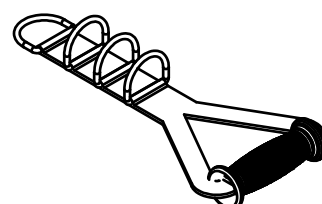
D14



D15



D16

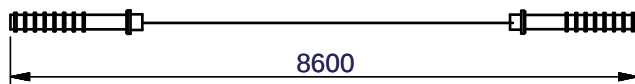


M3DHL ASSEMBLY INSTRUCTIONS

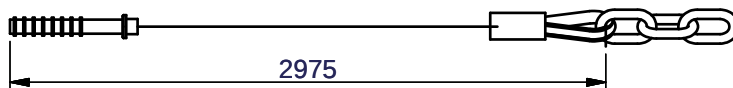
FRAME HARDWARE ILLUSTRATION

- D19. 8600mm STEEL CABLE(FM3DHLA1) -----[1PCS]
D20. 2975mm STEEL CABLE(FM3DHLB) -----[2PCS]
D21. Ø110 PULLEY (9213-002B) -----[21PCS]
D22. Ø40 BALL (F910002) -----[4PCS]
D23. BEARING BELT(9630-200) -----[2PCS]
D26.TOP PLATE(8400-006)-----[1PCS]
D27.Selector Rod(8210-274)-----[1PCS]

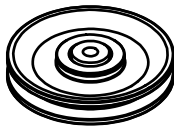
D19



D20



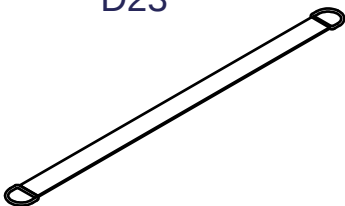
D21



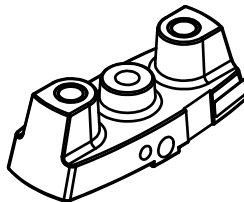
D22



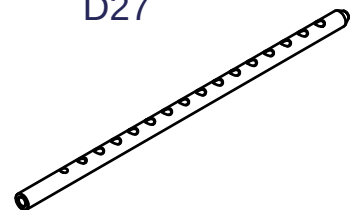
D23



D26



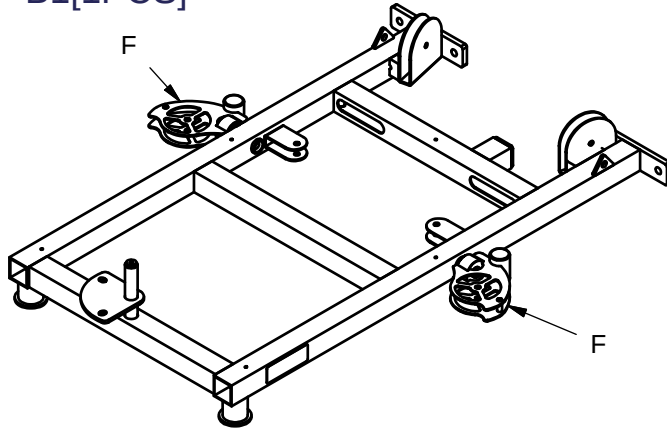
D27



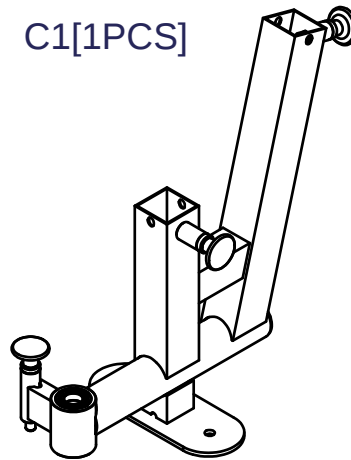
M3DHL ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

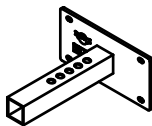
B1[1PCS]



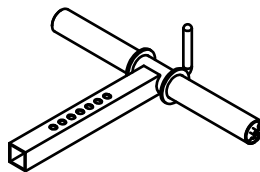
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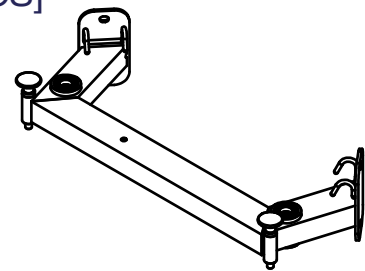
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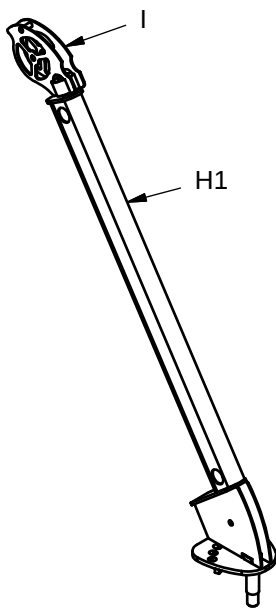
E[1PCS]



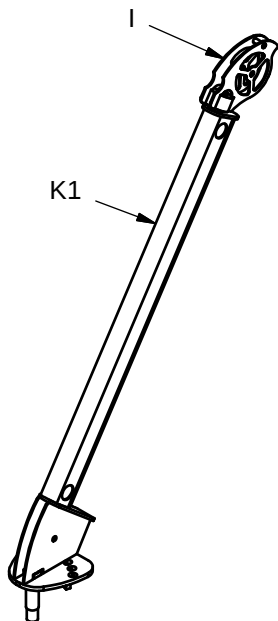
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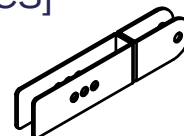
H1[1PCS]



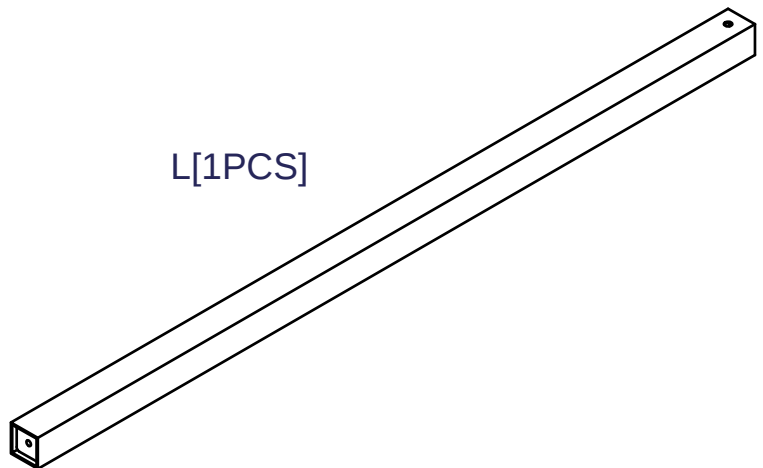
K1[1PCS]



J[2PCS]



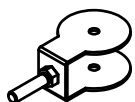
L[1PCS]



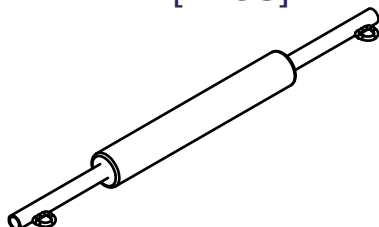
M3DHL ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

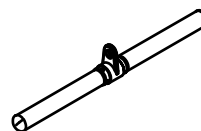
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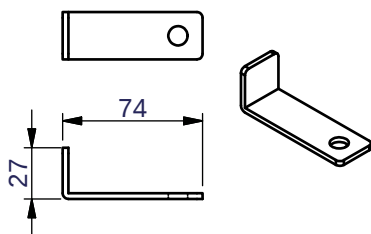
N[1PCS]



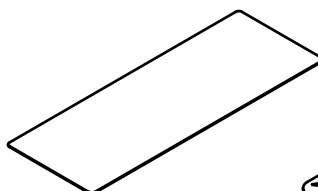
O1[1PCS]
20LB500E



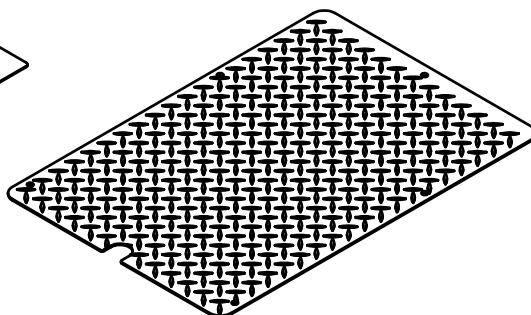
P[9PCS]
8331-017



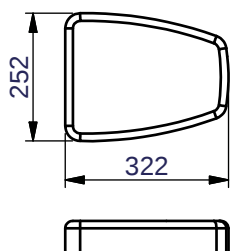
Q[1PCS]
9420-072



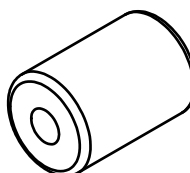
R1[1PCS]
8370-041



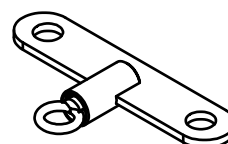
S[1PCS]
9121-070



T1[2PCS]
9161-078



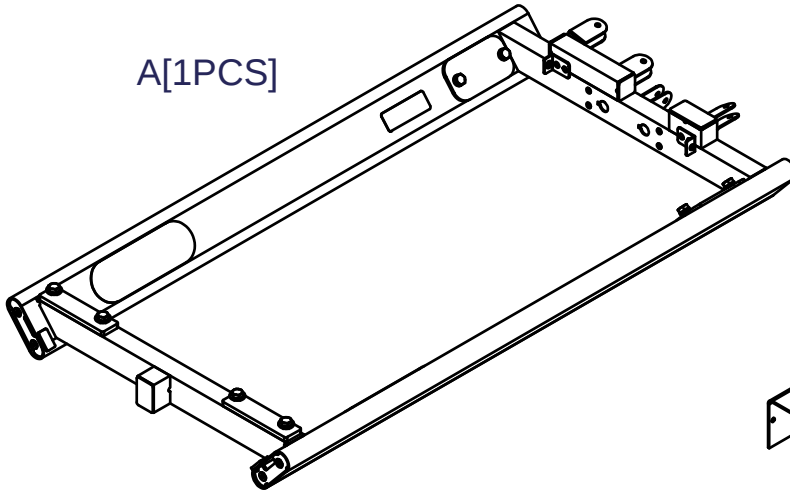
U[1PCS]
6640-023



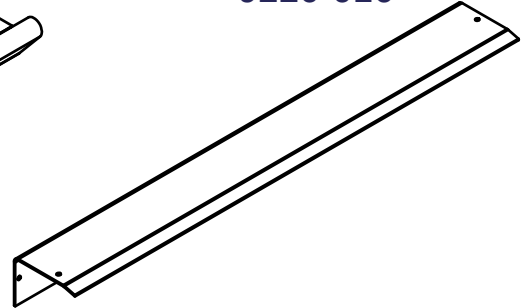
M3DHL ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION

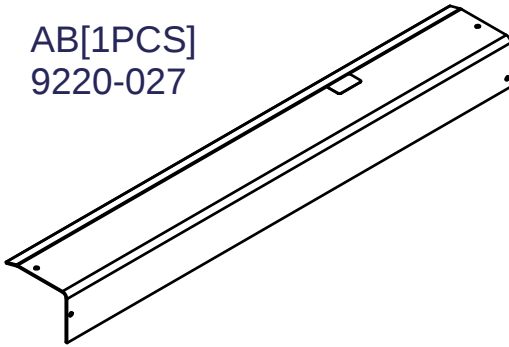
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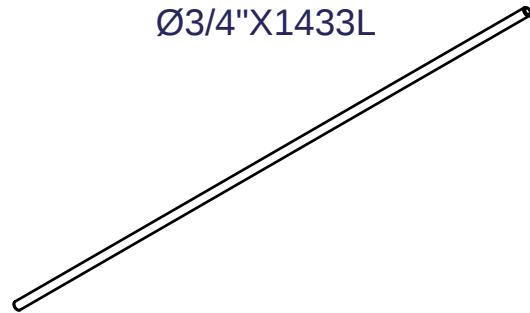
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9220-016



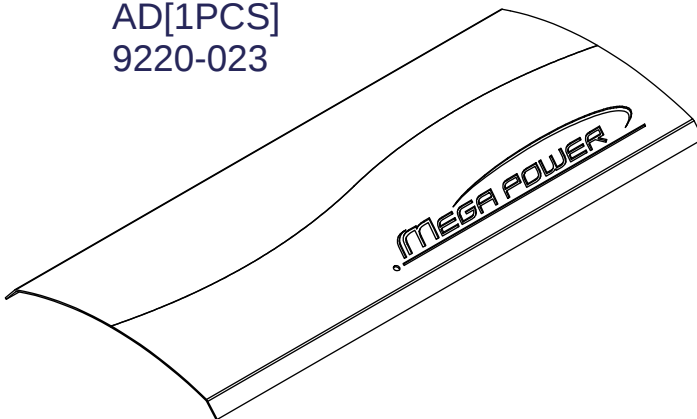
AB[1PCS]
9220-027



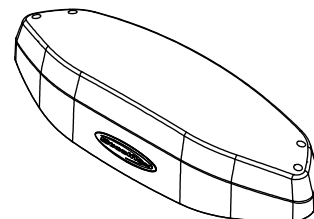
AC1[1PCS]
8280-042
Ø3/4"X1433L



AD[1PCS]
9220-023



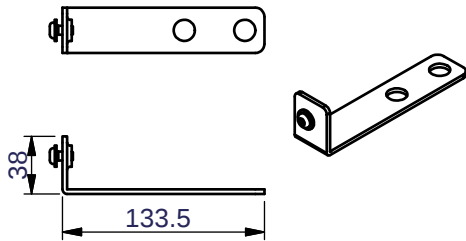
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9211-148



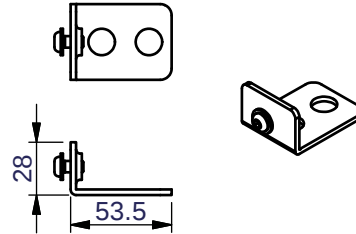
M3DHL ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION

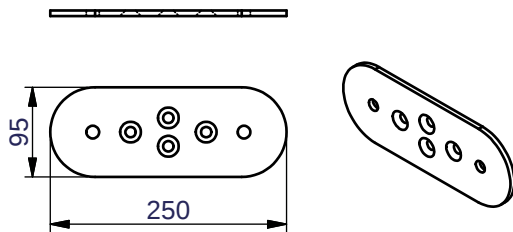
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8331-057



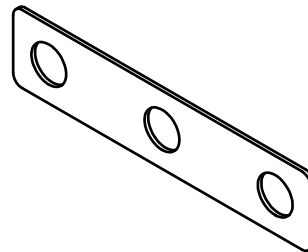
AG[2PCS]
8331-056



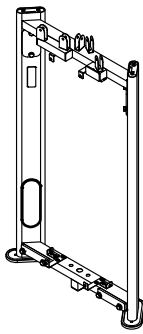
AH[2PCS]
8313-144



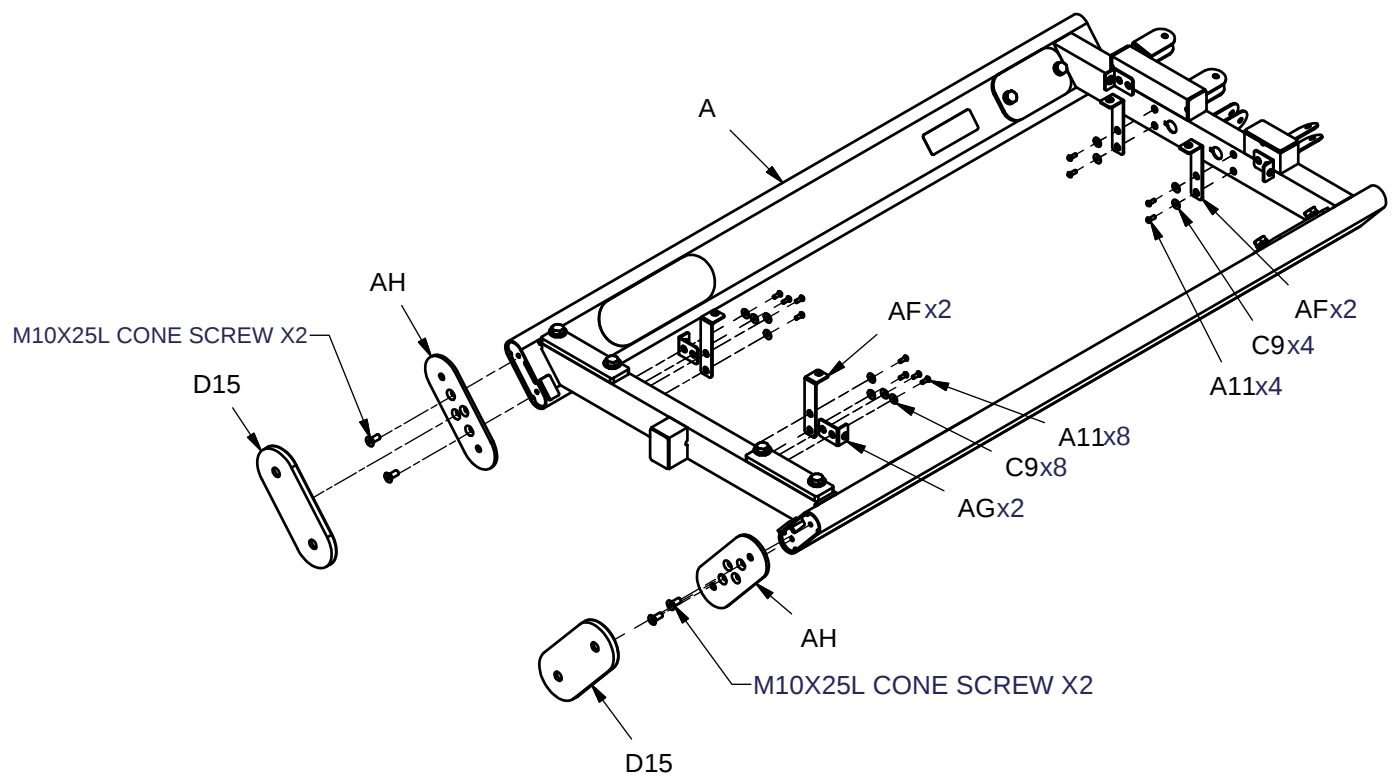
AI [1PCS]
8311-194



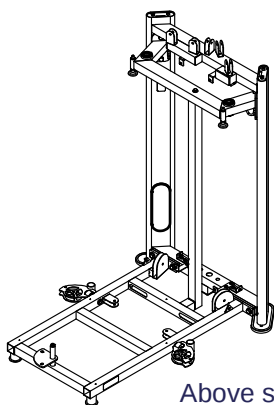
M3DHL ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed

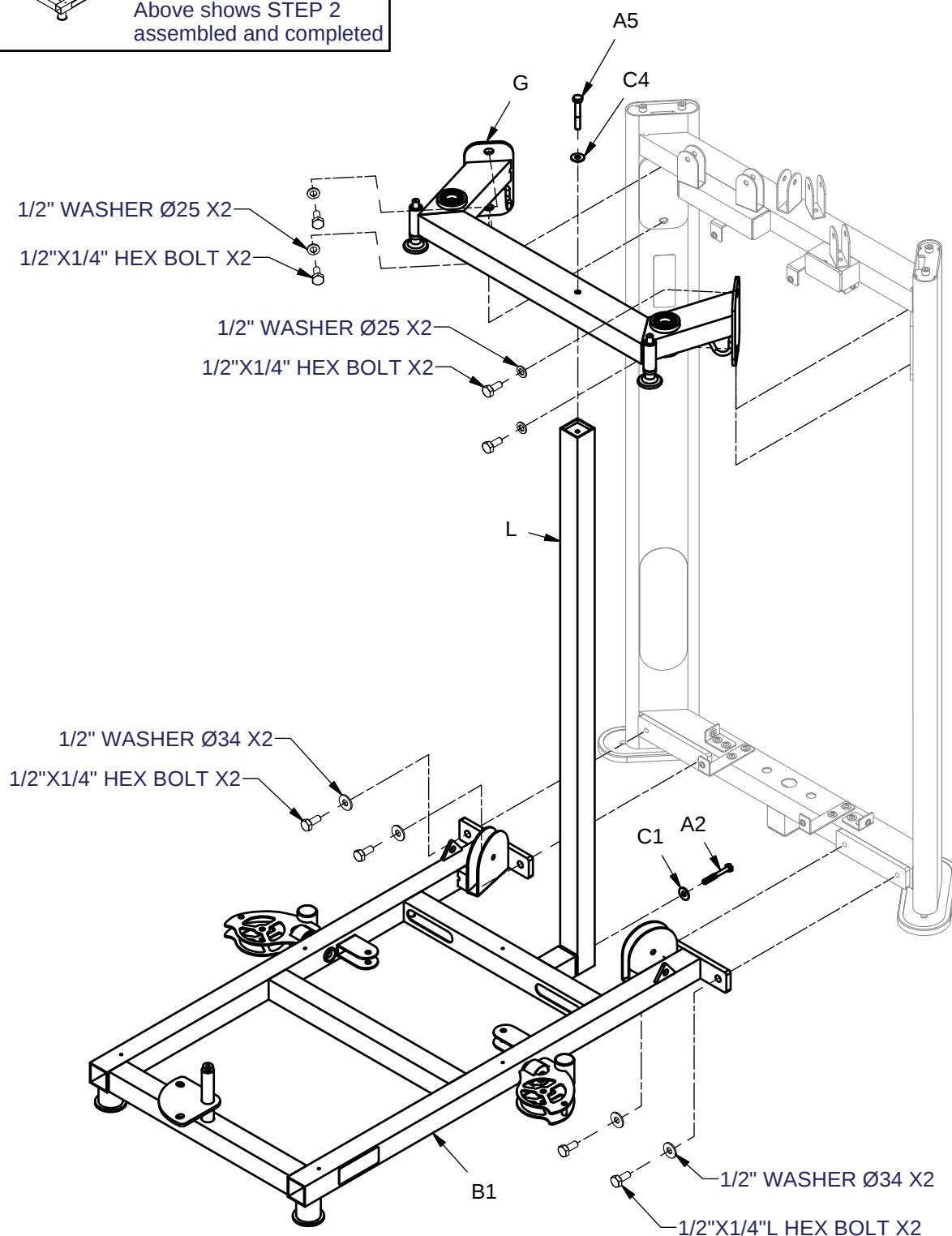


M3DHL ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

Please tighten the screw after all parts assembled.
or please tighten all screws after all parts joint together



M3DHL ASSEMBLY INSTRUCTIONS

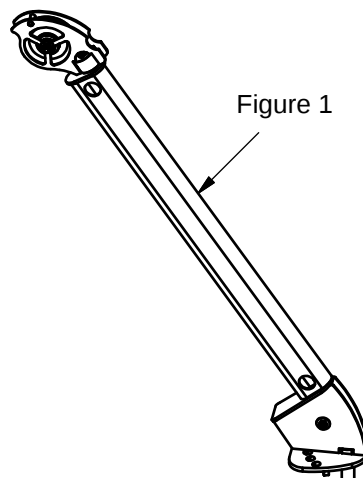
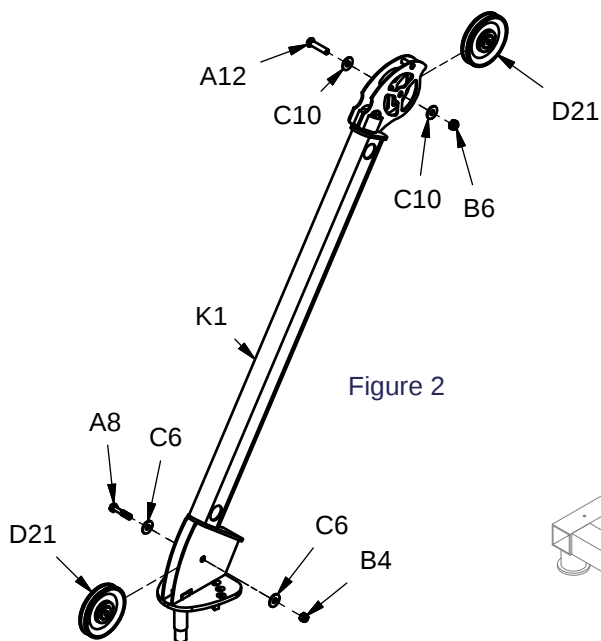
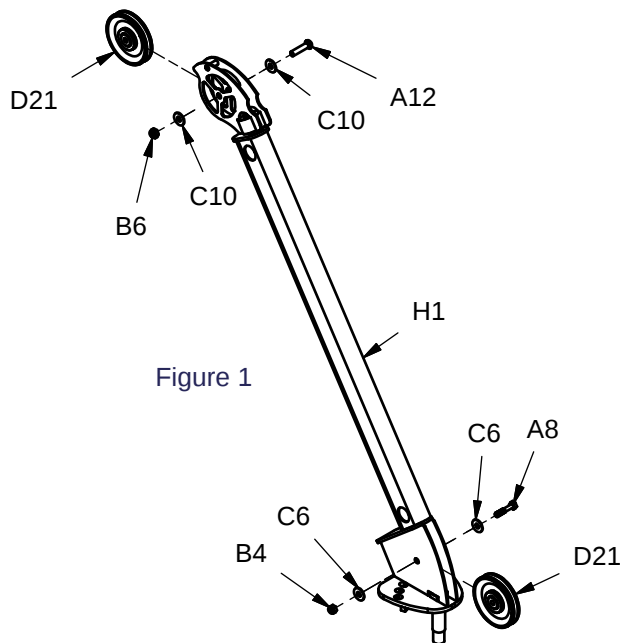
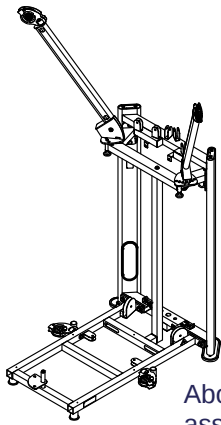
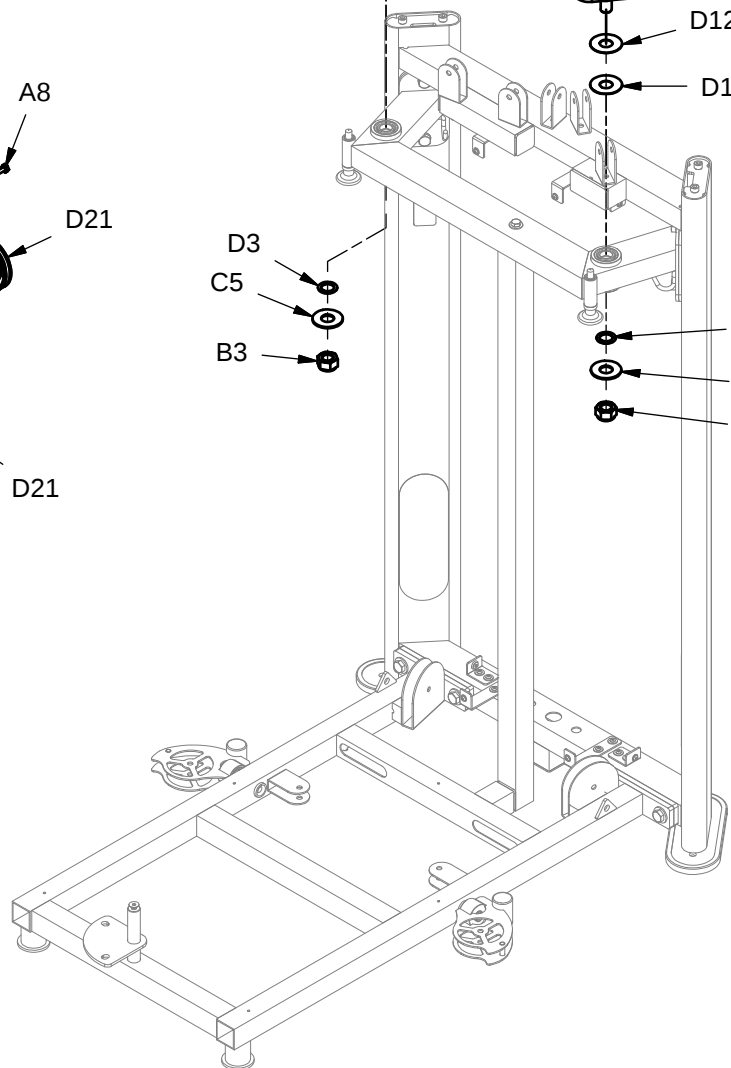
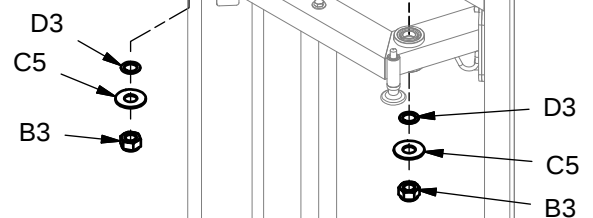
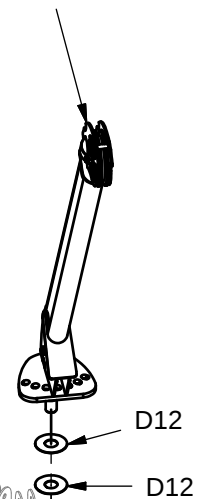
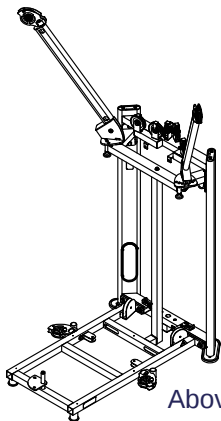


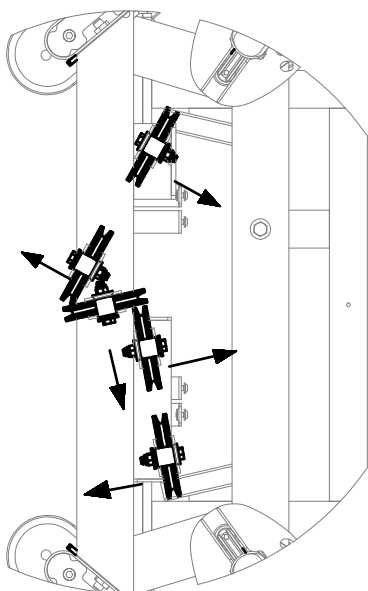
Figure 2



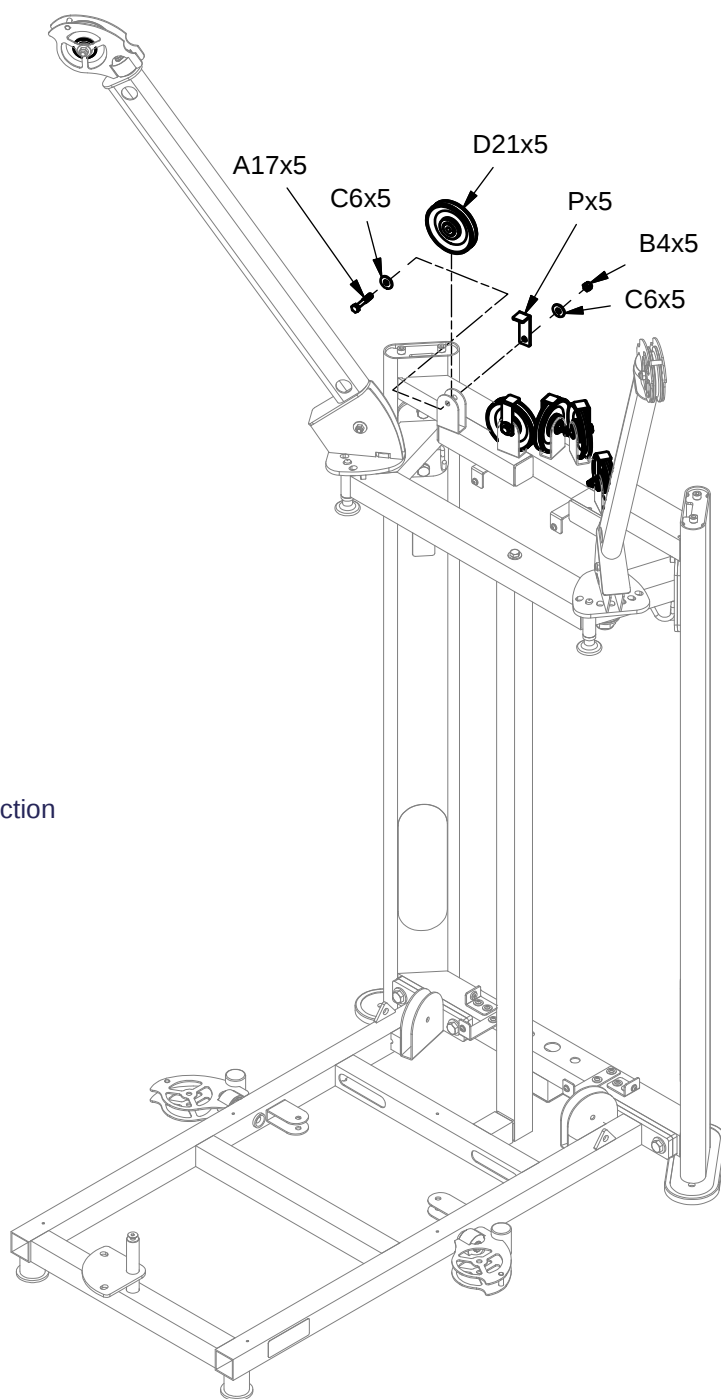
M3DHL ASSEMBLY INSTRUCTIONS



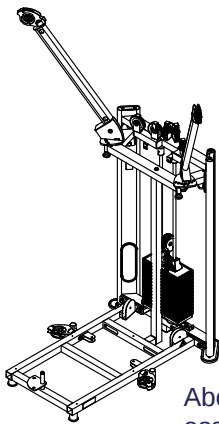
Above shows STEP 4
assembled and completed



Please install the
P in accordance with the arrow point direction

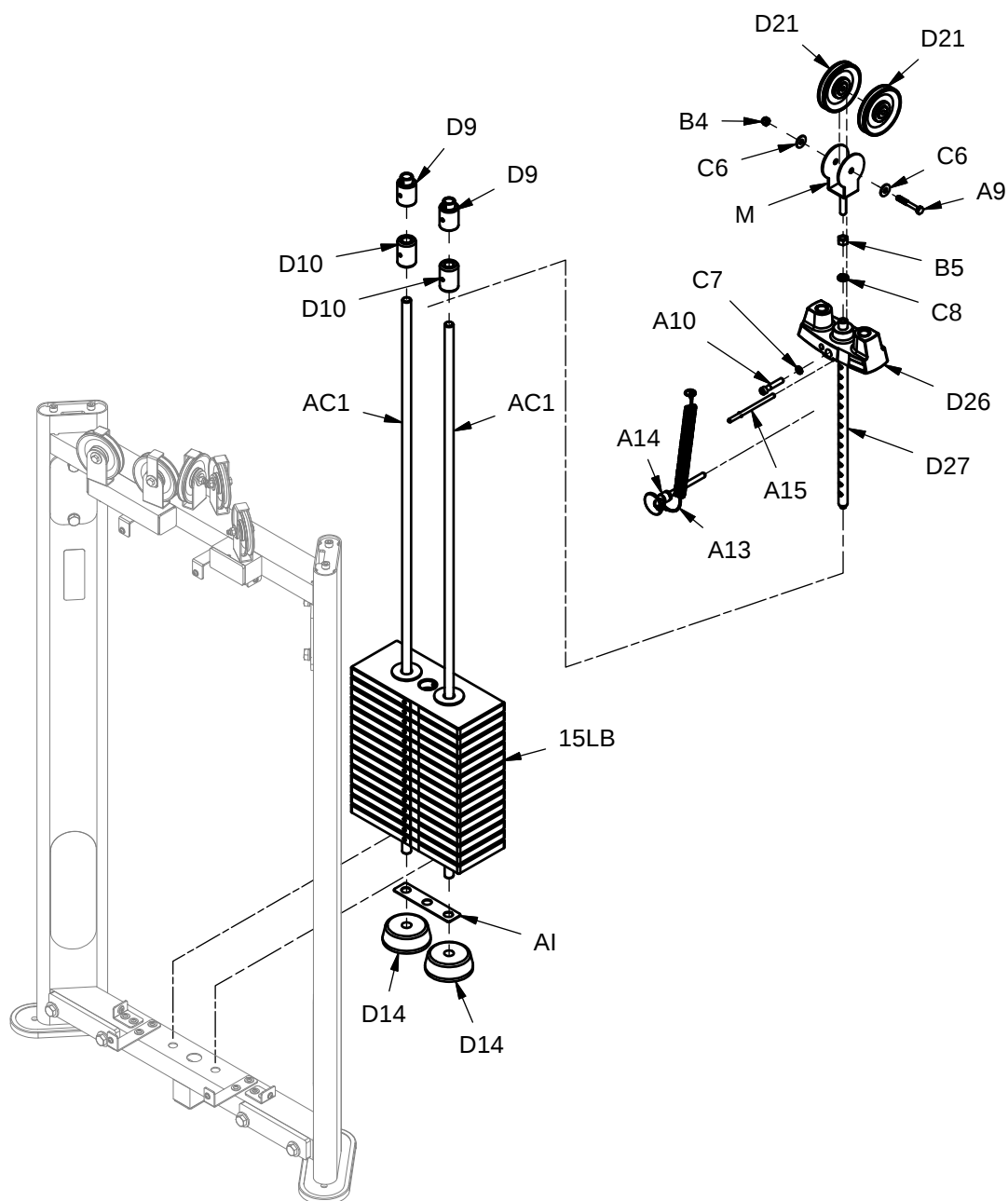


M3DHL ASSEMBLY INSTRUCTIONS



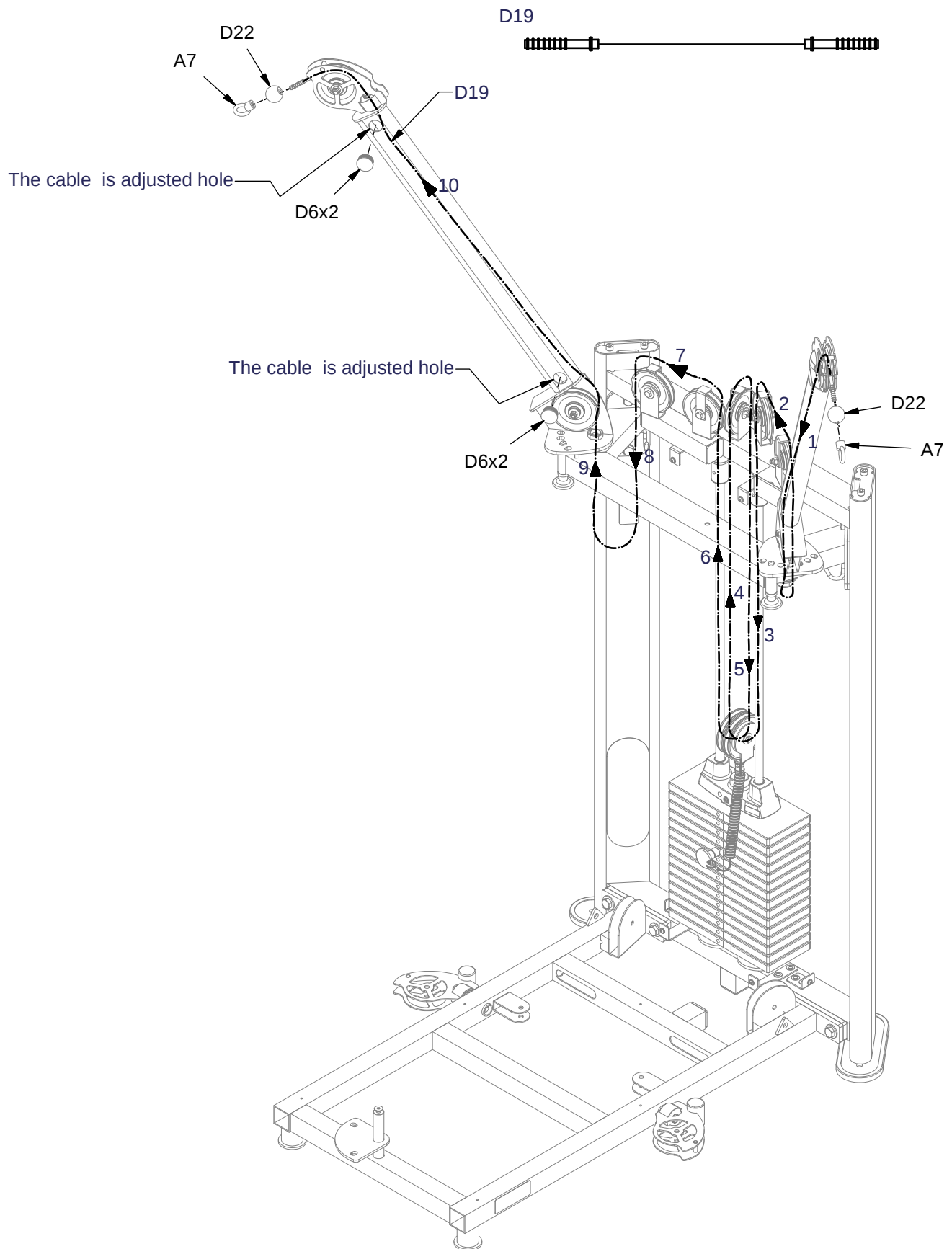
Above shows STEP 5
assembled and completed

Insert A15 through the hole
of the first selecting plate and fix it permanently



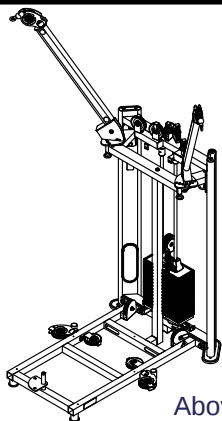
M3DHL ASSEMBLY INSTRUCTIONS

Cable to constitute illustration

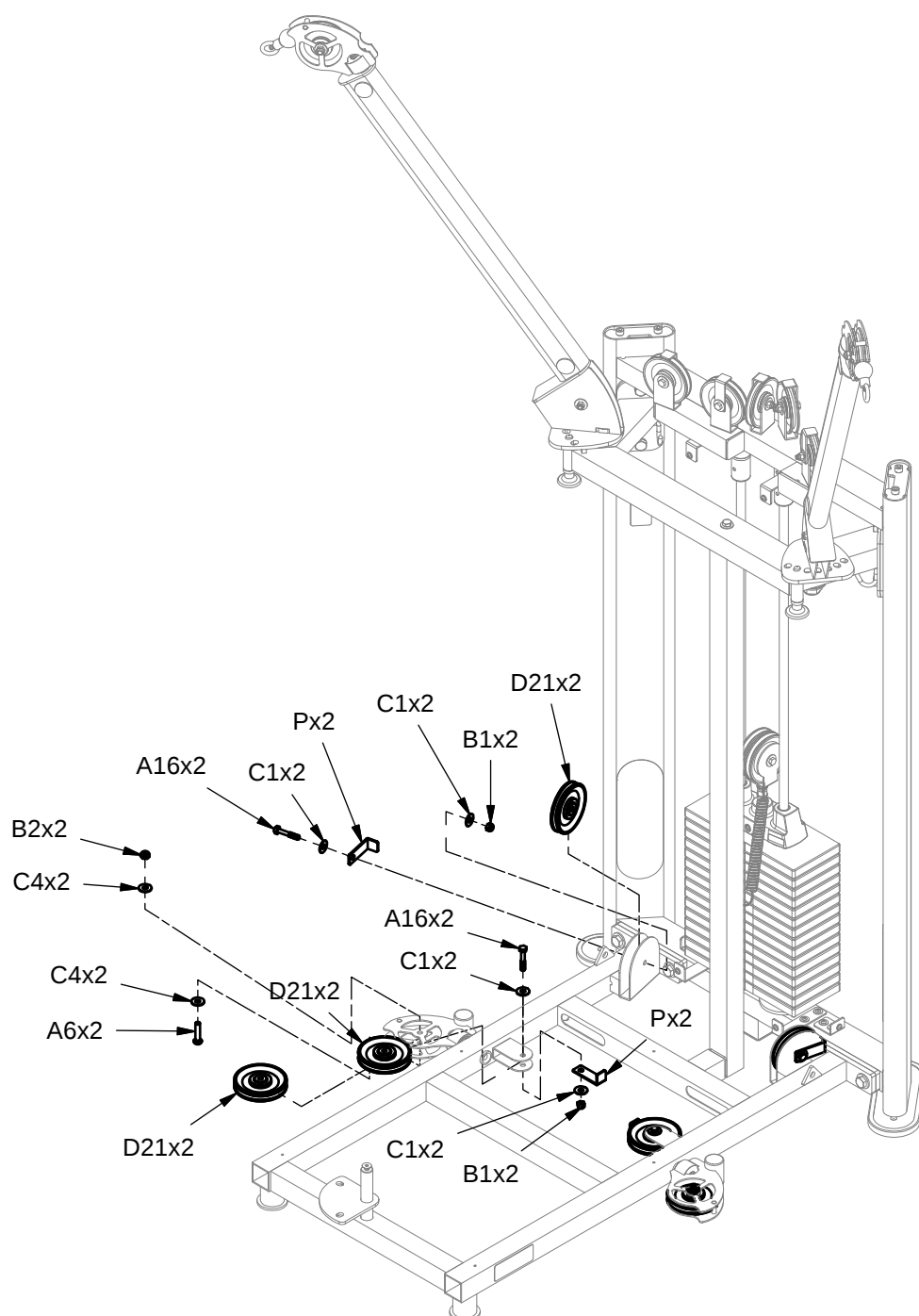


Above shows STEP 6
assembled and completed

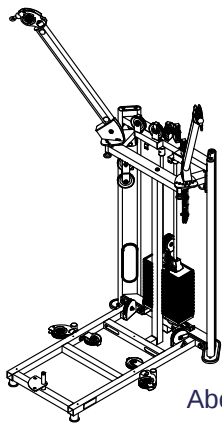
M3DHL ASSEMBLY INSTRUCTIONS



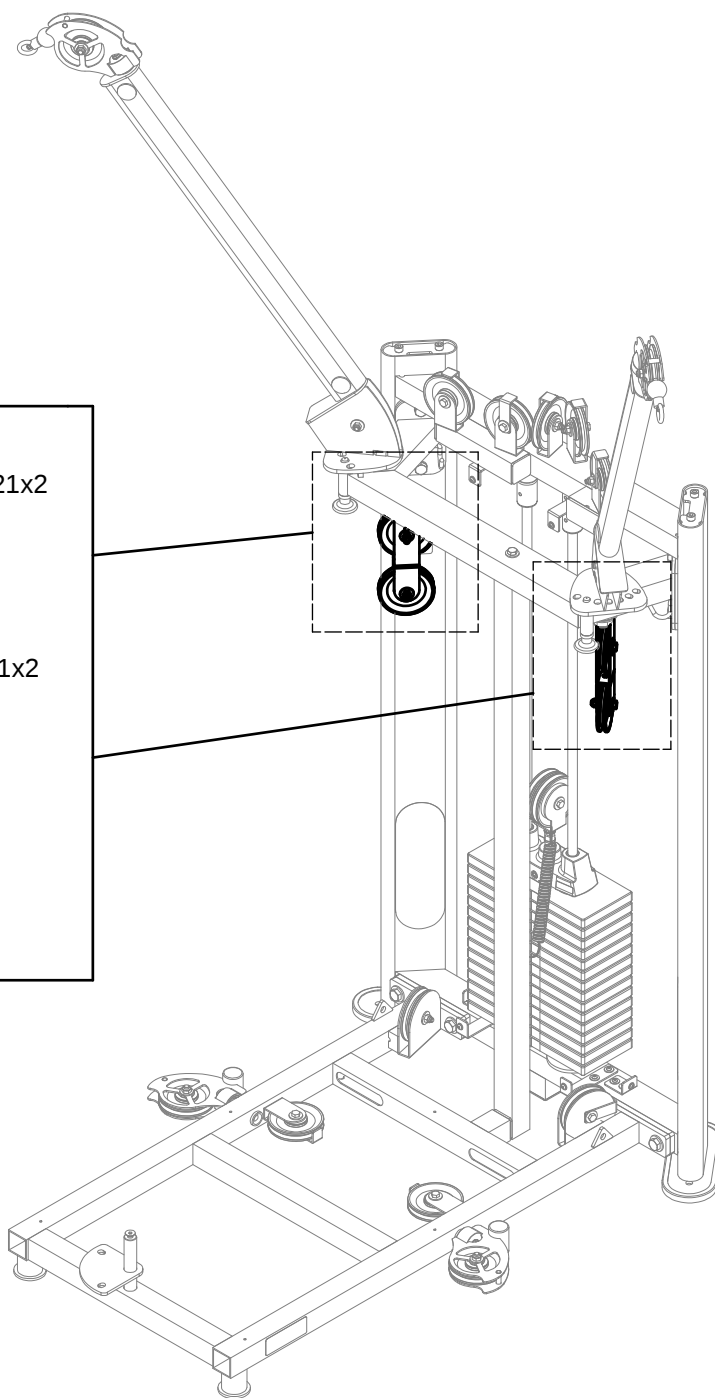
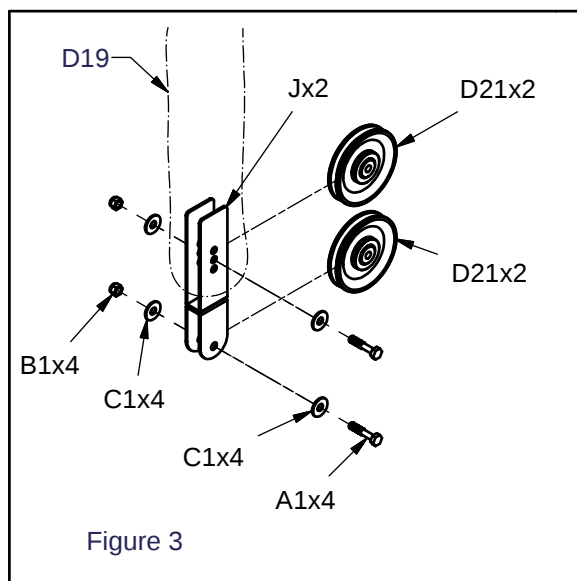
Above shows STEP 7
assembled and completed



M3DHL ASSEMBLY INSTRUCTIONS

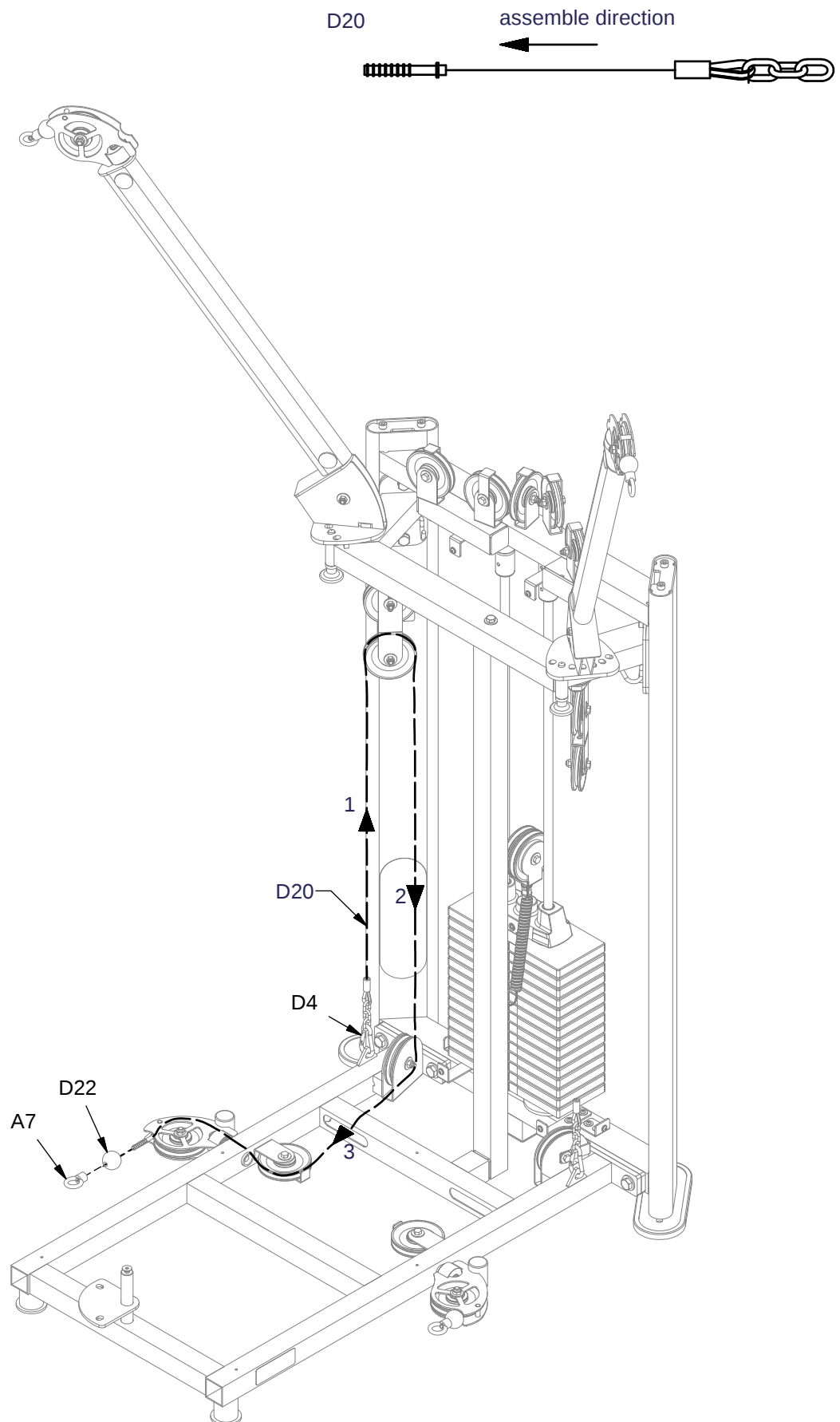


Above shows STEP 8
assembled and completed



M3DHL ASSEMBLY INSTRUCTIONS

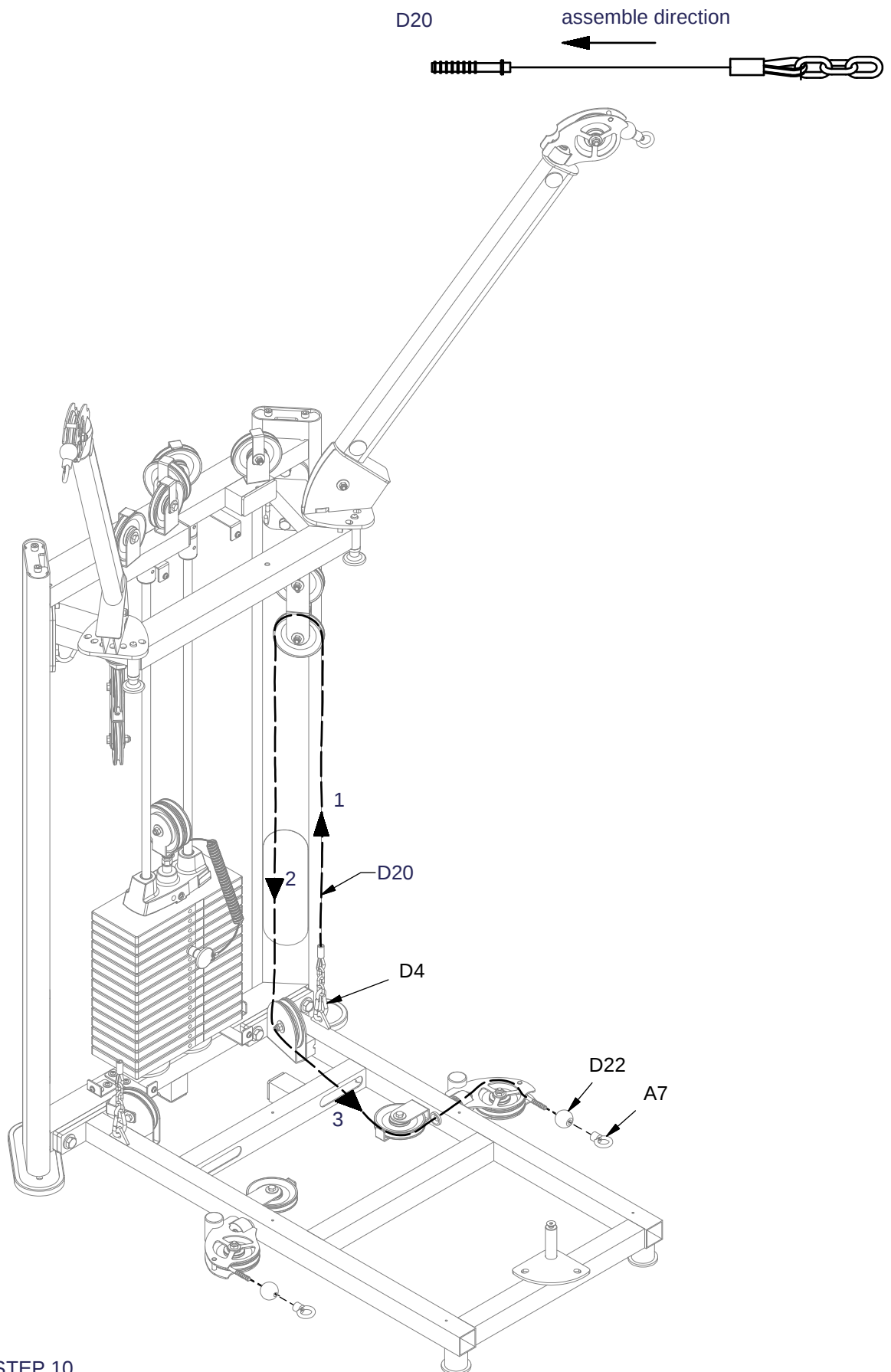
Cable to constitute illustration



Above shows STEP 9
assembled and completed

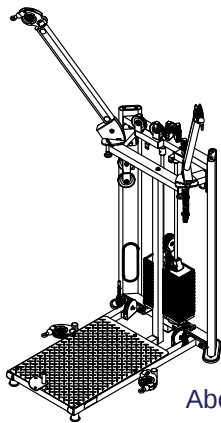
M3DHL ASSEMBLY INSTRUCTIONS

Cable to constitute illustration

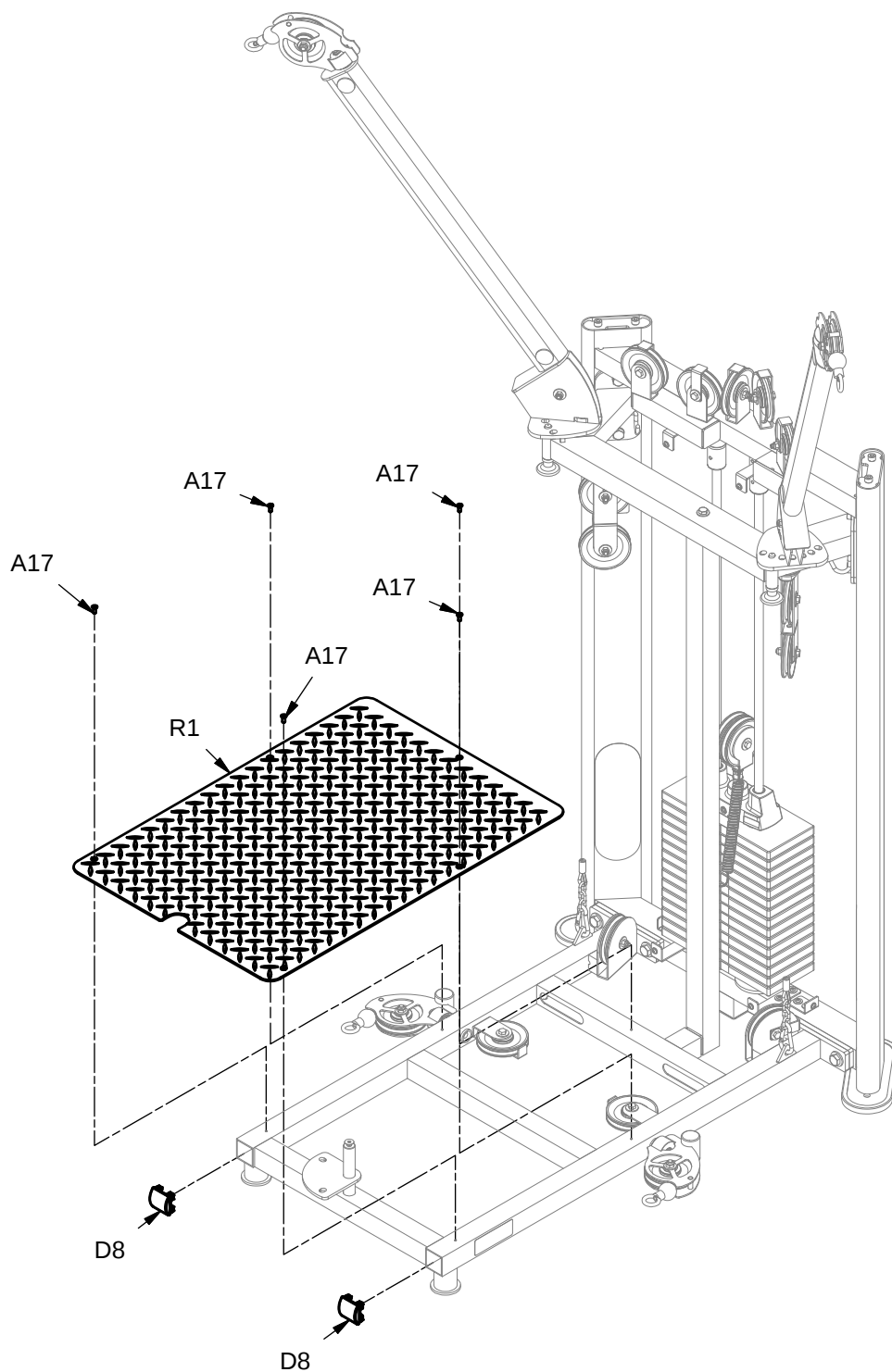


Above shows STEP 10
assembled and completed

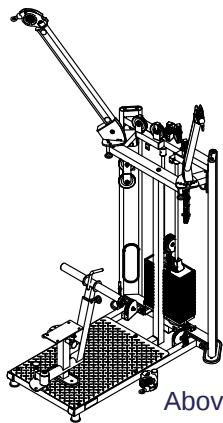
M3DHL ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed



M3DHL ASSEMBLY INSTRUCTIONS



Above shows STEP 12
assembled and completed

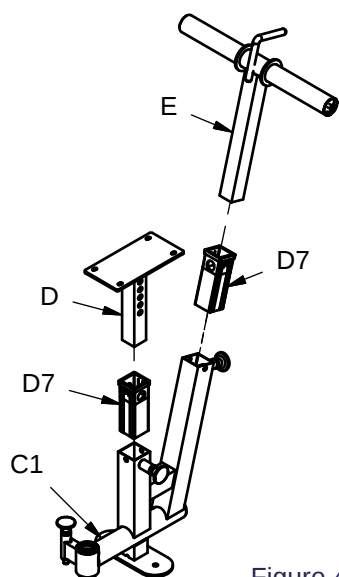


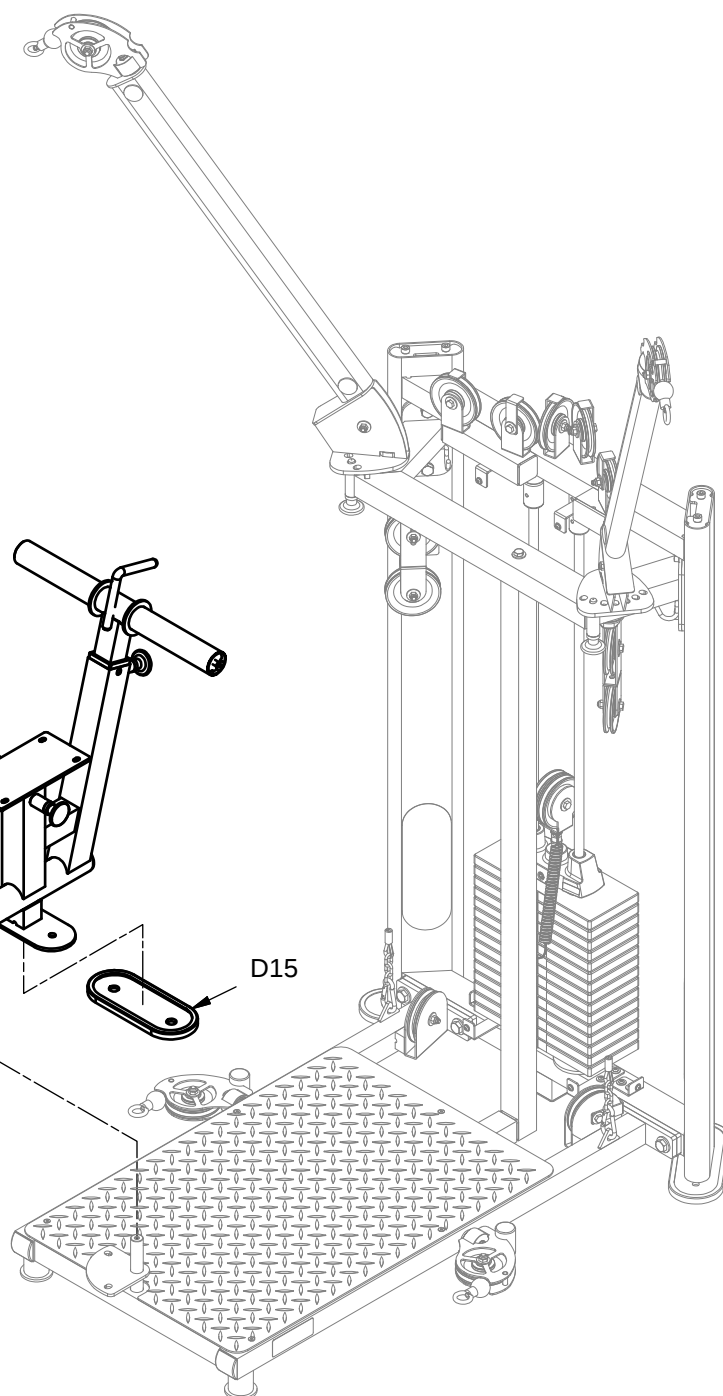
Figure 4

Figure 4
M10X25L CONE SCREW

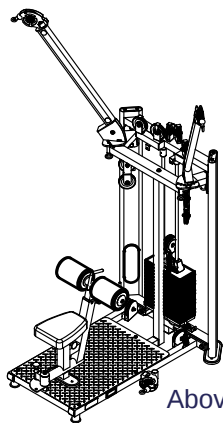
D1

D3

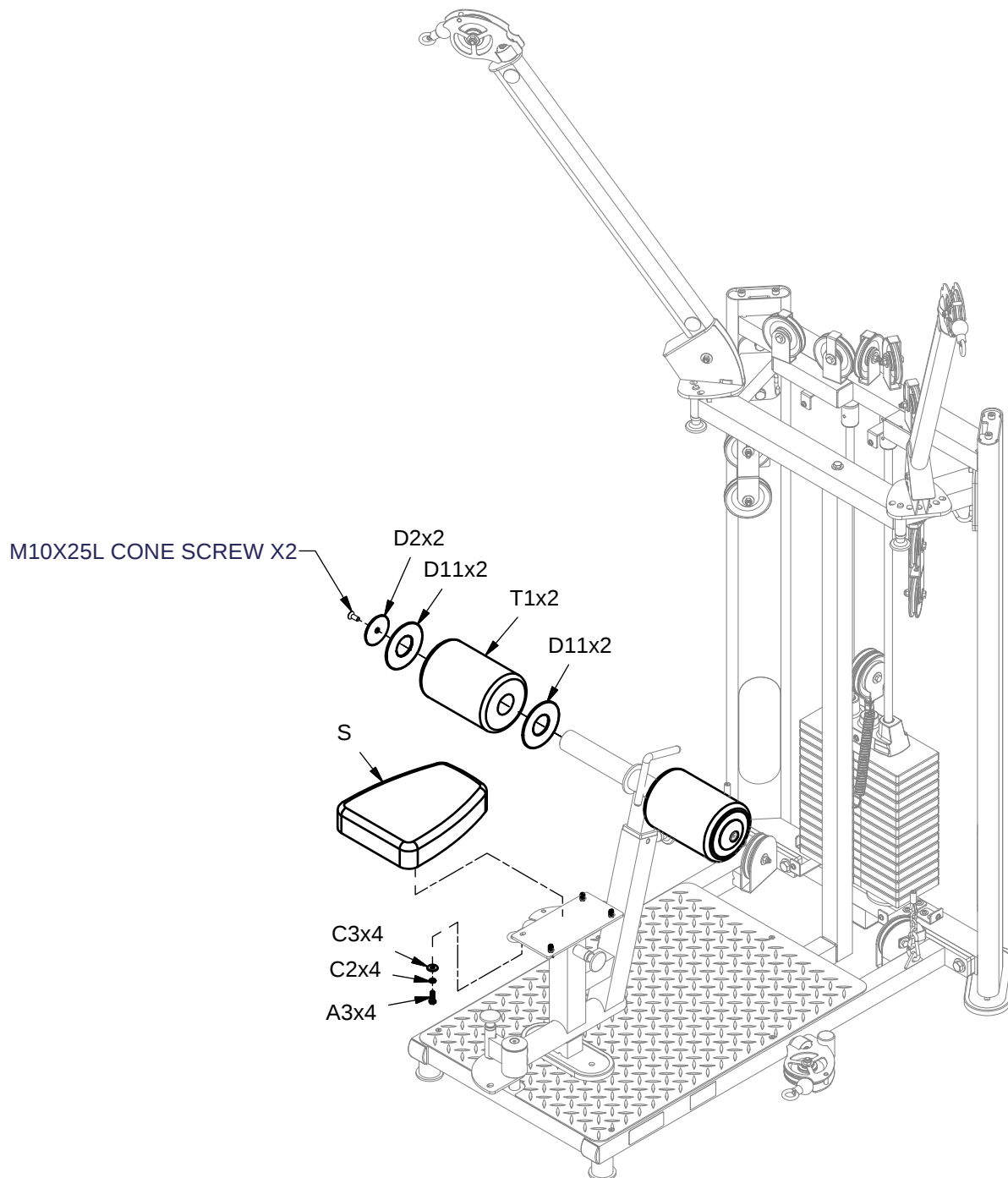
D15



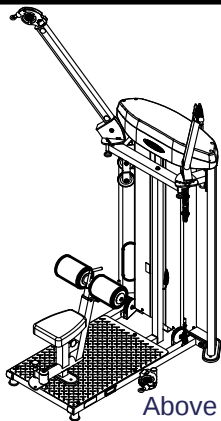
M3DHL ASSEMBLY INSTRUCTIONS



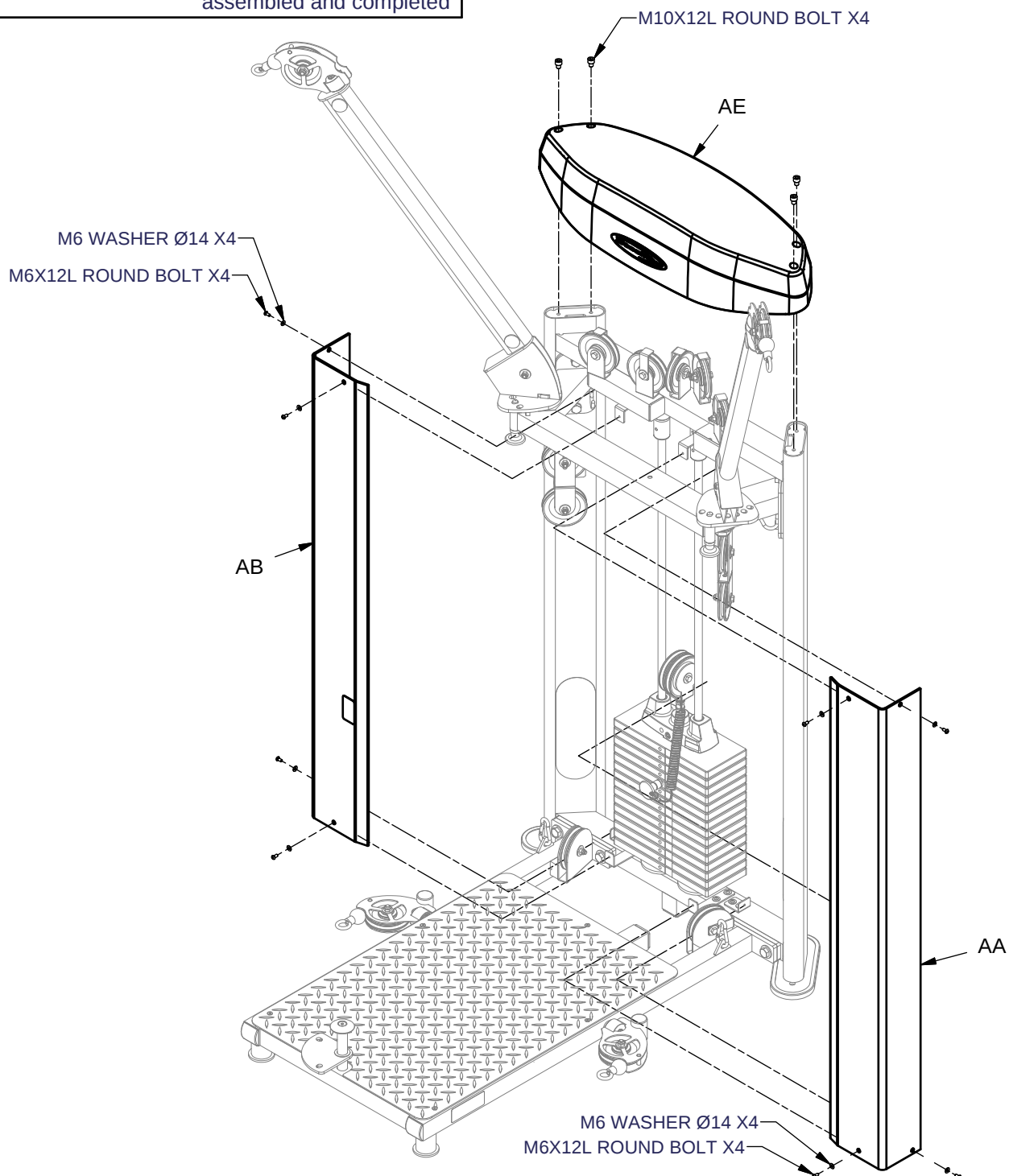
Above shows STEP 13
assembled and completed



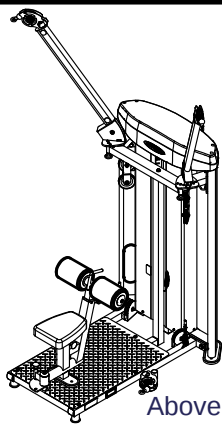
M3DHL ASSEMBLY INSTRUCTIONS



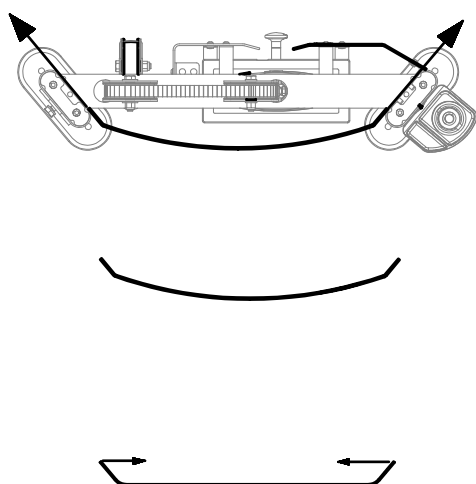
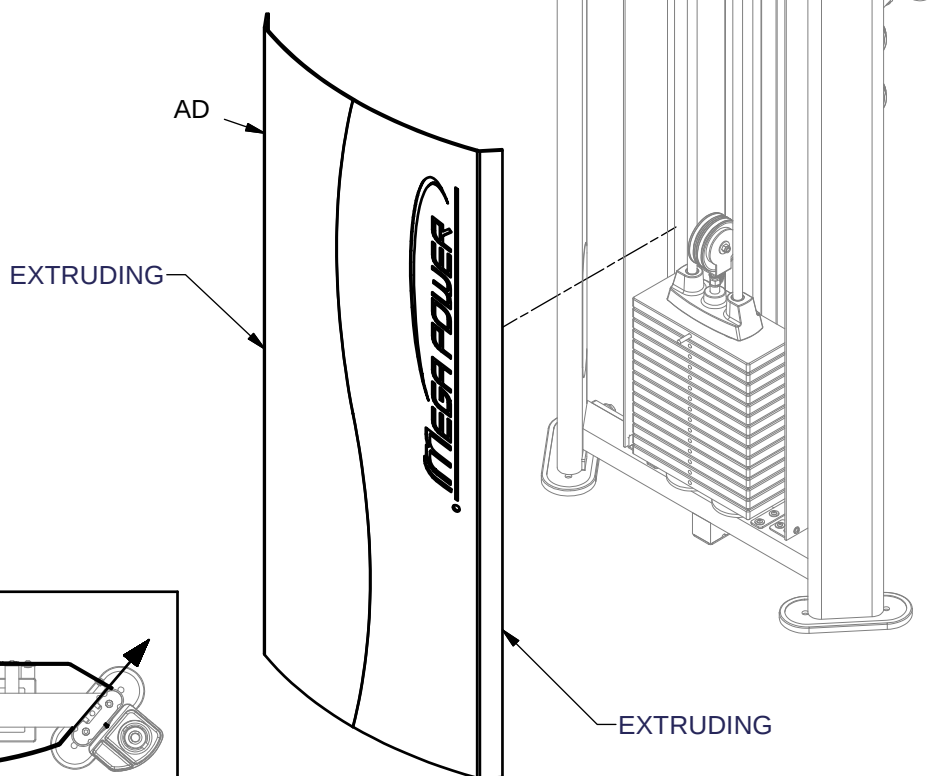
Above shows STEP 14
assembled and completed



M3DHL ASSEMBLY INSTRUCTIONS

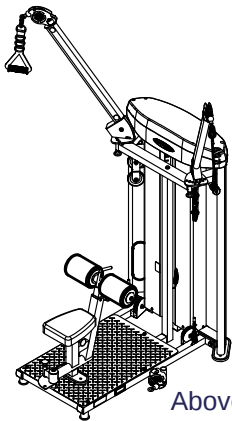


Above shows STEP 15
assembled and completed



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.

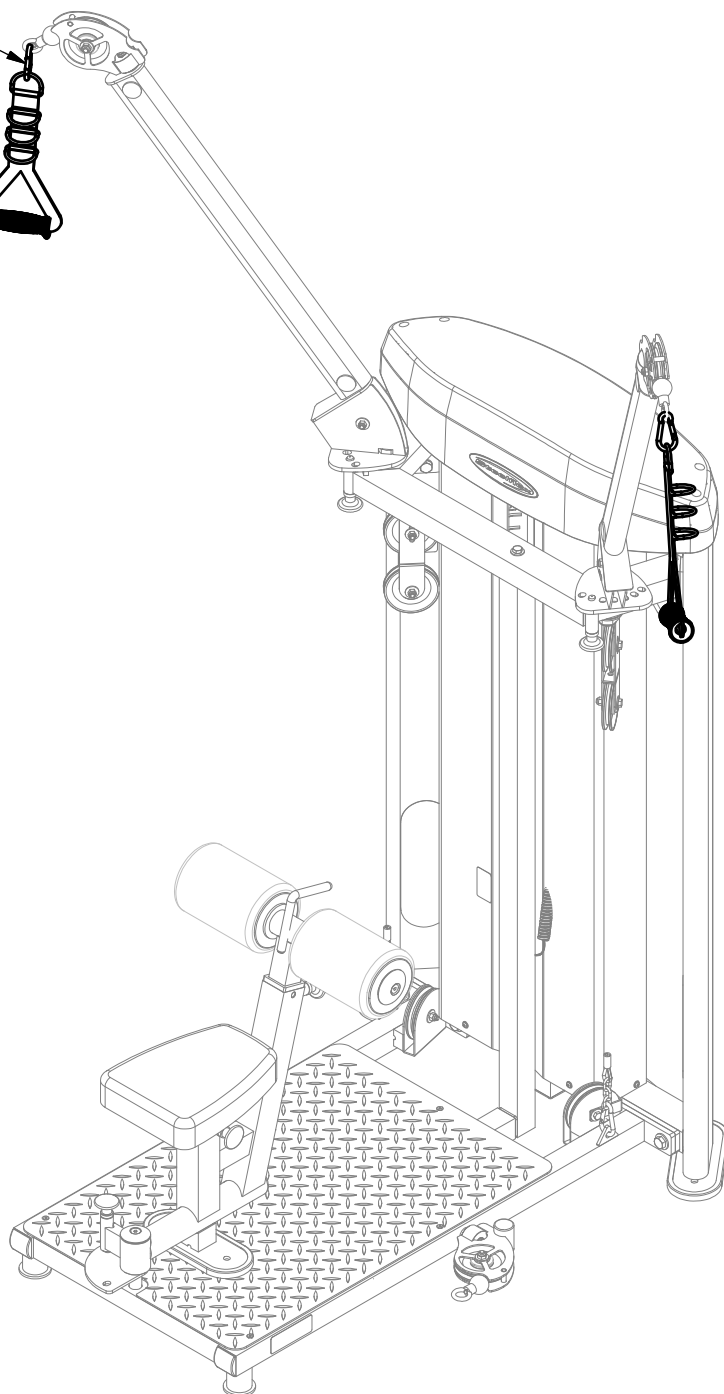
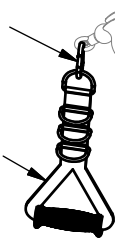
M3DHL ASSEMBLY INSTRUCTIONS



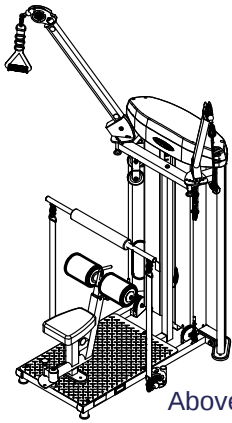
Above shows STEP 16
assembled and completed

D4x2

D16x2



M3DHL ASSEMBLY INSTRUCTIONS



Above shows STEP 17
assembled and completed

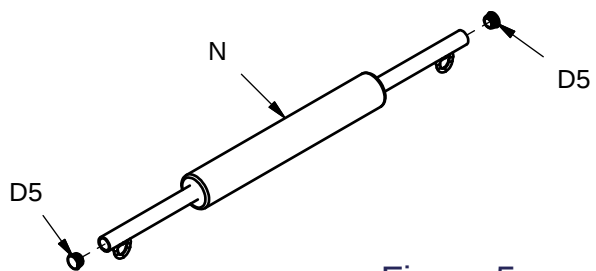
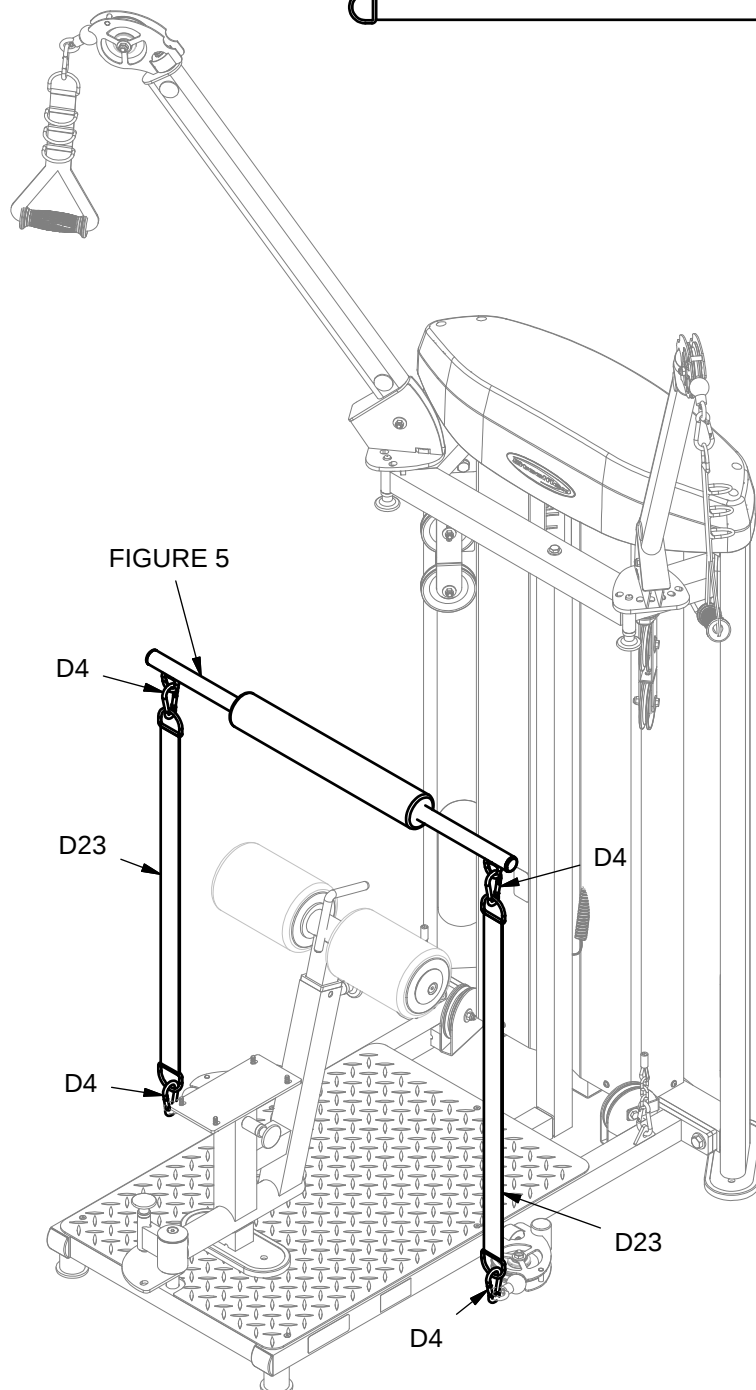
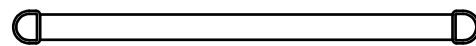
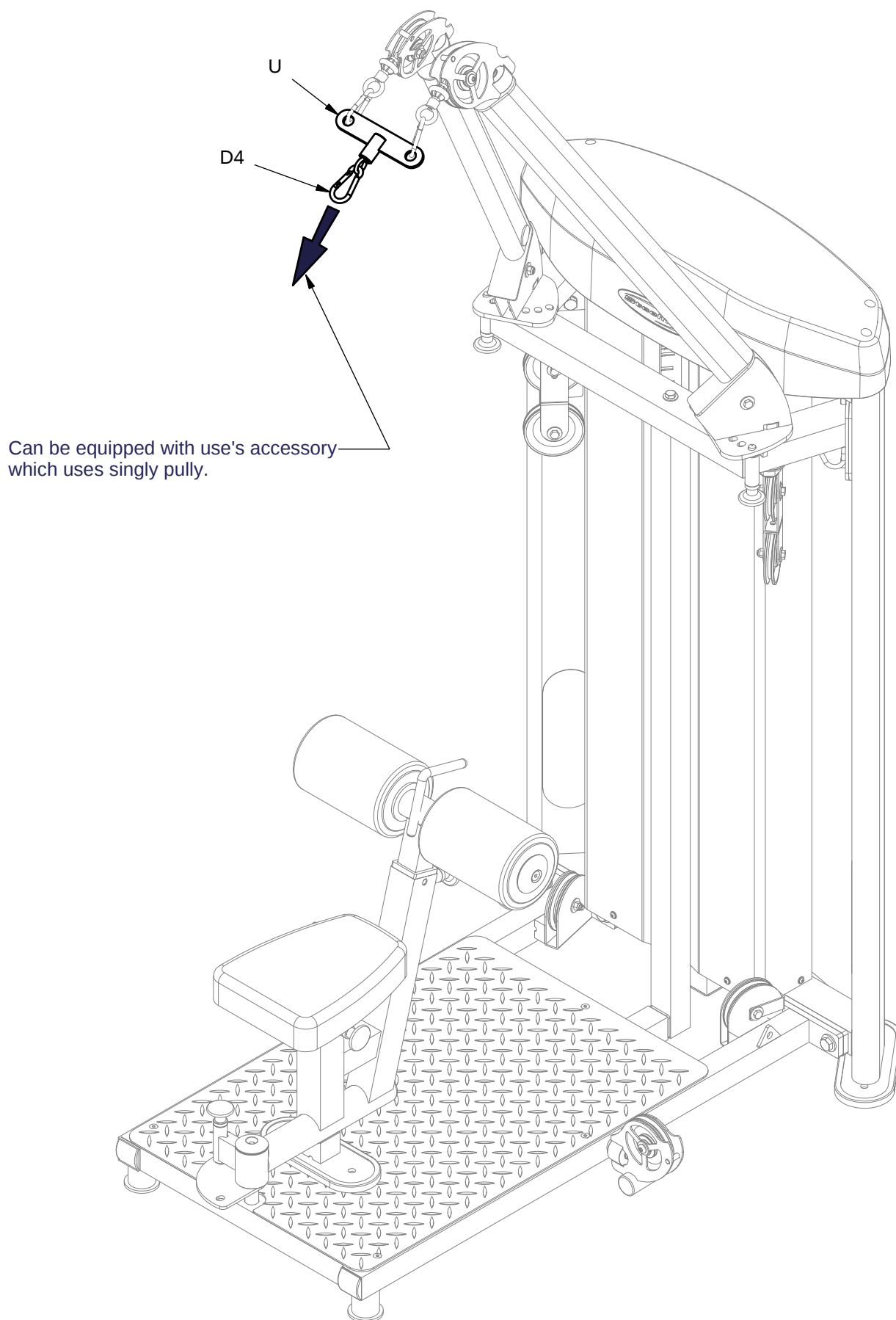


Figure 5

D23. LOAD-BEARING BLET QTY.2

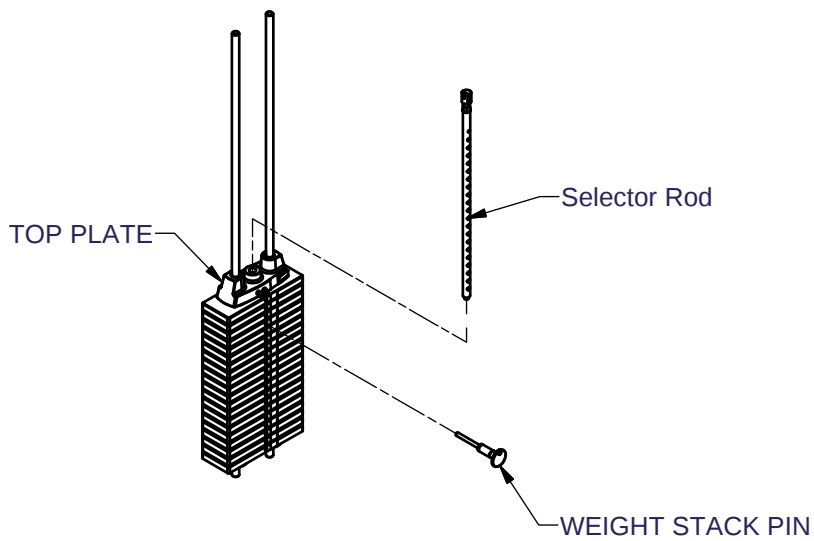


M3DHL ASSEMBLY INSTRUCTIONS



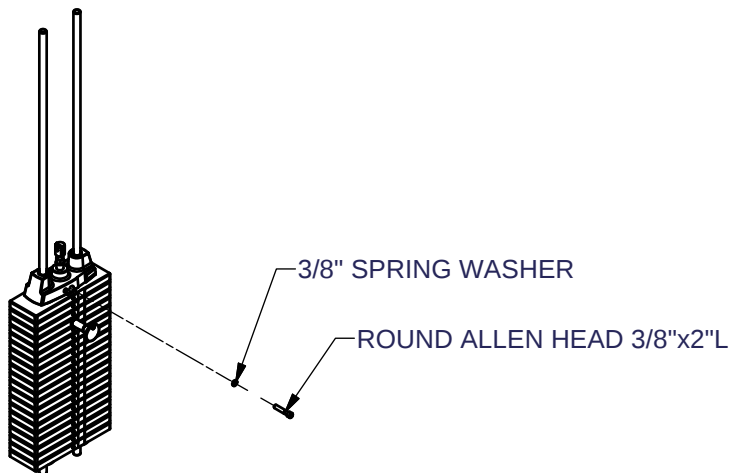
Guide on Selector Rod Adjustment

STEP 1



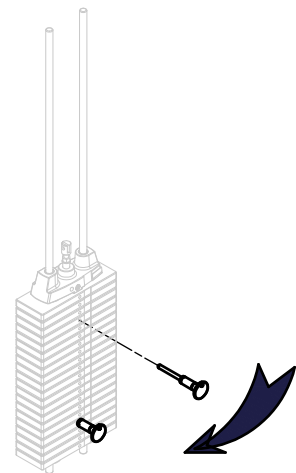
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

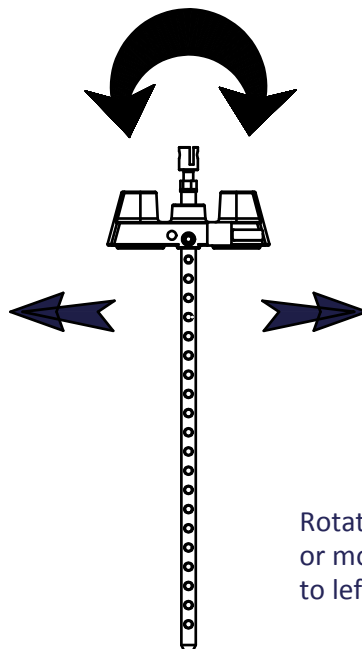


Step 2
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



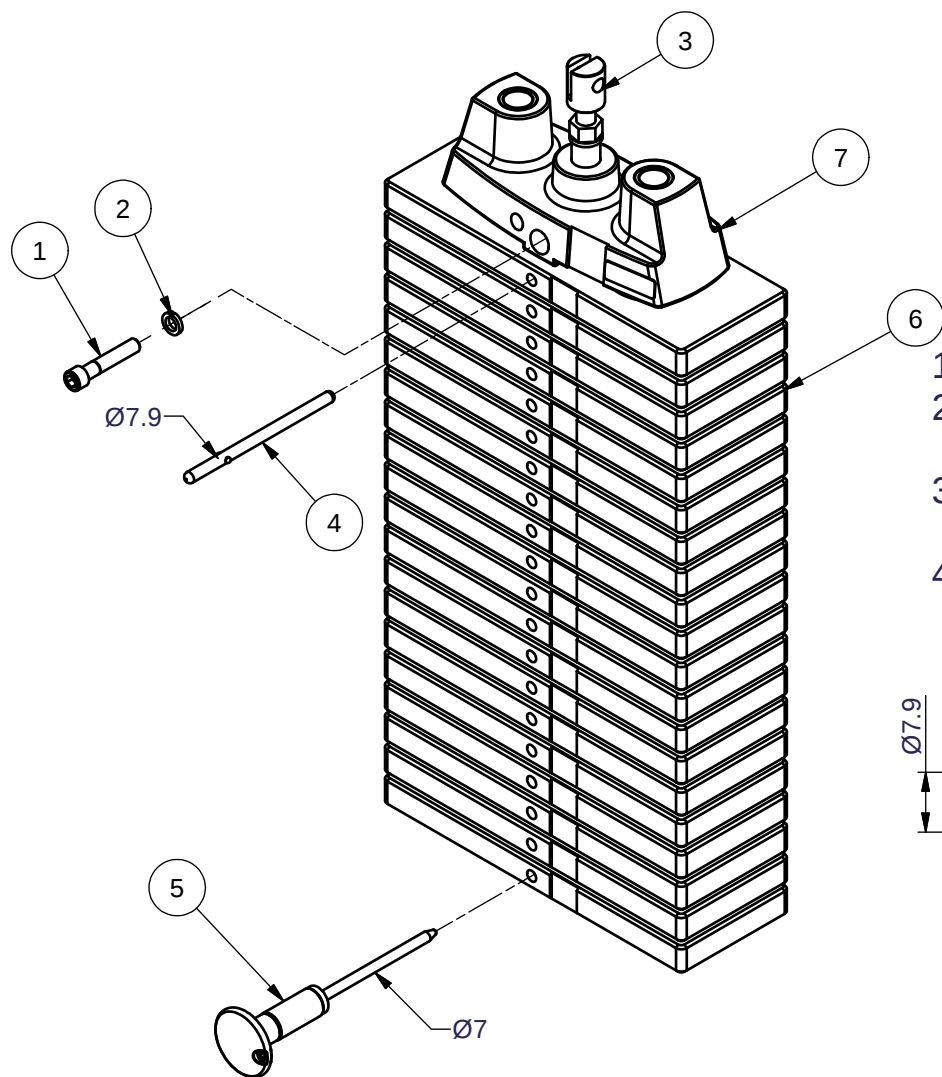
Step 3
Place the selector pin to each weight plate
(5,10,15,20....) to check the smoothness.



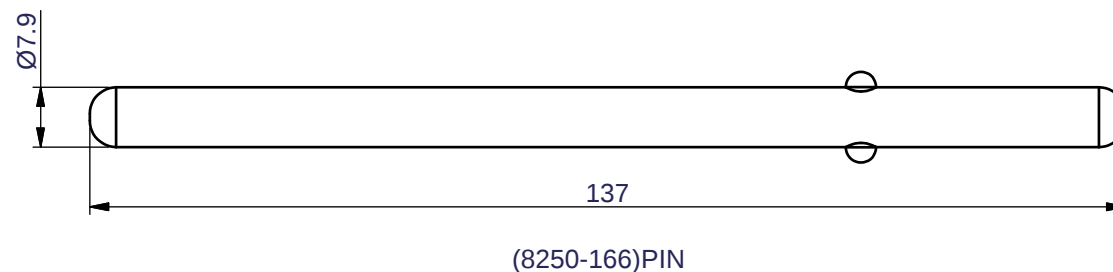
Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

MEGA POWER series JUNGLE GYM series

項目	零件代碼	品名	規格	數量	備註
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	8210-272C	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	102x22tx280L 10LB	20	
7	8400-006	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.



MEGA POWER series
JUNGLE GYM series

9440-417

9440-418

