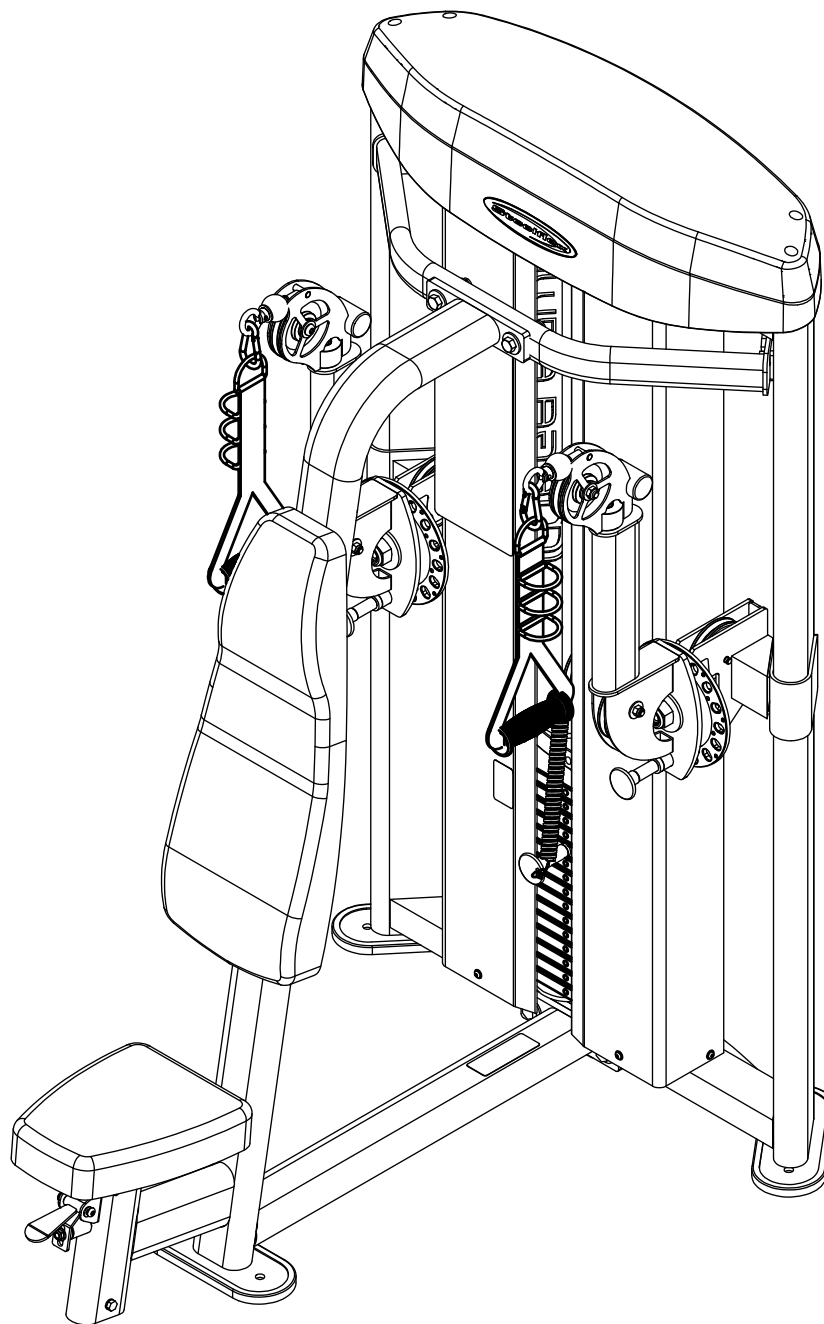


MEGA POWER



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

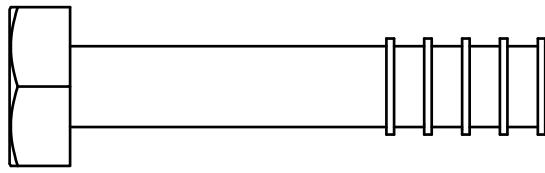
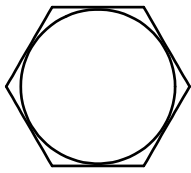
3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

Tel: 886-2-27209980

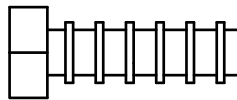
Fax: 886-2-27229750

www.steelflexfitness.com

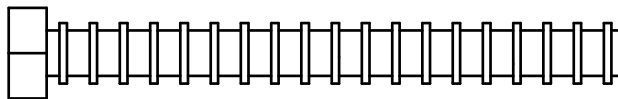
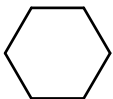
M3DFC.2 OWNER'S MANUAL

HARDWARE ILLUSTRATION

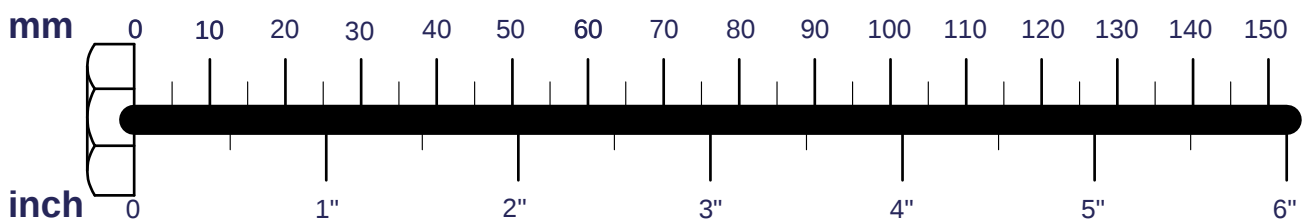
(A1)HEX BOLT 1/2"x2-1/2"L PARTIAL QTY.2



(A2)HEX BOLT 5/16"x1"L PARTIAL QTY.4

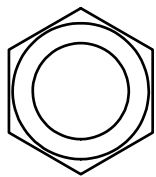


(A3)HEX BOLT 5/16"x3"L PARTIAL THREAD QTY.2

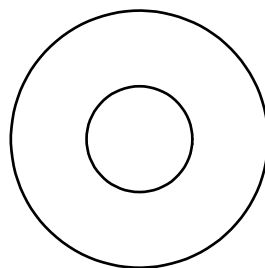
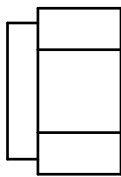


M3DFC ASSEMBLY INSTRUCTIONS

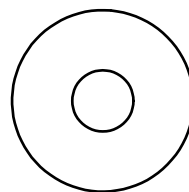
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 1/2" QTY.2



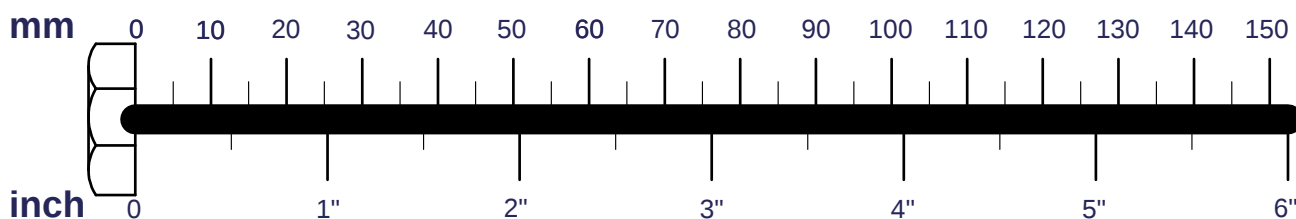
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(C2)5/16"(I.D.)FLAT WASHER Ø24 QTY.6

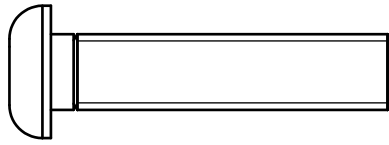
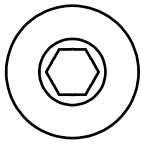


(C3)SPRING WASHER 5/16" QTY.6

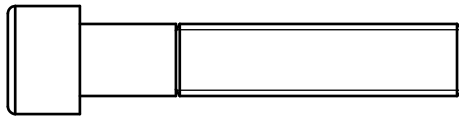
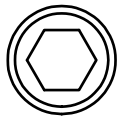


M3DFC ASSEMBLY INSTRUCTIONS

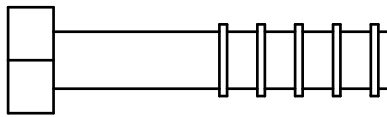
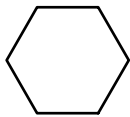
FRAME HARDWARE ILLUSTRATION



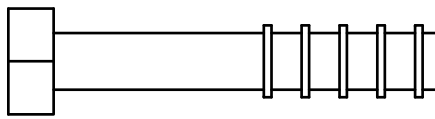
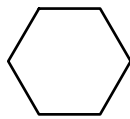
(AA1)ROUND INNER HEX SCREW M10x45L PARTIAL THREAD QTY.2



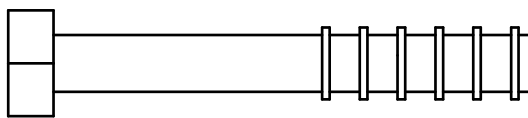
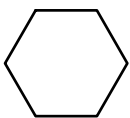
(AA2)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1



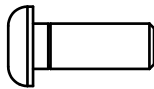
(AA3)HEX BOLT 3/8"x1-3/4"L PARTIAL QTY.2



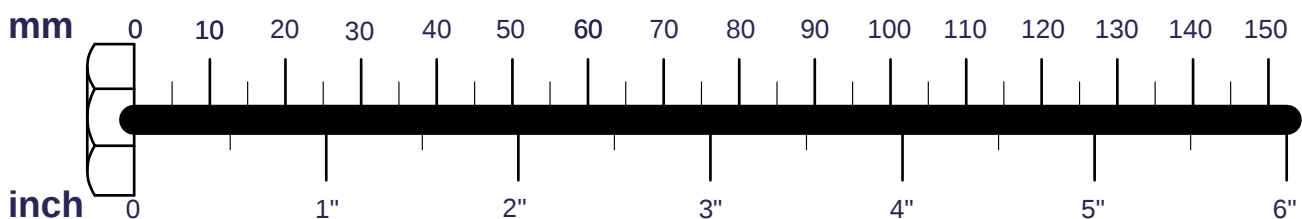
(AA4)HEX BOLT 3/8"x2"L PARTIAL QTY.5



(AA5)HEX BOLT 3/8"x2-1/2"L PARTIAL QTY.1

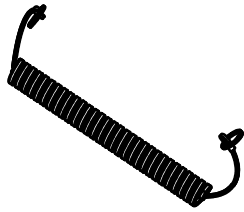


(AA6)ROUND INNER HEX SCREW M6x12L PARTIAL THREAD QTY.12

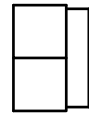
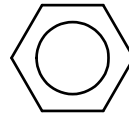


M3DFC ASSEMBLY INSTRUCTIONS

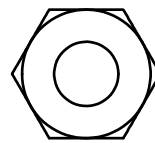
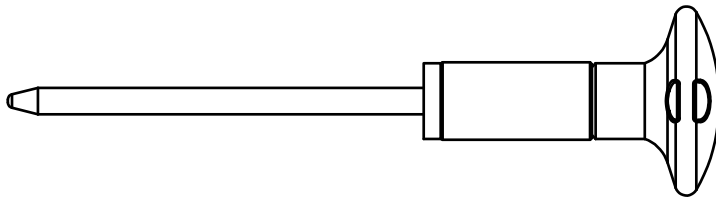
FRAME HARDWARE ILLUSTRATION



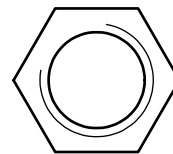
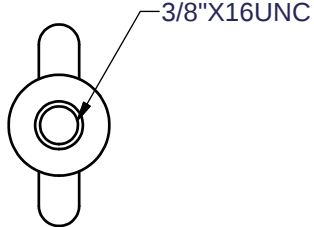
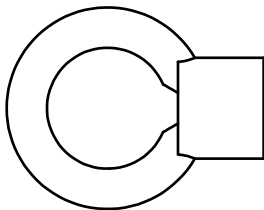
(AA7)ELASTIC BELT QTY.1



(BB1)NYLON LOCK NUT 3/8" QTY.7

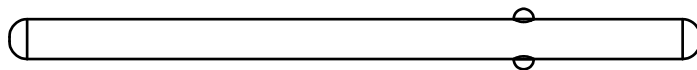


(AA9)10 、 15 、 20LB PIN (8250-162) QTY.1 (BB2)NYLON LOCK NUT M10 QTY.2

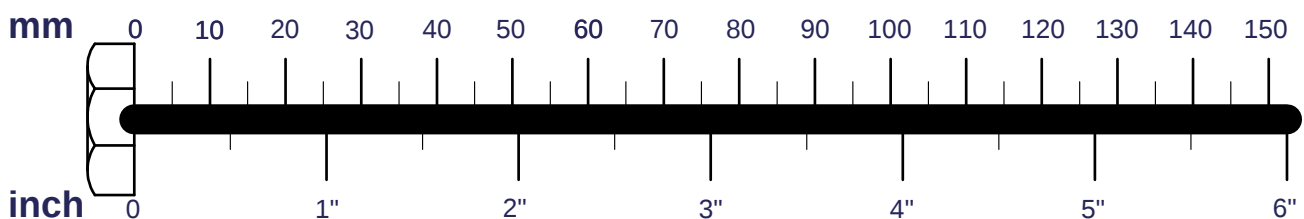


(BB3)1/2" NUT 13UNC QTY.1

(AA10)CARRIAGE BOLTS 3/8" PARTIAL THREAD QTY.2

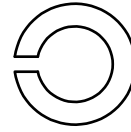
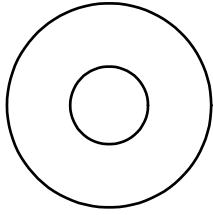


(AA12)Ø7.9 FIXED PIN(8250-166) QTY.1

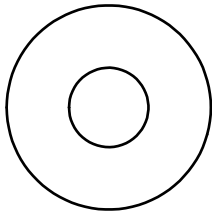


M3DFC ASSEMBLY INSTRUCTIONS

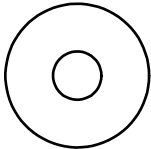
FRAME HARDWARE ILLUSTRATION



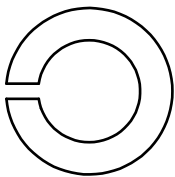
(CC1)3/8"(I.D.)FLAT WASHER Ø27 QTY.16 (CC5)SPRING WASHER 3/8" QTY.1



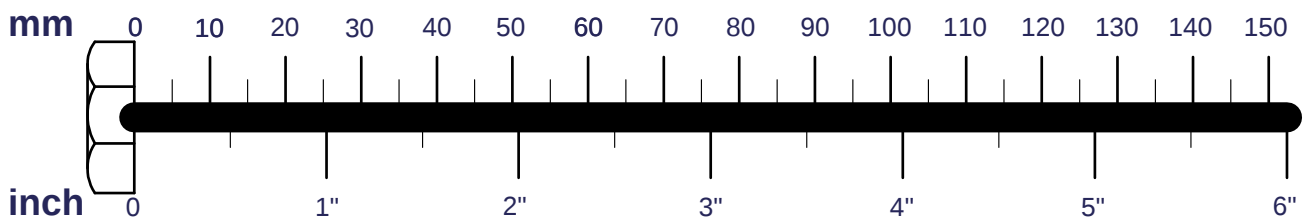
(CC2)M10(I.D.)FLAT WASHER Ø27 QTY.4



(CC3)M6(I.D.)FLAT WASHER Ø19 QTY.12



(CC4)SPRING WASHER 1/2" QTY.1

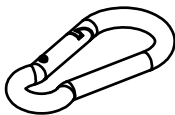


M3DFC ASSEMBLY INSTRUCTIONS

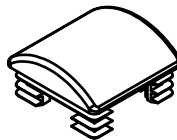
HARDWARE ILLUSTRATION

D1.Ø8X80L SPRING SNAP LINK(8810-001)-----	[2PCS]
D2.50X50X2.5t END CAP(9211-088)-----	[2PCS]
D3.Ø3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D4.Ø4" RUBBER COUNT(9310-017)-----	[2PCS]
D5.08X15tX263L RUBBER PAD(9310-075)-----	[3PCS]
D6.NYLON CABLE HANDLE(9630-221)-----	[2PCS]
D7.Ø110X22L PULLEY(9213-002B)-----	[13PCS]
D10.STEEL CABLE 8060mm(FM3DFC)-----	[1PCS]
D11.Ø28 PLUG(9211-095)-----	[1PCS]

D1.



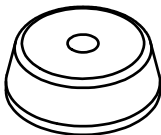
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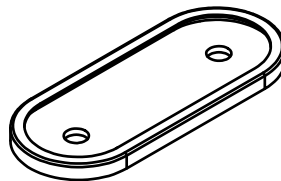
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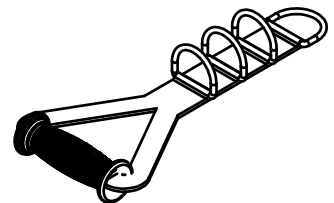
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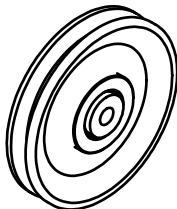
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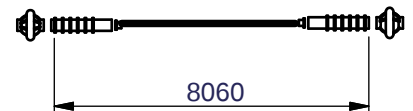
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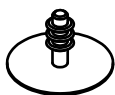
D7.



D9.



D11.

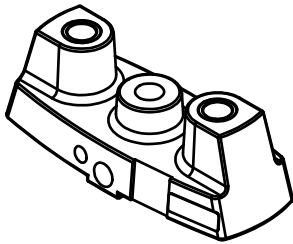


M3DFC ASSEMBLY INSTRUCTIONS

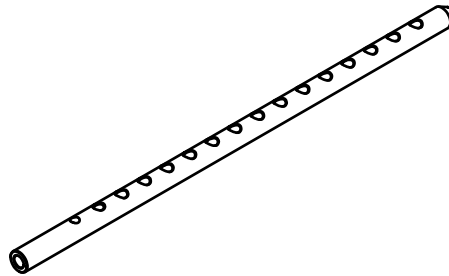
HARDWARE ILLUSTRATION

D14.TOP PLATE(8400-006)----- [1PCS]
D15.WEIGHT SELECTOR BAR(8210-274)----- [1PCS]

D14.



D15.

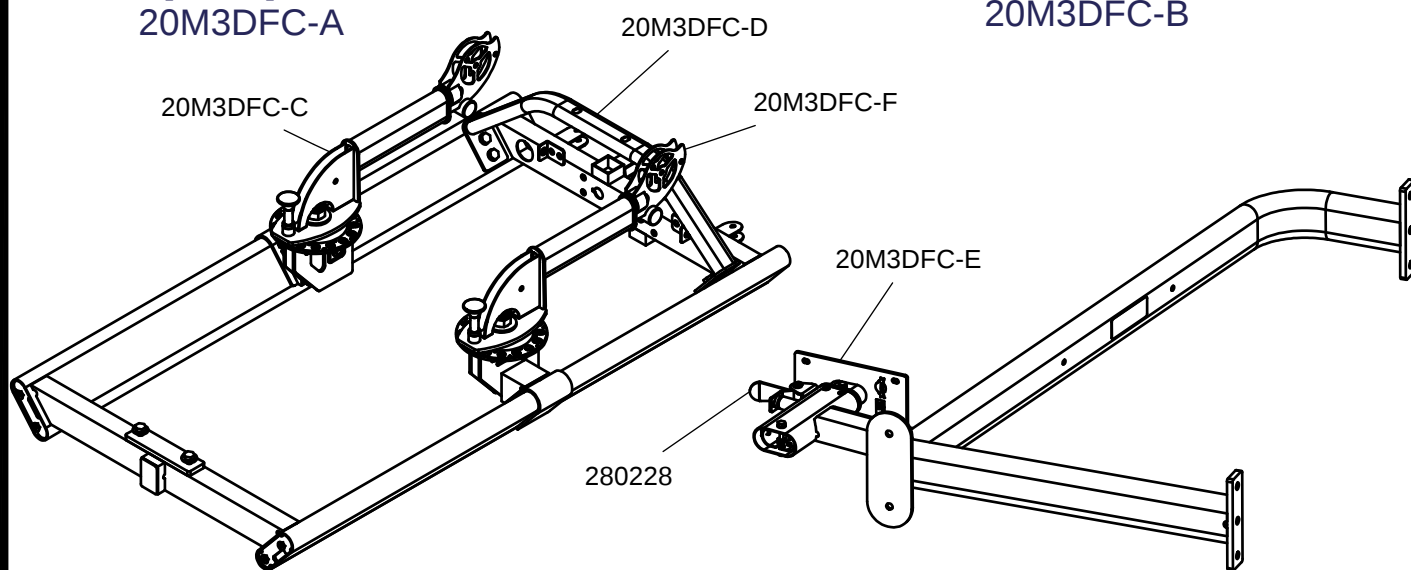


M3DFC ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

A [1SET]
20M3DFC-A

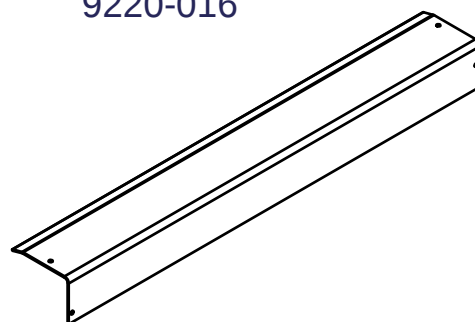
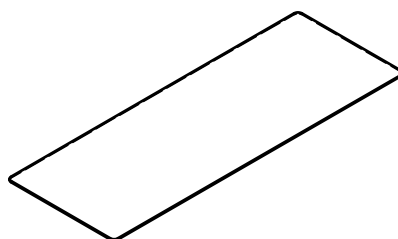
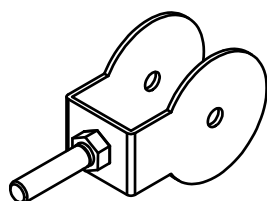
B [1SET]
20M3DFC-B



C [1SET]
20M3DFC-G

D [1PCS]
9420-071
EXERCISE CHART

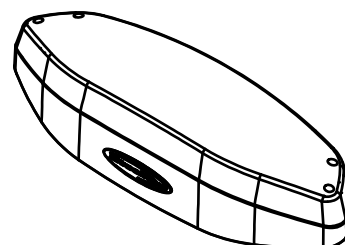
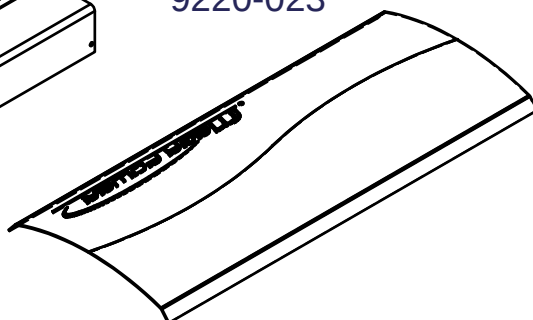
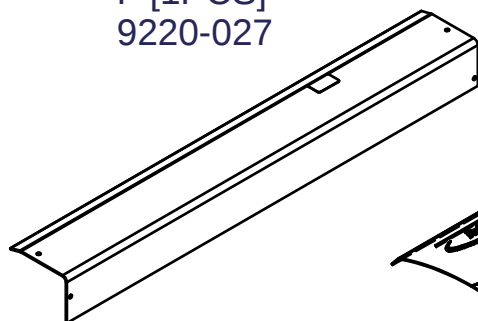
E [1PCS]
9220-016



F [1PCS]
9220-027

G [1PCS]
9220-023

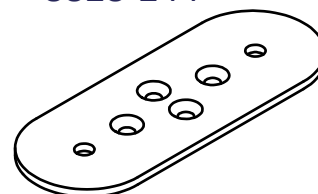
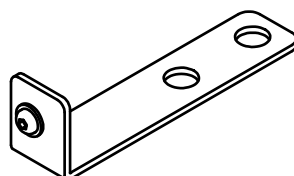
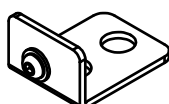
H [1SET]
9211-148



I [2SET]
8331-056

J [4SET]
8331-057

K [2PCS]
8313-144

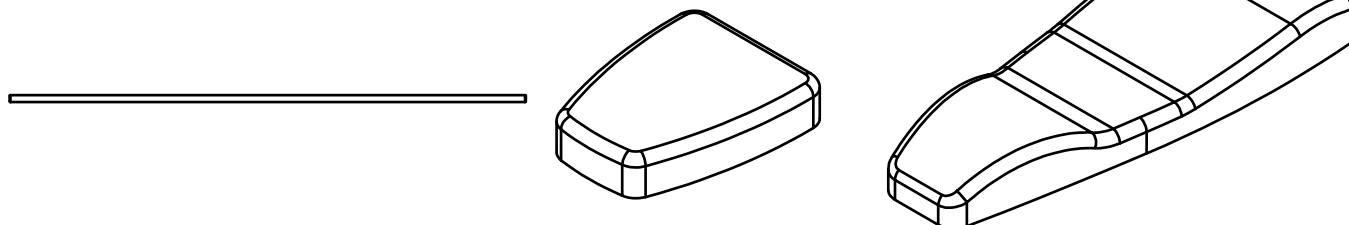


PARTS ILLUSTRATION SHEET

L1 [2PCS]
8280-042
Ø3/4"X1433L

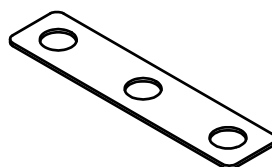
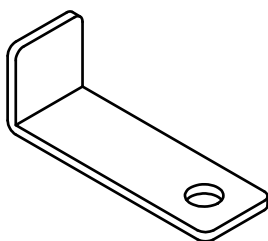
M [1SET]
9121-070

N [1SET]
9111-069

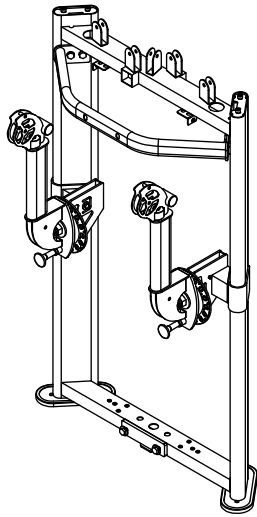


O [5PCS]
8331-017

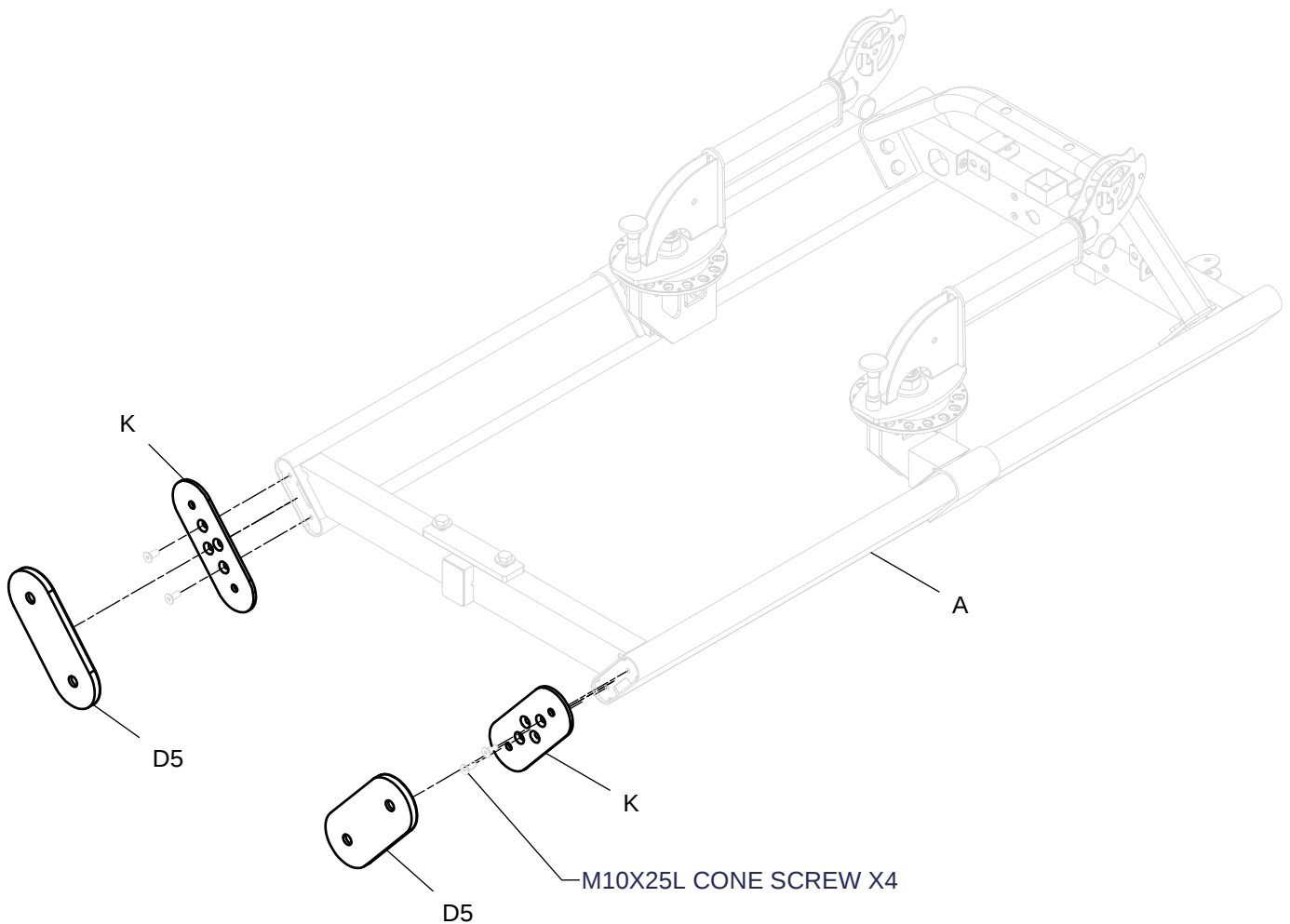
P [1PCS]
8311-194



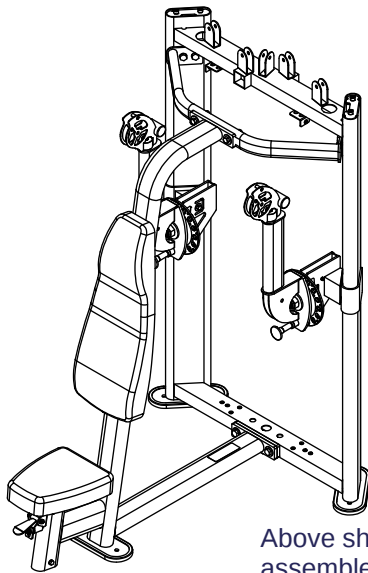
M3DFC ASSEMBLY INSTRUCTIONS



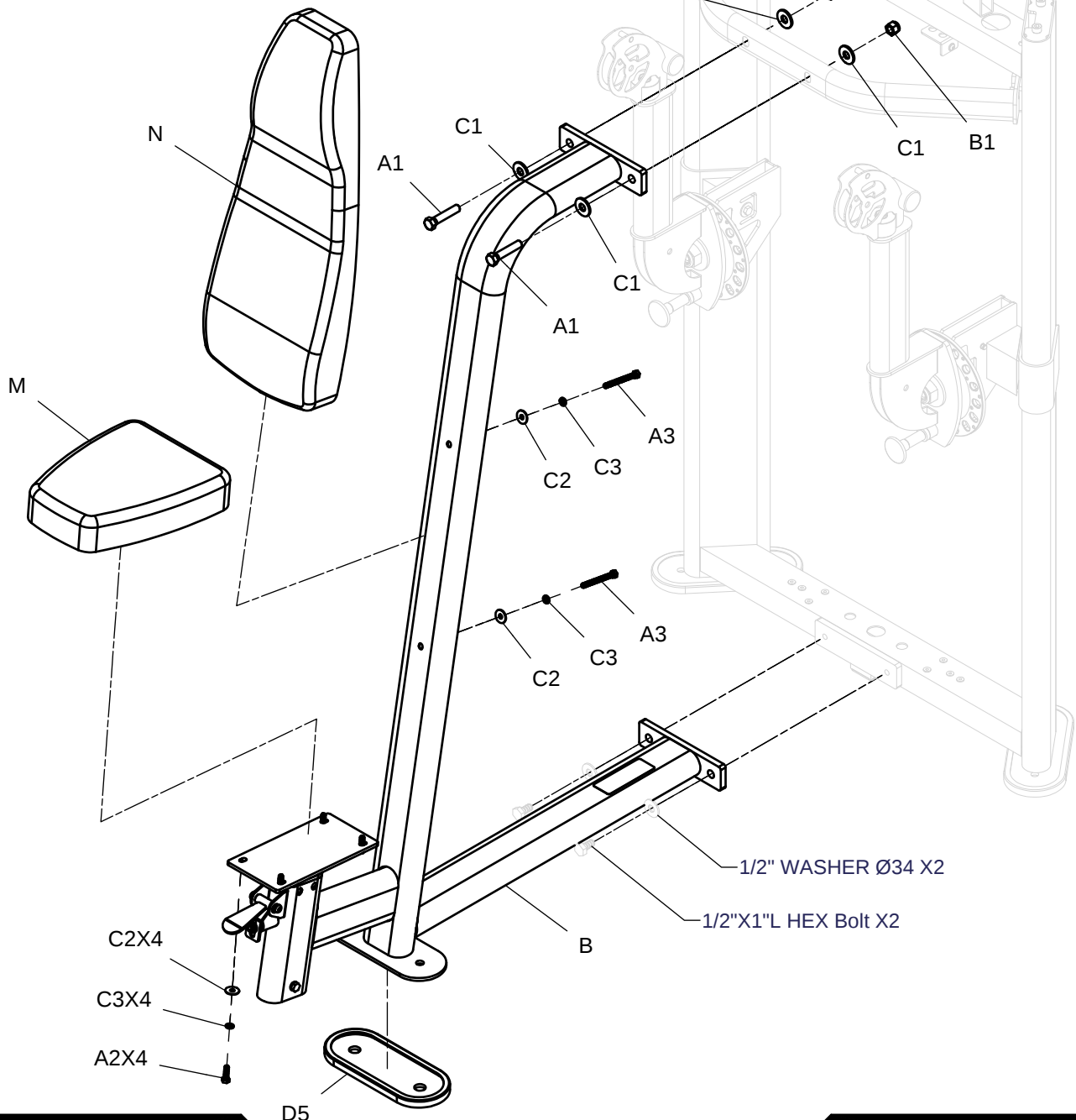
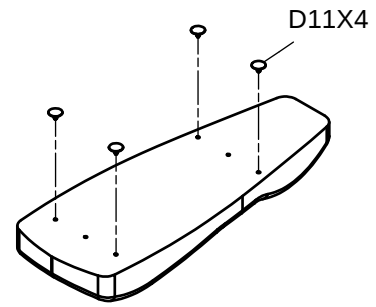
Above shows STEP 1
assembled and completed



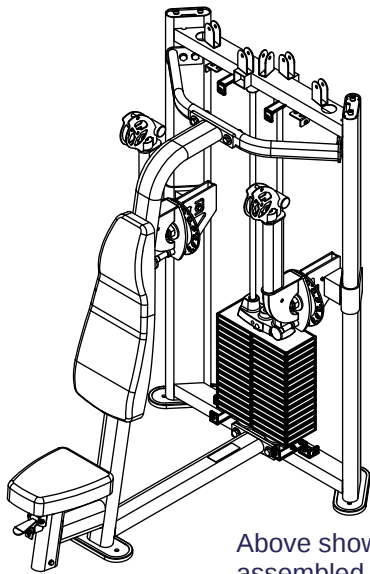
M3DFC ASSEMBLY INSTRUCTIONS



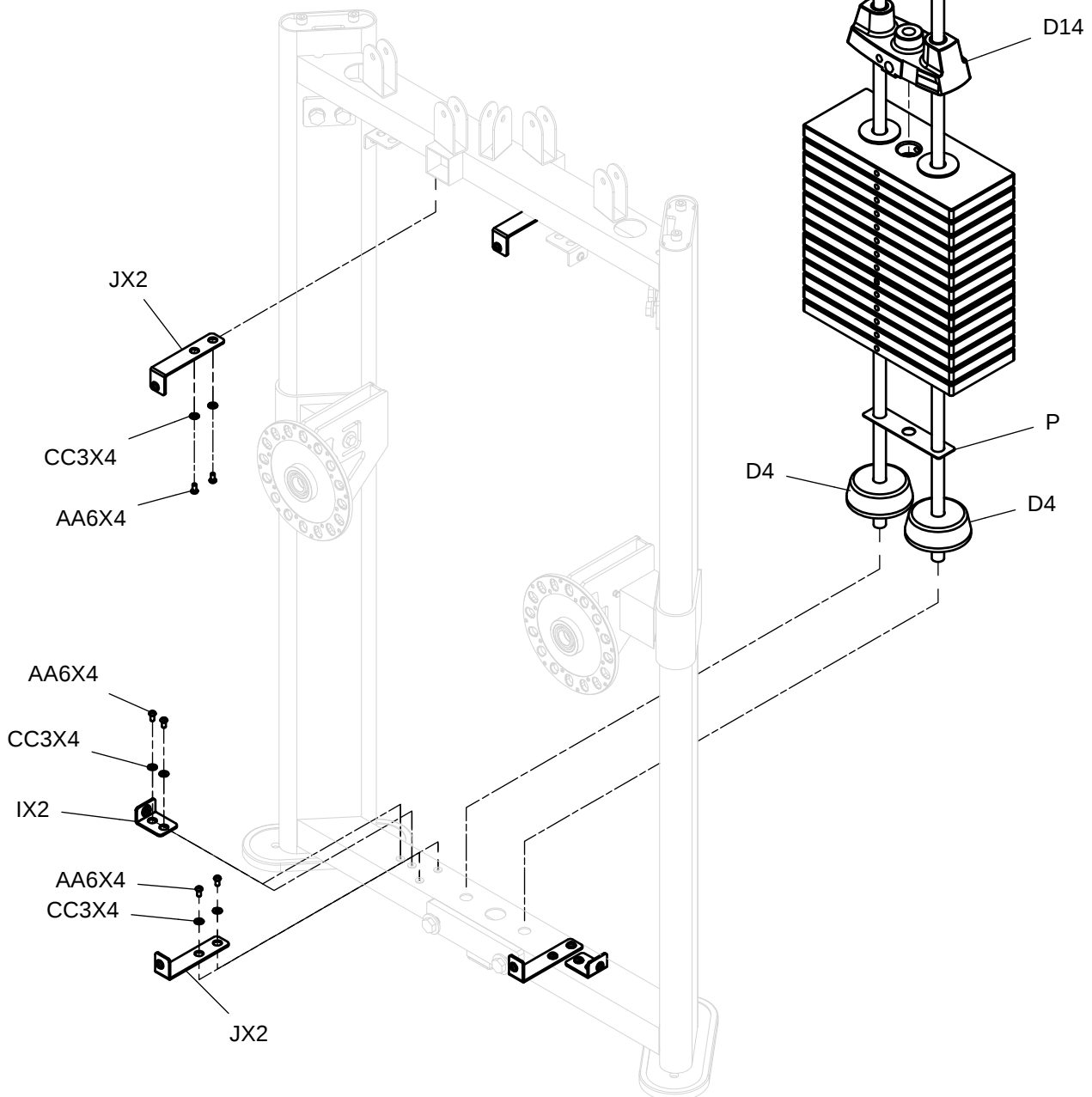
Above shows STEP 2
assembled and completed



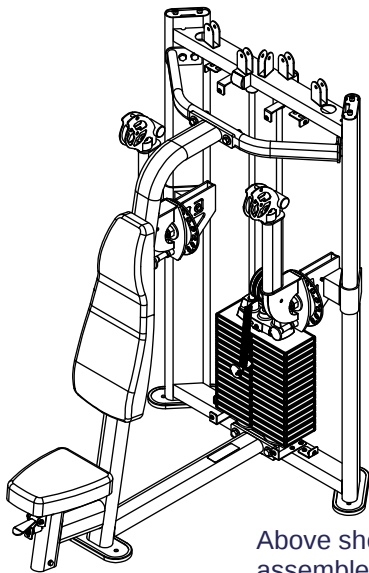
M3DFC ASSEMBLY INSTRUCTIONS



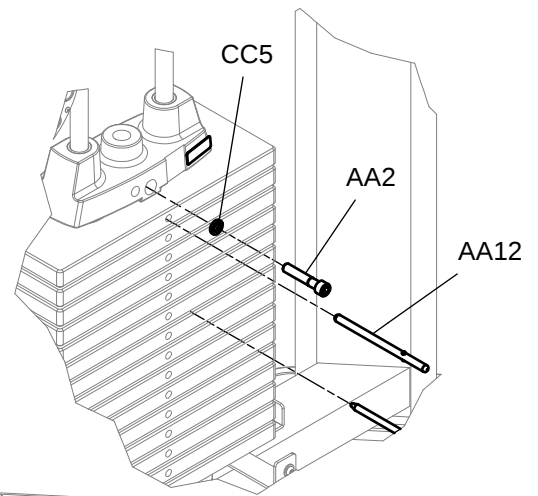
Above shows STEP 3
assembled and completed



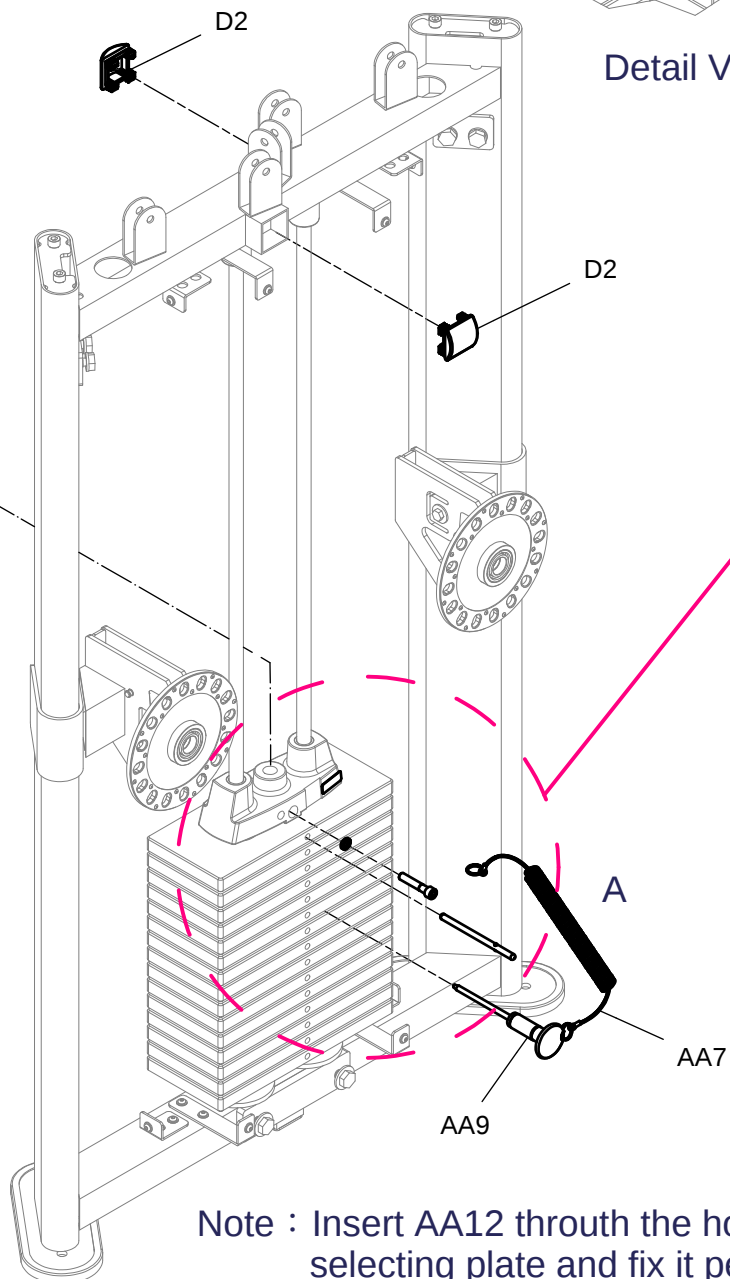
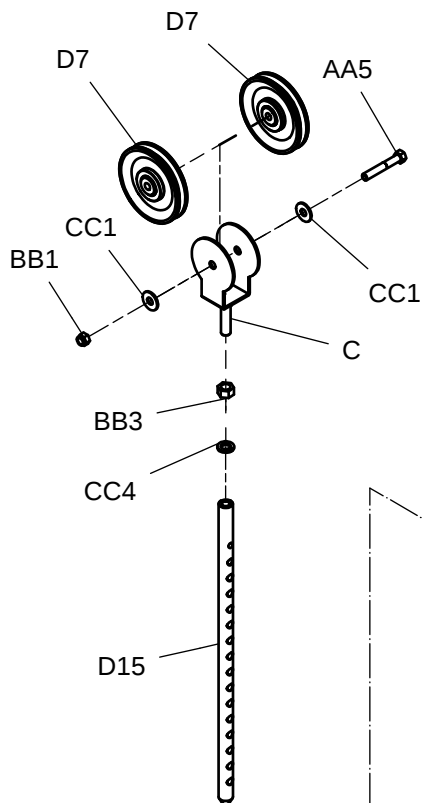
M3DFC ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

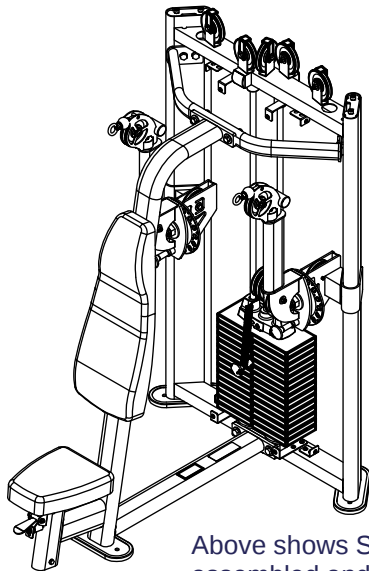


Detail View A

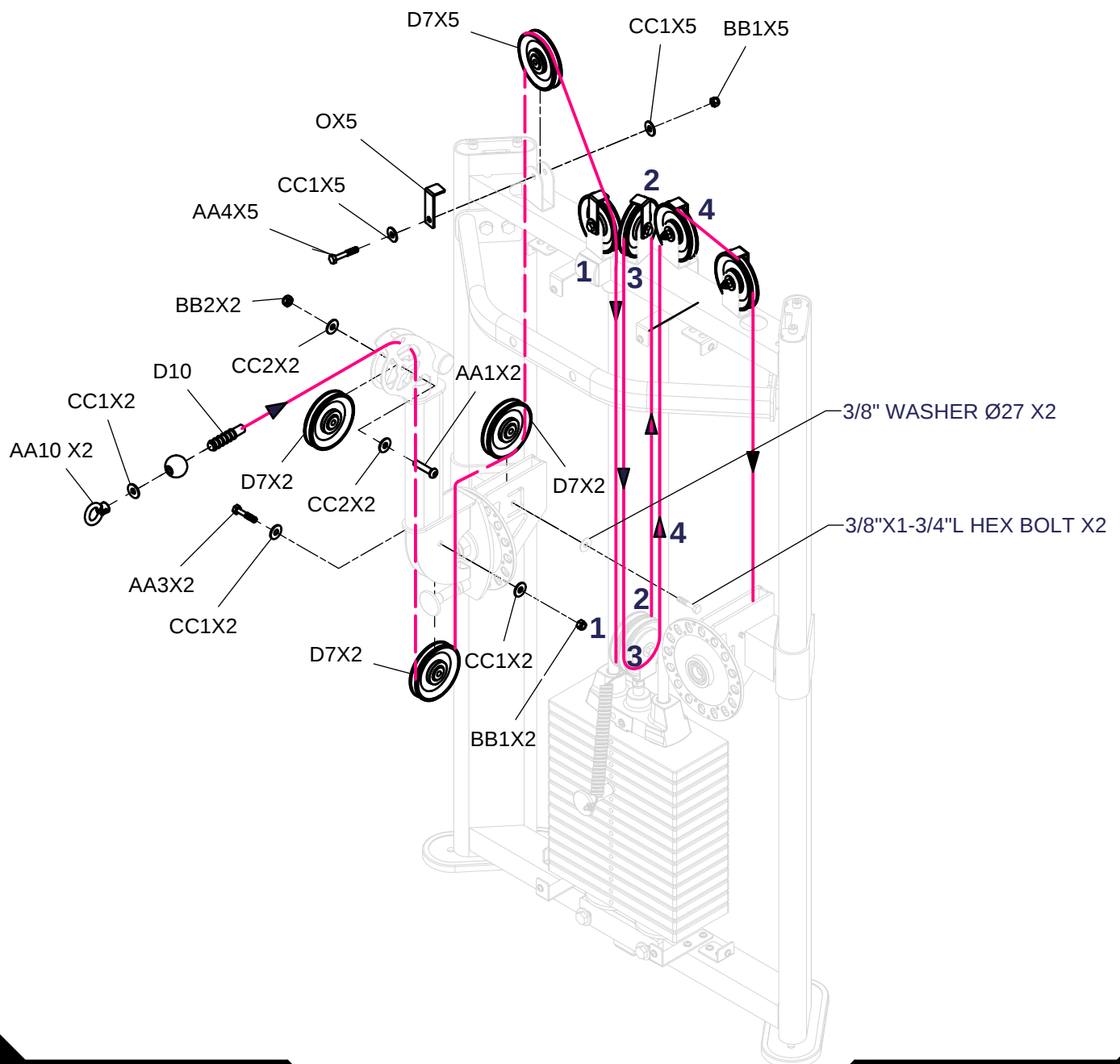


Note : Insert AA12 through the hole of the first
selecting plate and fix it permanently

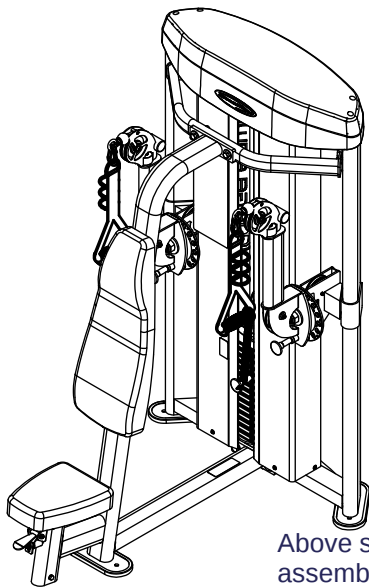
M3DFC ASSEMBLY INSTRUCTIONS



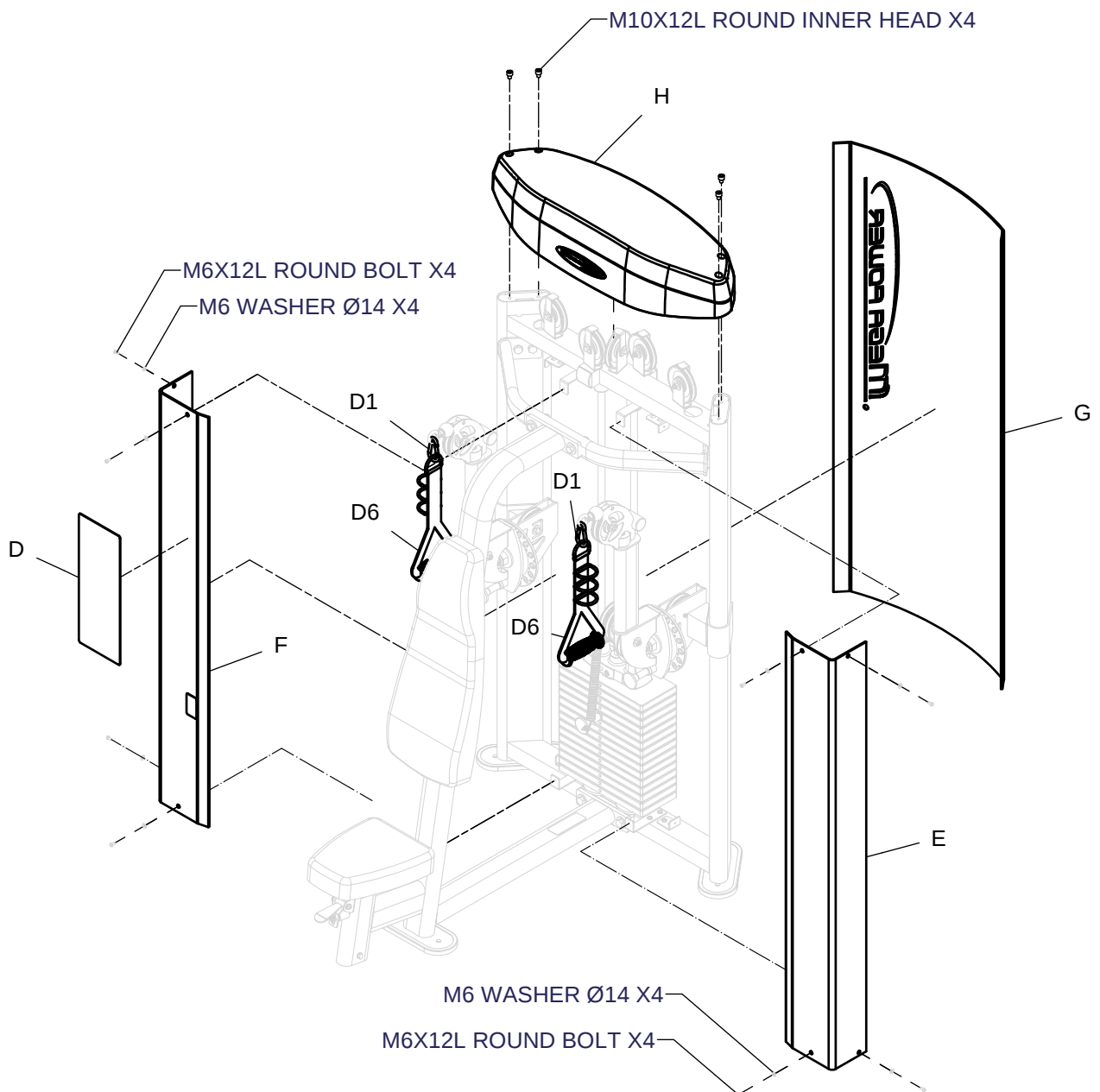
Above shows STEP 5
assembled and completed



M3DFC ASSEMBLY INSTRUCTIONS

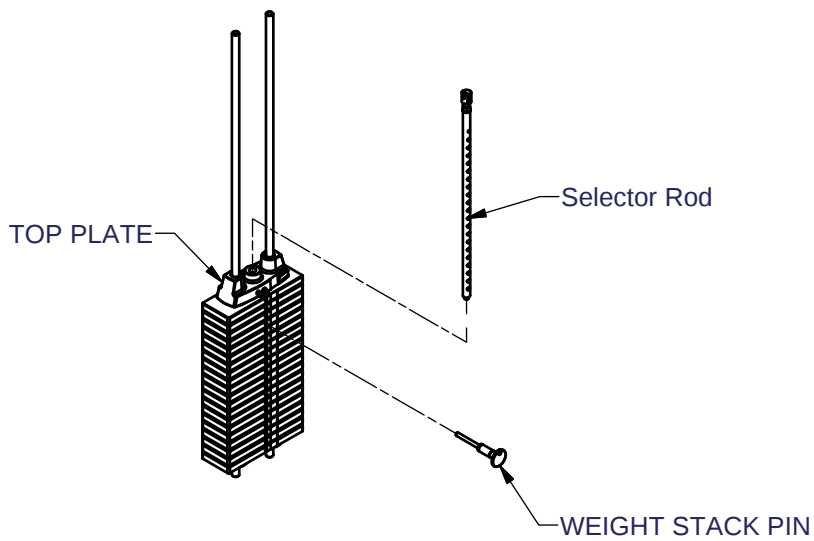


Above shows STEP 6
assembled and completed



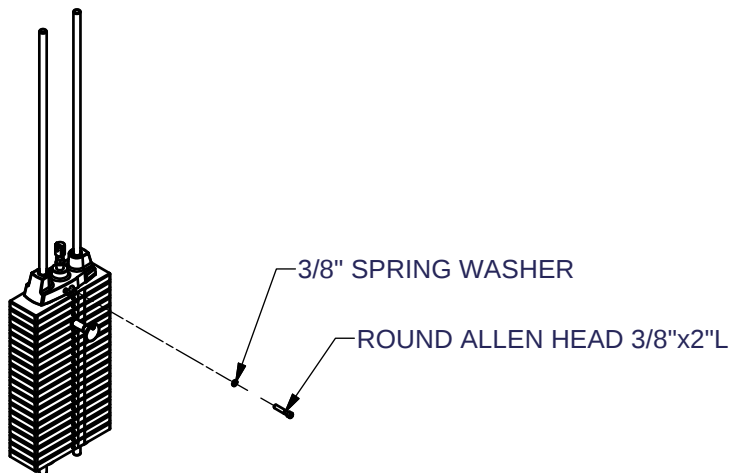
Guide on Selector Rod Adjustment

STEP 1



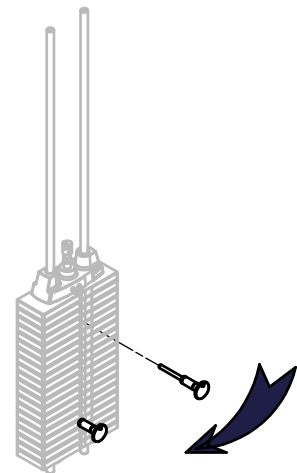
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

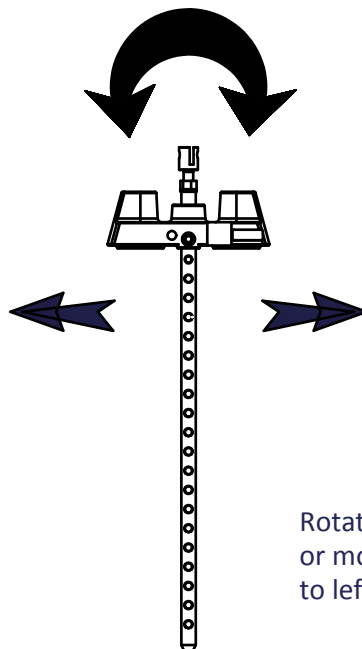


Step 2
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



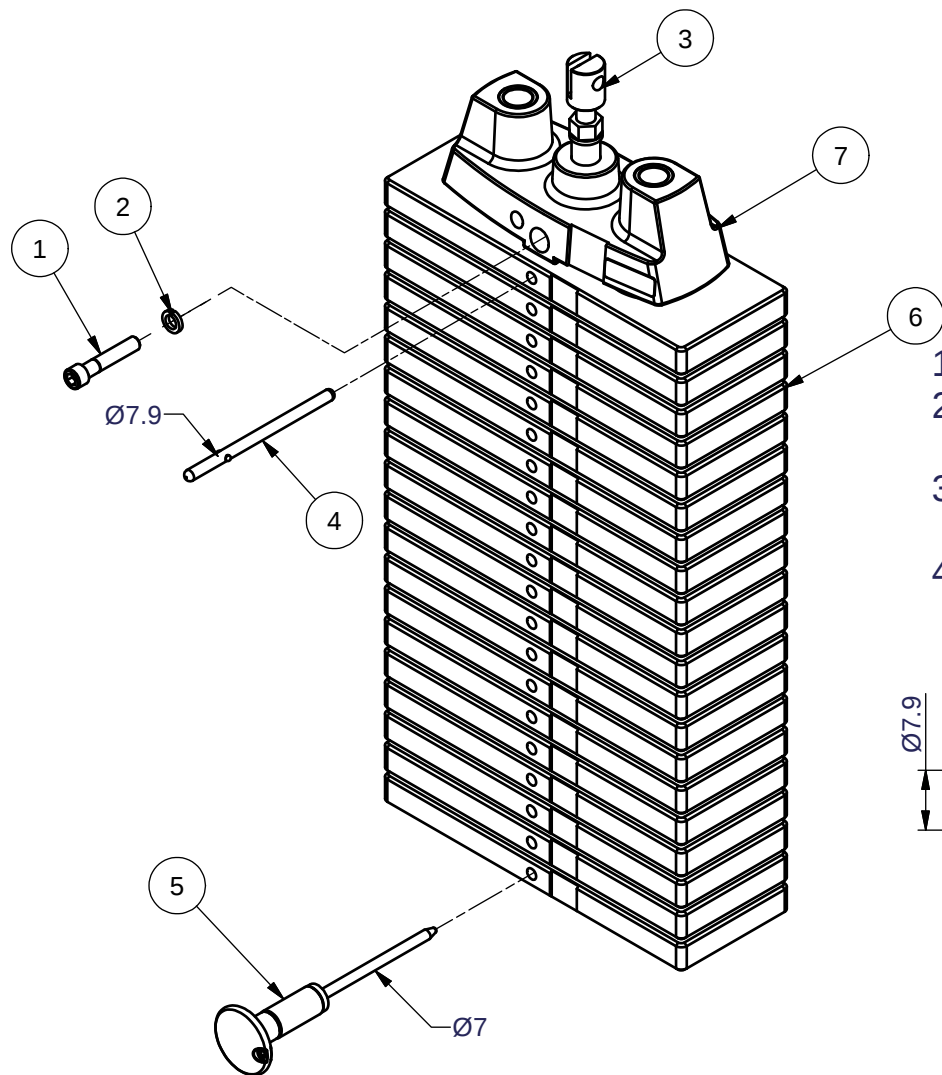
Step 3
Place the selector pin to each weight plate
(5,10,15,20....) to check the smoothness.



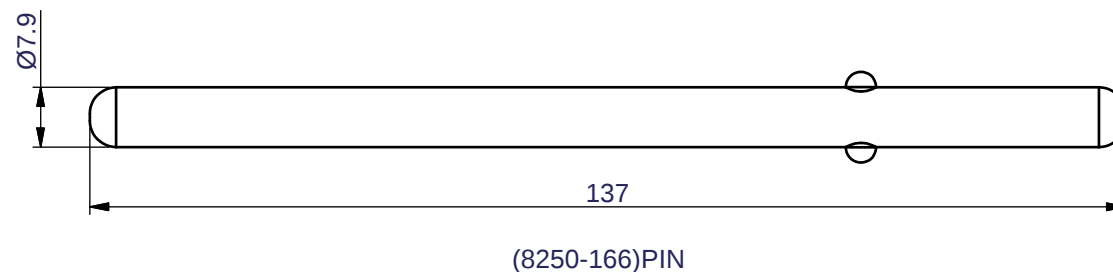
Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

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

