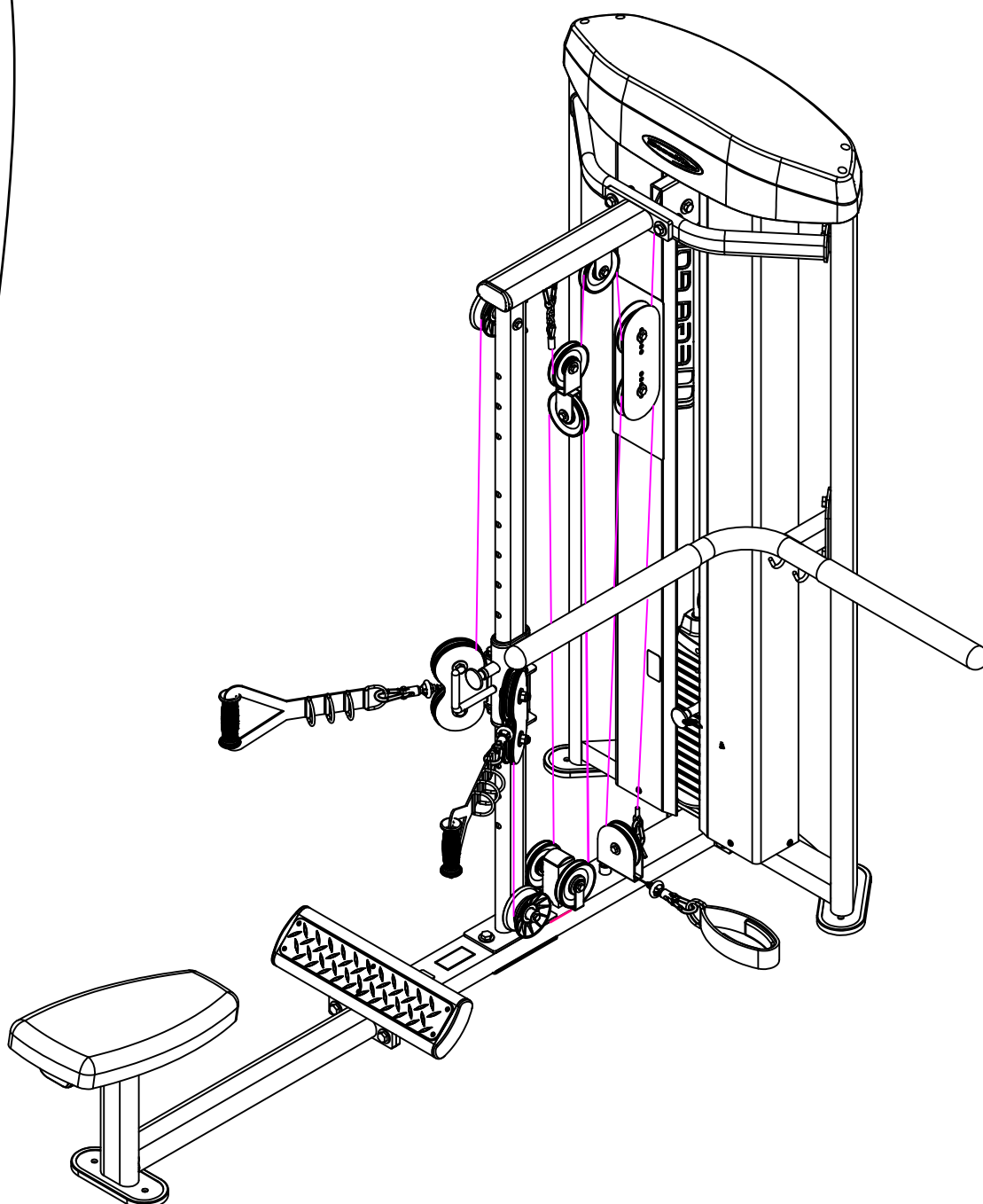


MEGA POWER



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

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

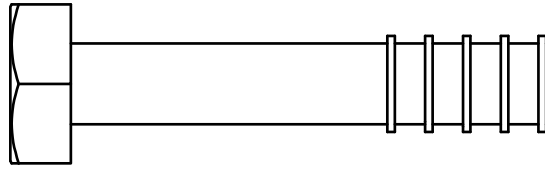
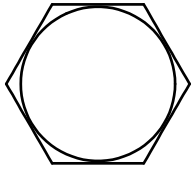
Tel: 886-2-27209980

Fax: 886-2-27229750

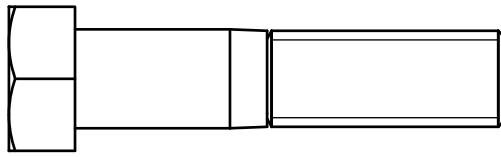
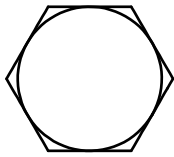
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M3DBR.2

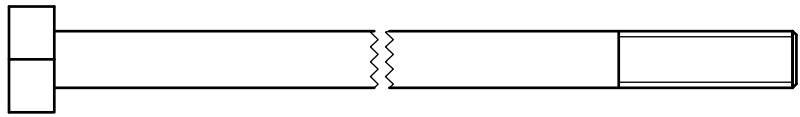
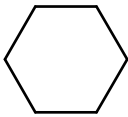
OWNER'S MANUAL

HARDWARE ILLUSTRATION

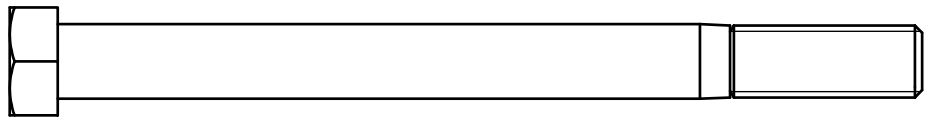
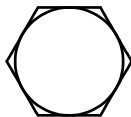
(A1)HEX BOLT 1/2"x2-1/2"L PARTIAL QTY.2



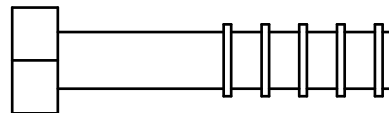
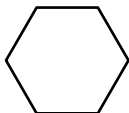
(A2)HEX BOLT 1/2"x2-1/4"L PARTIAL QTY.4



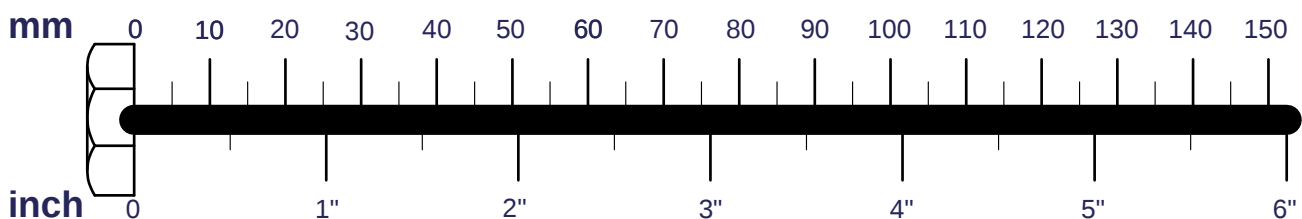
(A3)HEX BOLT 3/8"x6"L PARTIAL THREAD QTY.1



(A4)HEX BOLT 3/8"x4-1/2"L PARTIAL THREAD QTY.1

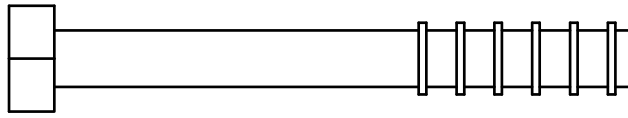
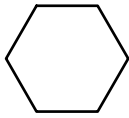


(A5)HEX BOLT 3/8"x1-3/4"L PARTIAL THREAD QTY.6

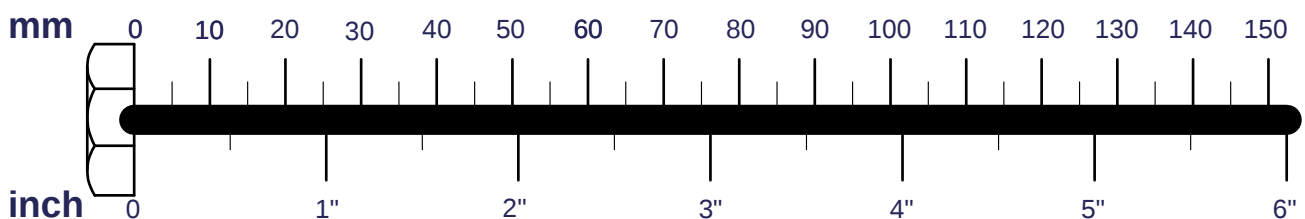


M3DBR ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

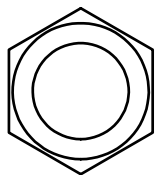


(A6)HEX BOLT 5/16"x3"L PARTIAL QTY.2

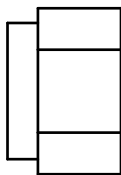


M3DBR ASSEMBLY INSTRUCTIONS

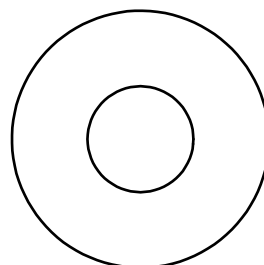
HARDWARE ILLUSTRATION



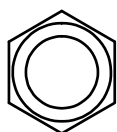
(B1)NYLON LOCK NUT 1/2" QTY.6



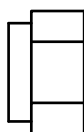
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.12



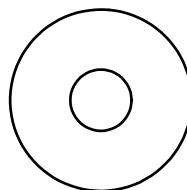
(C2)3/8"(I.D.)FLAT WASHER Ø27 QTY.16



(B2)NYLON LOCK NUT 3/8" QTY.8



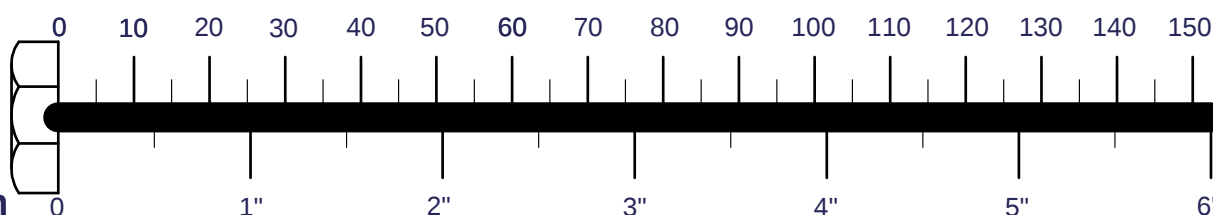
(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.2



(C4)SPRING WASHER 5/16" QTY.2



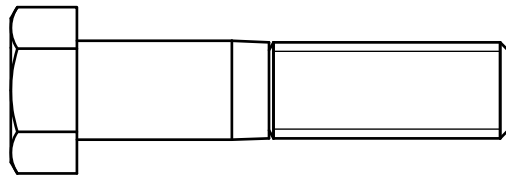
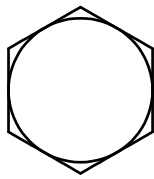
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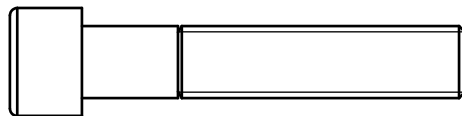
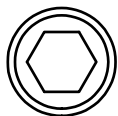
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M3DBR ASSEMBLY INSTRUCTIONS

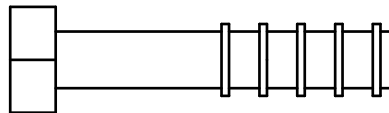
FRAME HARDWARE ILLUSTRATION



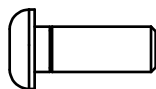
(AA1)HEX BOLT 1/2"x2-1/4"L PARTIAL QTY.1



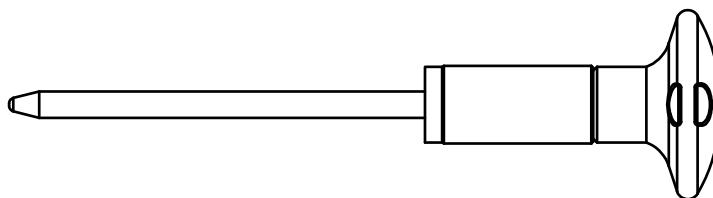
(AA2)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1



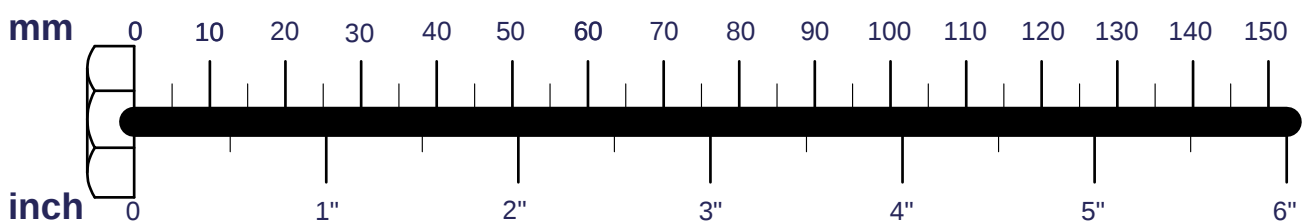
(AA3)HEX BOLT 3/8"x1-3/4"L PARTIAL QTY.1



(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.12

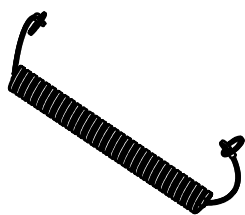


(AA5)10 、 15 、 20LB PIN (8250-162) QTY.1

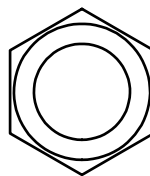


M3DBR ASSEMBLY INSTRUCTIONS

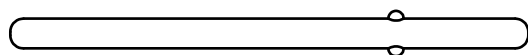
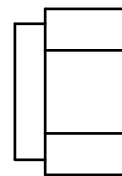
FRAME HARDWARE ILLUSTRATION



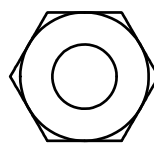
(AA6)ELASTIC BELT QTY.1



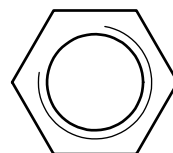
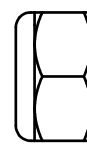
(BB1)NYLON LOCK NUT 1/2" QTY.1



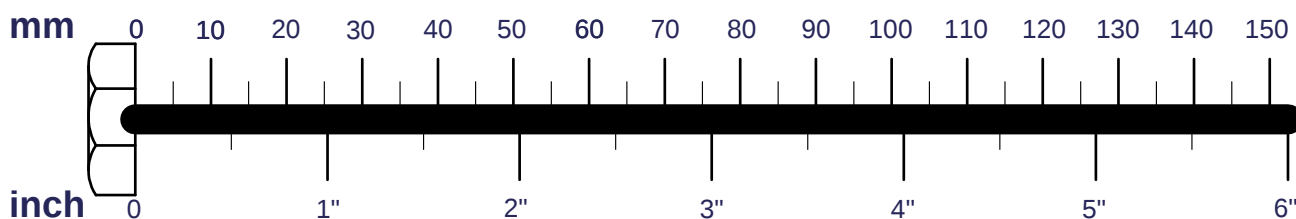
(AA8)Ø7.9 FIXED PIN(8250-166) QTY.1



(BB2)NYLON LOCK NUT 3/8" QTY.1

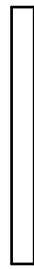
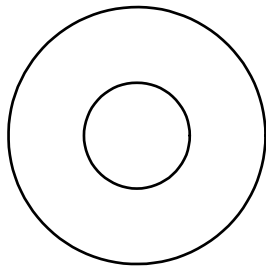


(BB3)1/2" NUT 13UNC QTY.1

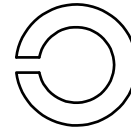


M3DBR ASSEMBLY INSTRUCTIONS

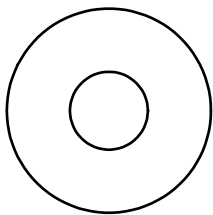
FRAME HARDWARE ILLUSTRATION



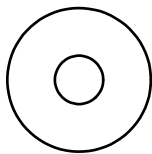
(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.2



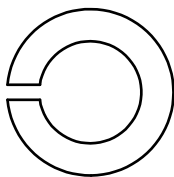
(CC5)SPRING WASHER 3/8" QTY.1



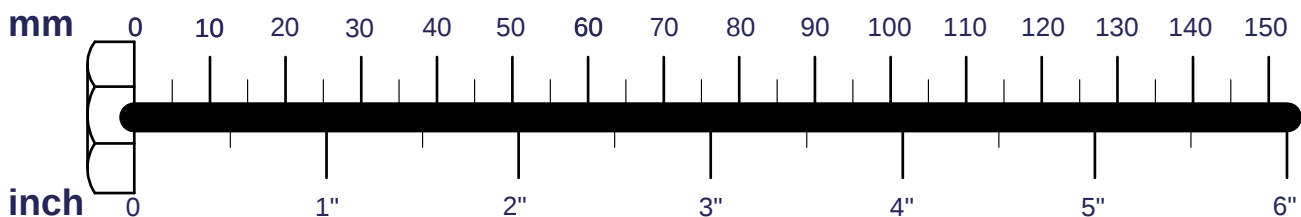
(CC2)3/8"(I.D.)FLAT WASHER Ø27 QTY.2



(CC3)M6(I.D.)FLAT WASHER Ø19 QTY.12



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



M3DBR ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø15.9XØ10.5X6.5t STEEL BUSHING(8110-056)-----	[2PCS]
D2.Ø5/8"XØ10.5X17L STEEL BUSHING(8110-059)-----	[2PCS]
D3.Ø8X80L SPRING SNAP LINK(8810-001)-----	[6PCS]
D4.50X50X2.5t END CAP(9211-088)-----	[1PCS]
D5.50X1000 NYLON BUSHING(9211-107)-----	[2PCS]
D6.50X100X1.5t END CAP(9211-114)-----	[3PCS]
D7.50X150X41.5H END CAP(9211-162)-----	[2PCS]
D8.08X15tX263L RUBBER PAD(9310-075)-----	[1PCS]
D9.NYLON CABLE HANDLE(9630-221)-----	[2PCS]
D10.ANKLE STRAP(9630-196)-----	[1PCS]
D11.STEEL CABLE 6650mm (FM3DBRA)-----	[1PCS]
D12.STEEL CABLE 4150mm (FM3DBRB)-----	[1PCS]
D13.STEEL CABLE 2500mm (FM3DBRC)-----	[1PCS]

D1.



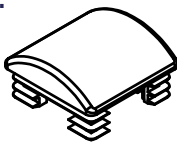
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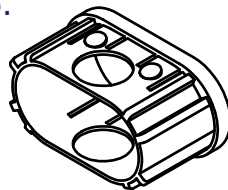
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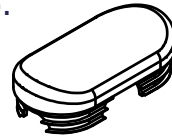
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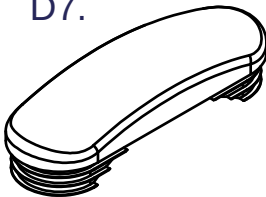
D5.



D6.



D7.



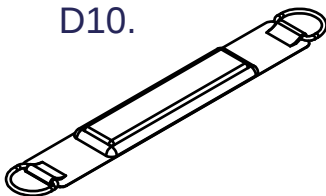
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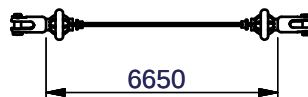
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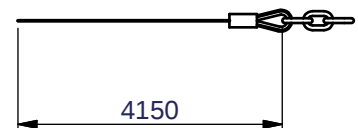
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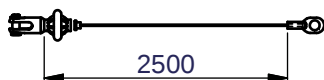
D11.



D12.



D13.



M3DBR ASSEMBLY INSTRUCTIONS

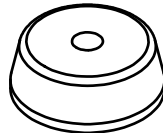
FARME HARDWARE ILLUSTRATION

DD1.Ø3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
DD2.Ø4" RUBBER COUNT(9310-017)-----	[2PCS]
DD3.108X14.5tX263L RUBBER PAD(9310-075)-----	[2PCS]
DD4.Ø110X22L PULLEY(9213-002B)-----	[9PCS]
DD5.Ø114X25L PULLEY(9213-010E)-----	[4PCS]
DD6.Ø110X51L PULLEY(9213-022D)-----	[2PCS]
DD7.Ø154X25L PULLEY(9213-009C)-----	[1PCS]
DD12.TOP PLATE(8400-006)-----	[1PCS]
DD13.WEIGHT SELECTOR BAR(8210-274)-----	[1PCS]

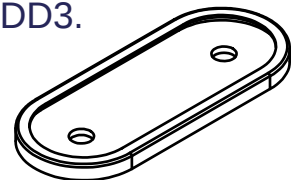
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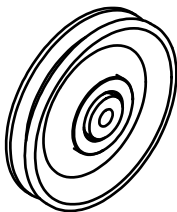
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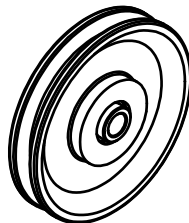
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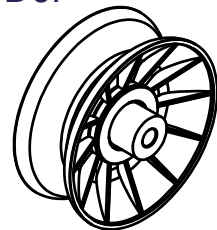
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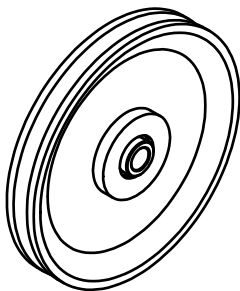
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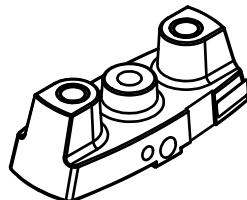
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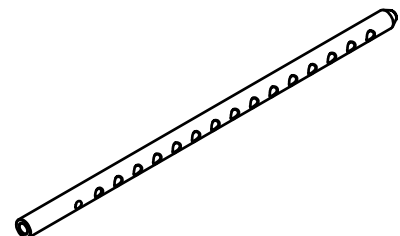
DD7.



DD12.



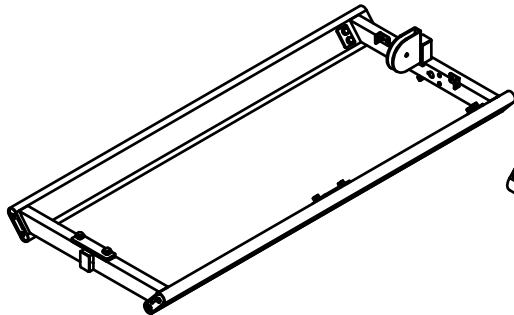
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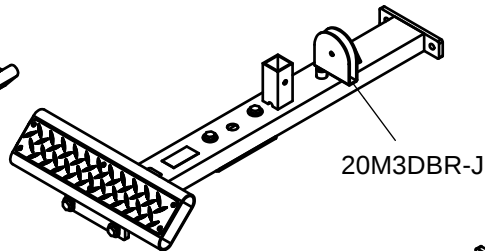
M3DBR ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

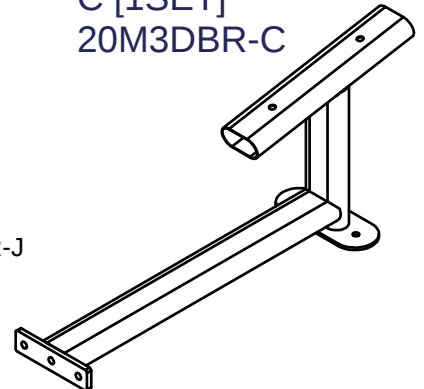
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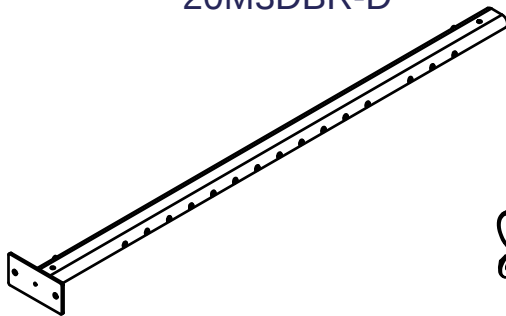
B [1SET]
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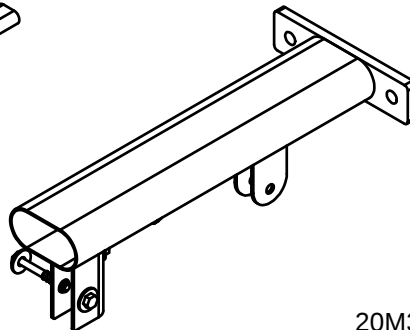
C [1SET]
20M3DBR-C



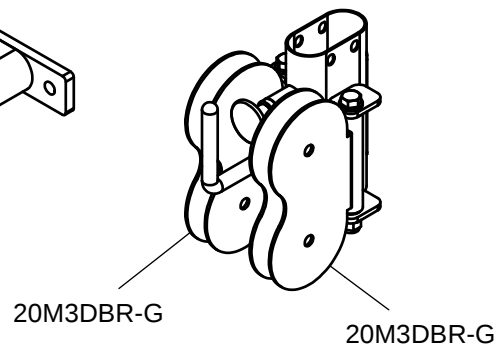
D [1SET]
20M3DBR-D



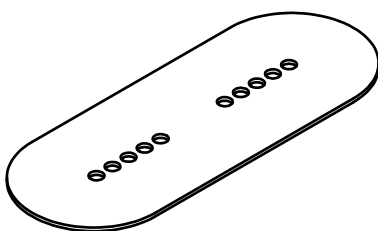
E [1SET]
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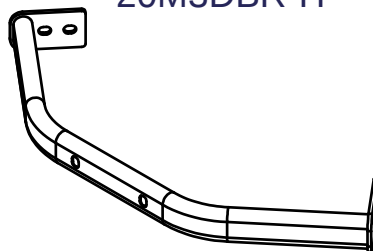
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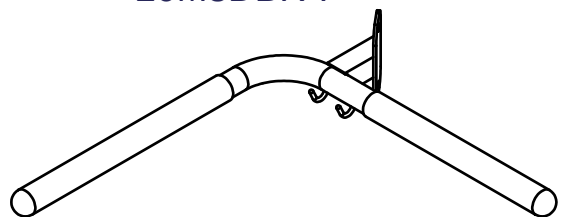
G [2PCS]
8343-110



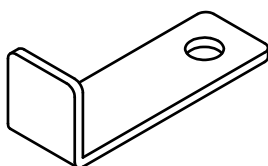
H [1SET]
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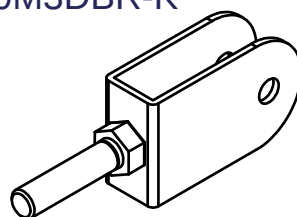
I [2PCS]
20M3DBR-I



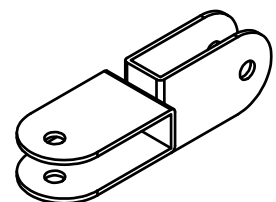
J [2PCS]
8331-017



K[1SET]
20M3DBR-K



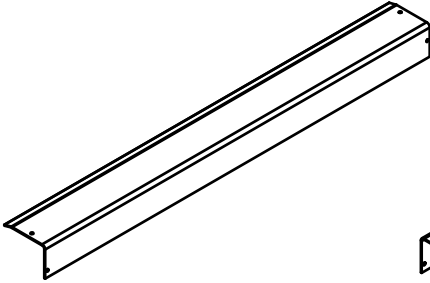
L[1SET]
20M3DBR-L



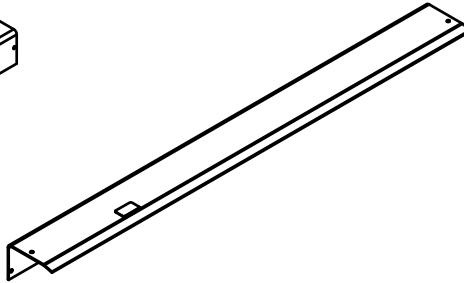
M3DBR ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

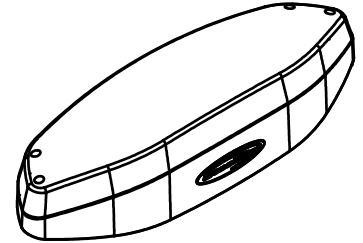
M [1PCS]
9220-022



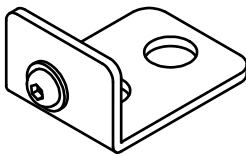
N [1SET]
9220-028



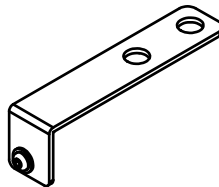
O [1SET]
9211-148



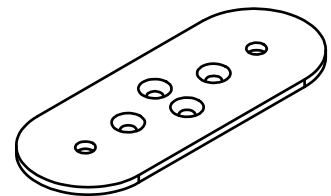
P [2SET]
8331-056



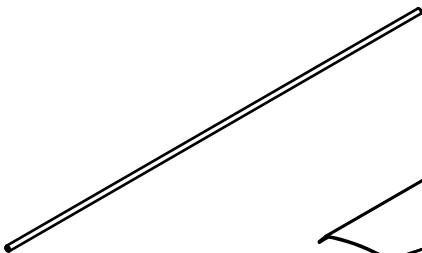
Q [4SET]
8331-057



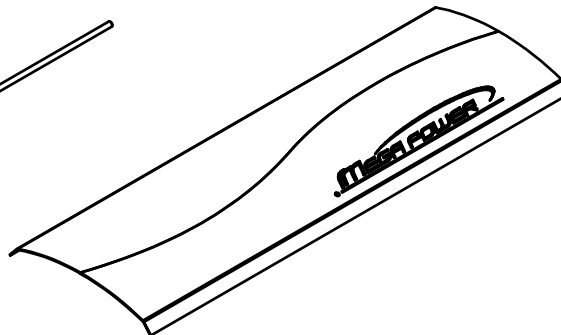
R[2PCS]
8313-144



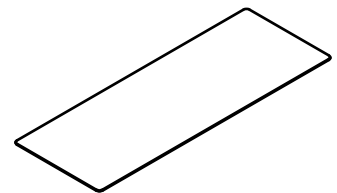
S1[2PCS]
8280-043
Ø3/4"X1850L



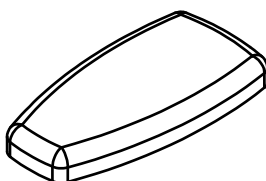
T[1PCS]
9220-024



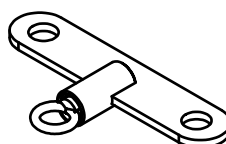
U [1PCS]
9420-073
EXERCISE CHART



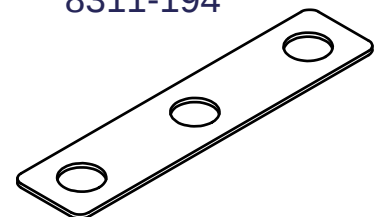
V [1SET]
9121-086



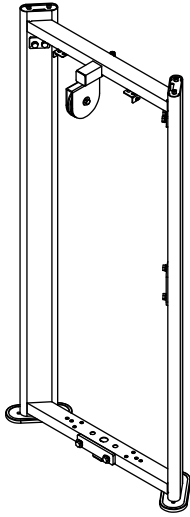
W [1SET]
6640-023



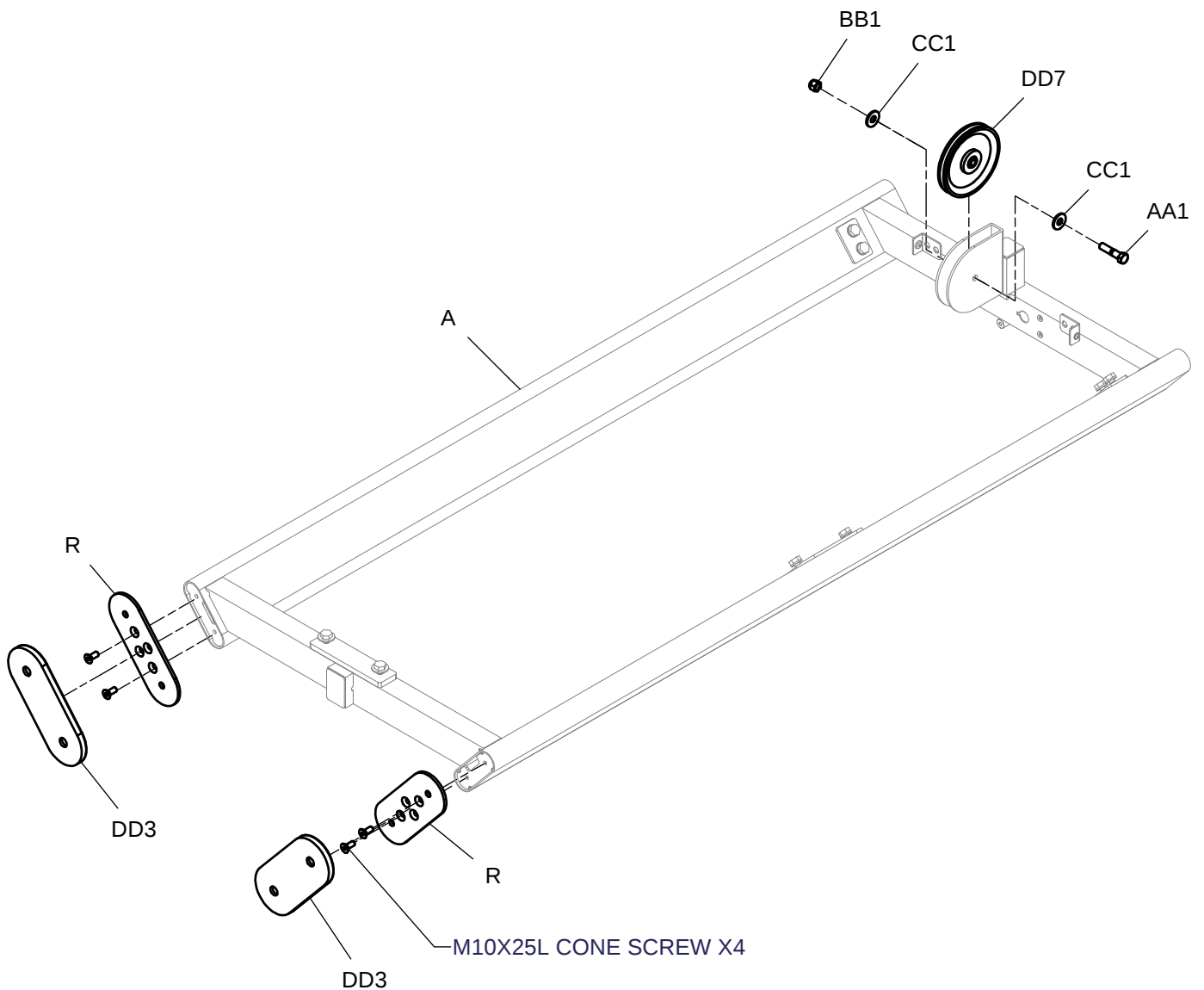
X [1SET]
8311-194



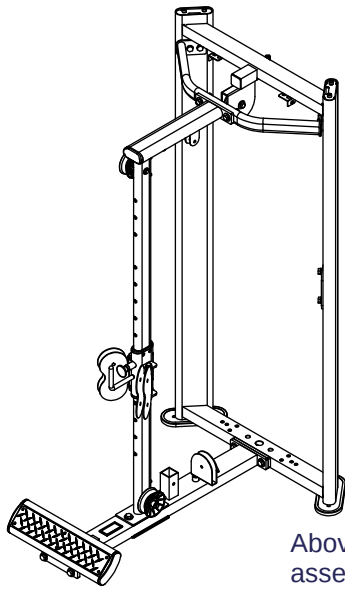
M3DBR ASSEMBLY INSTRUCTIONS



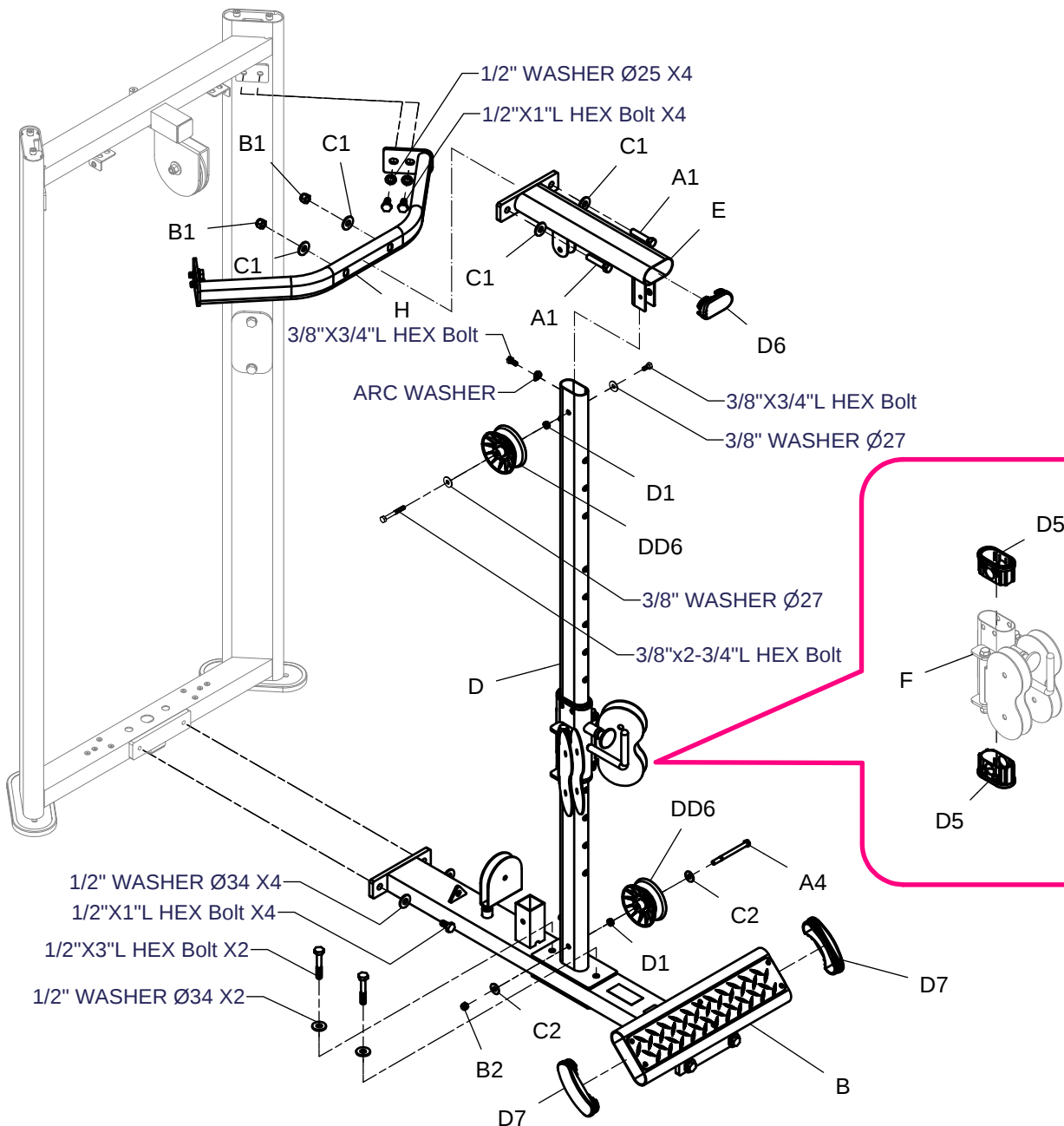
Above shows STEP 1
assembled and completed



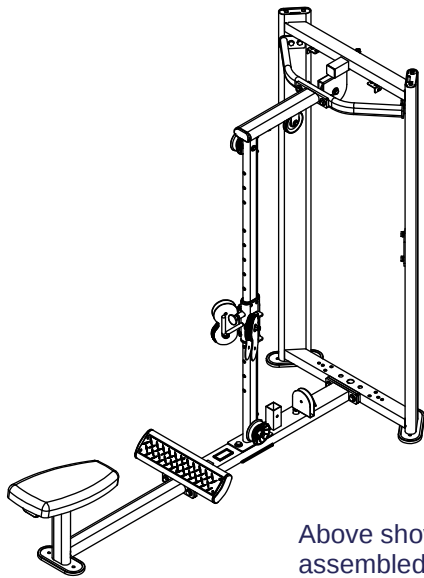
M3DBR ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

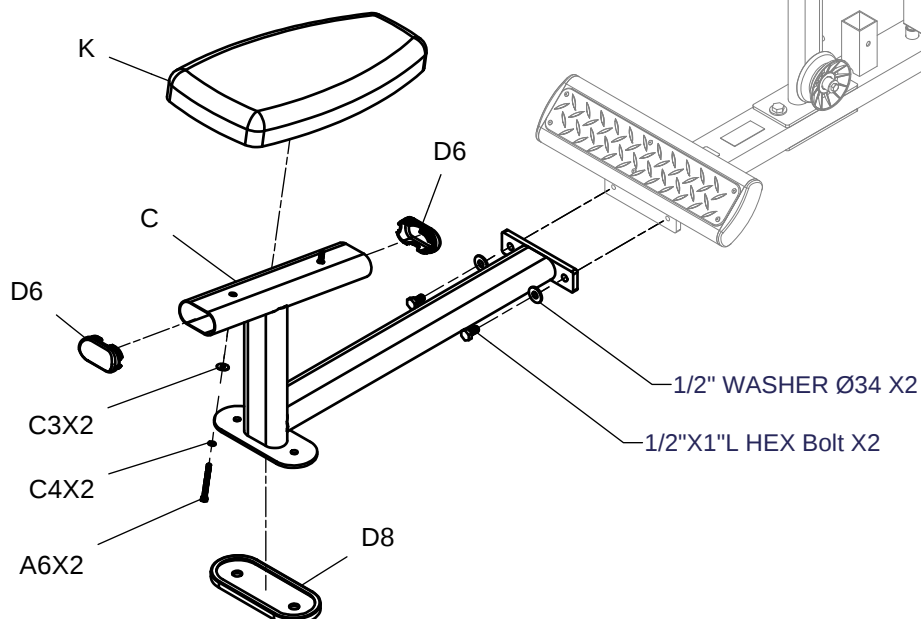
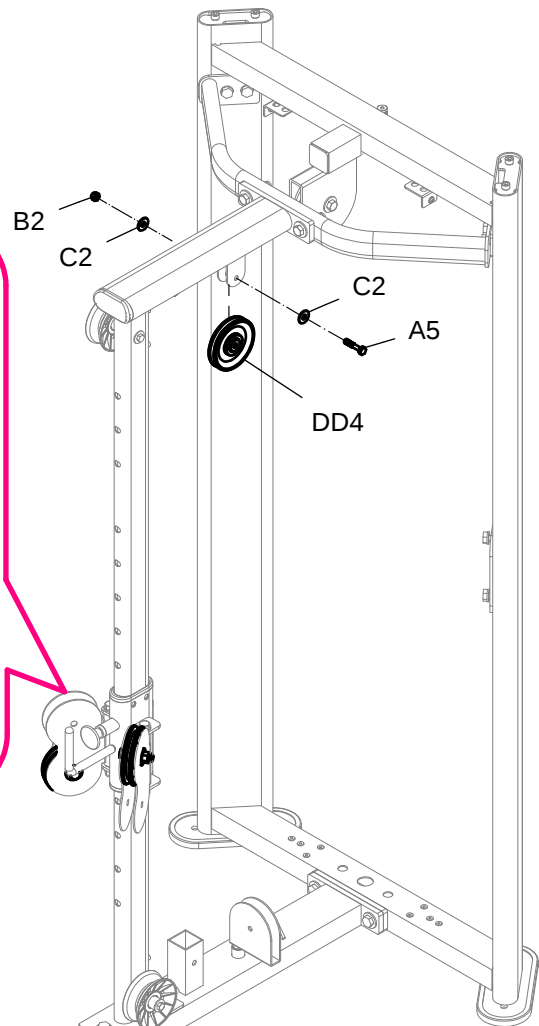
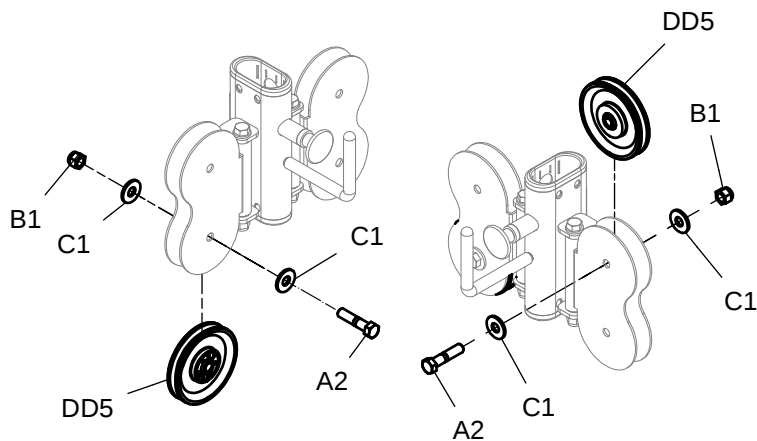


M3DBR ASSEMBLY INSTRUCTIONS

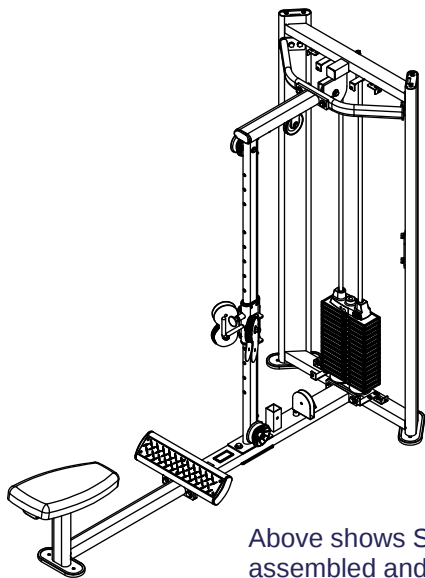


Above shows STEP 3
assembled and completed

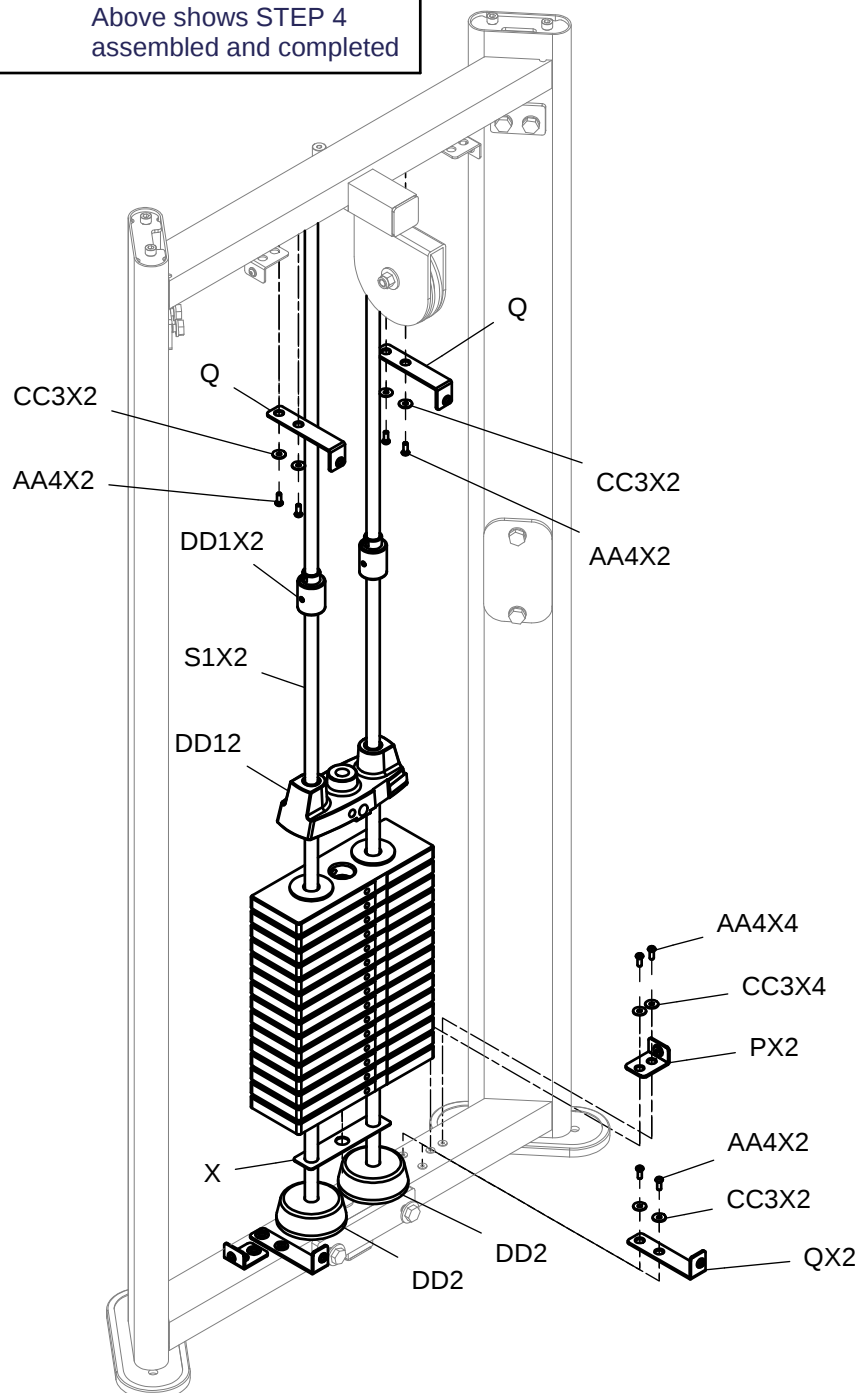
DETAIL VIEW



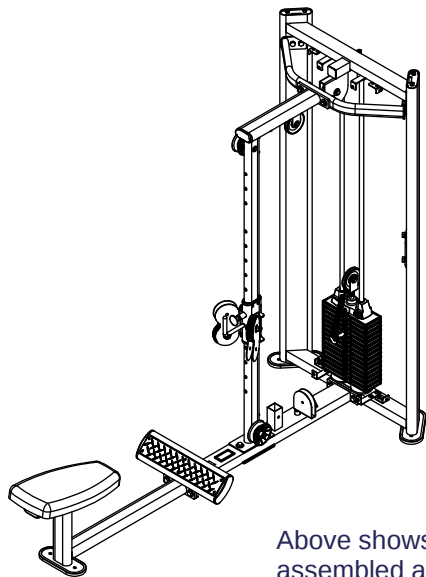
M3DBR ASSEMBLY INSTRUCTIONS



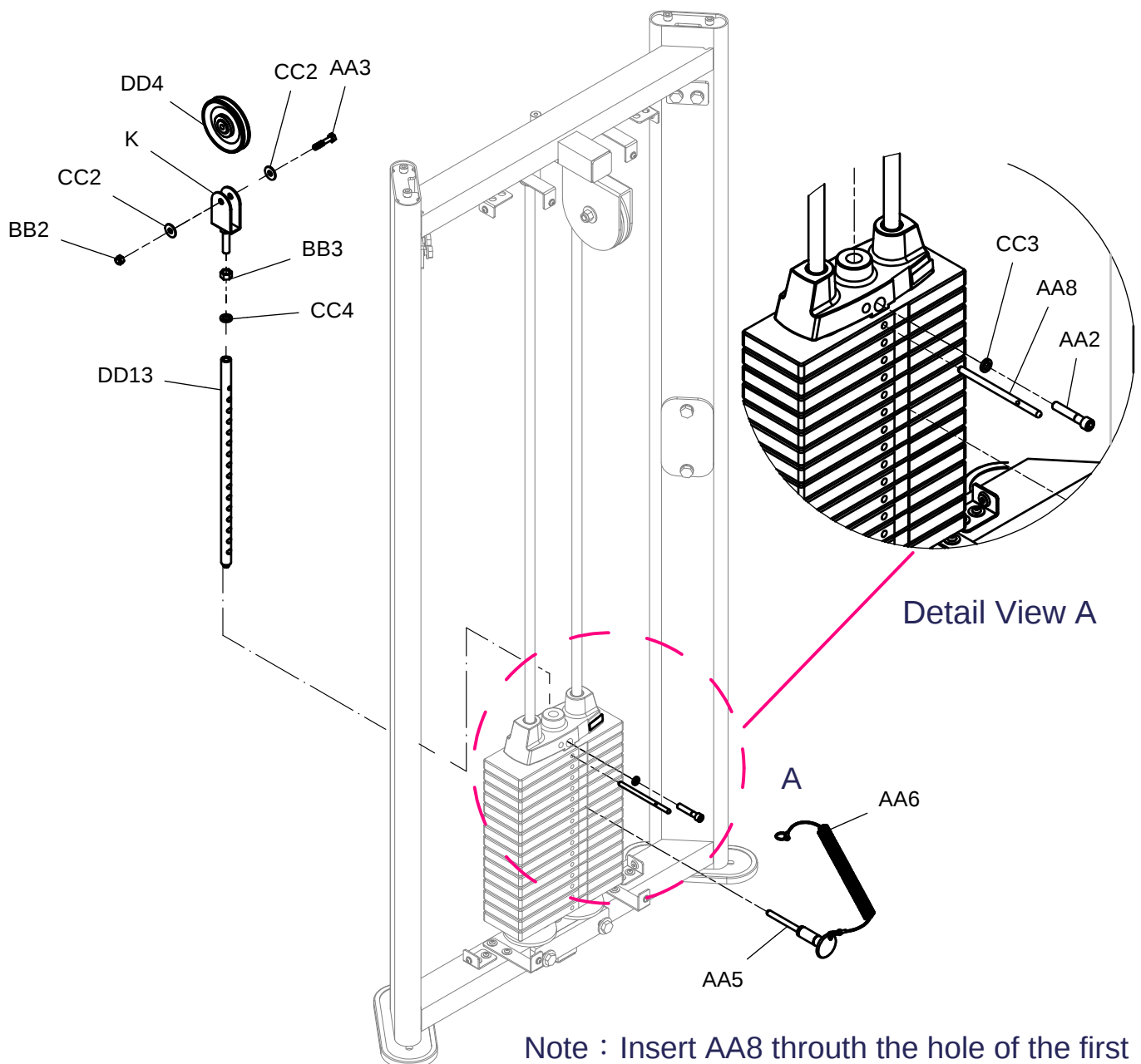
Above shows STEP 4
assembled and completed



M3DBR ASSEMBLY INSTRUCTIONS



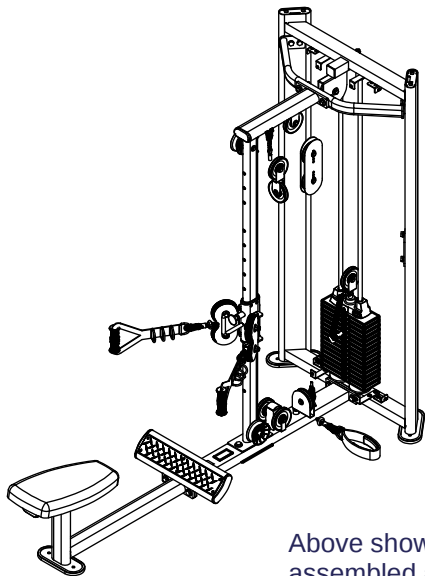
Above shows STEP 5
assembled and completed



Detail View A

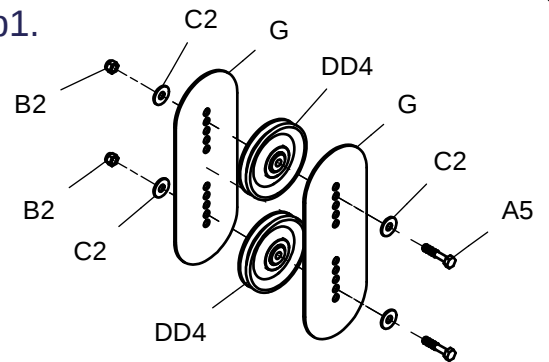
Note : Insert AA8 through the hole of the first
selecting plate and fix it permanently

M3DBR ASSEMBLY INSTRUCTIONS

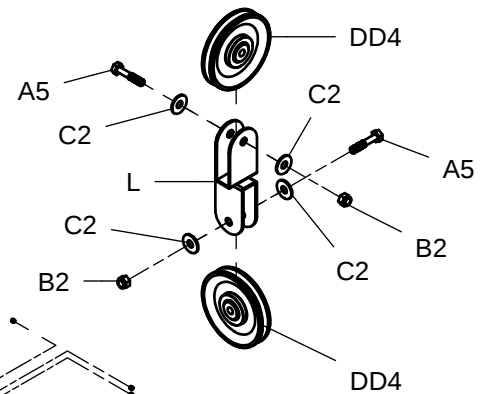


Above shows STEP 6 assembled and completed

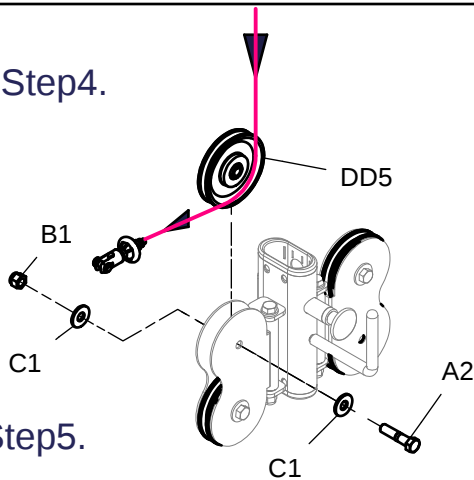
Step1.



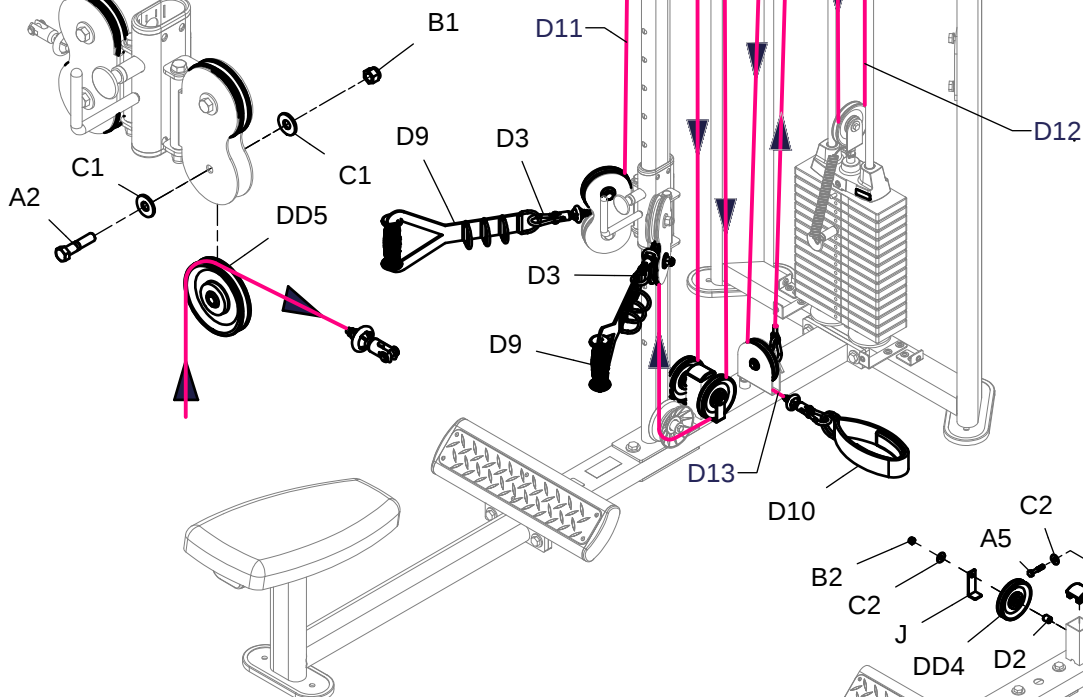
Step2.



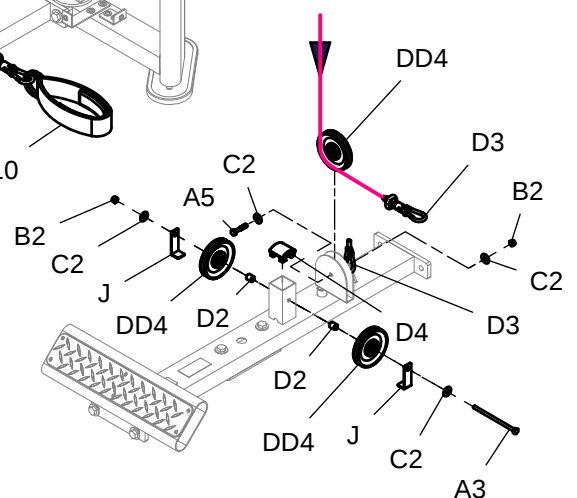
Step4.



Step5.



Step3.



5/16"X5/16"L SCREW X3

Figure 1

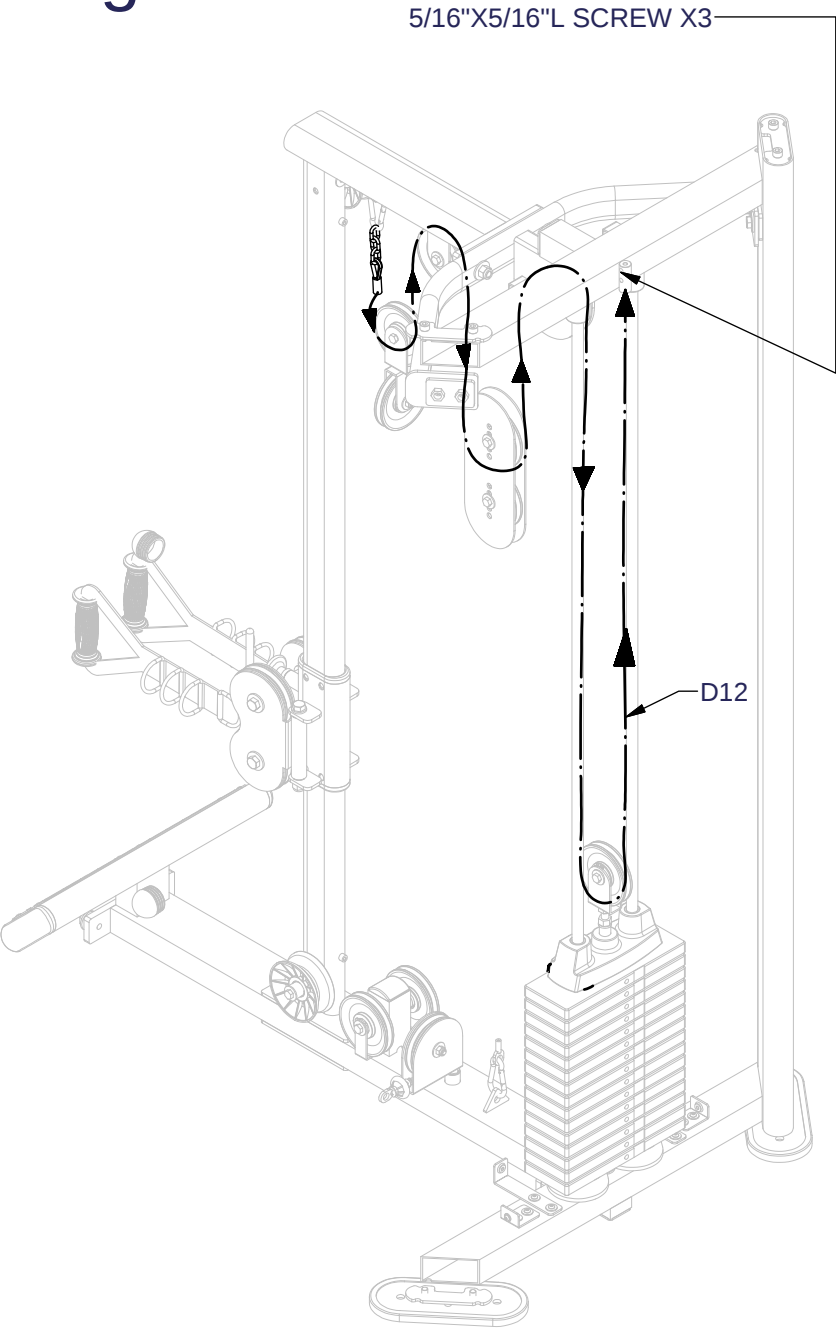


Figure 2

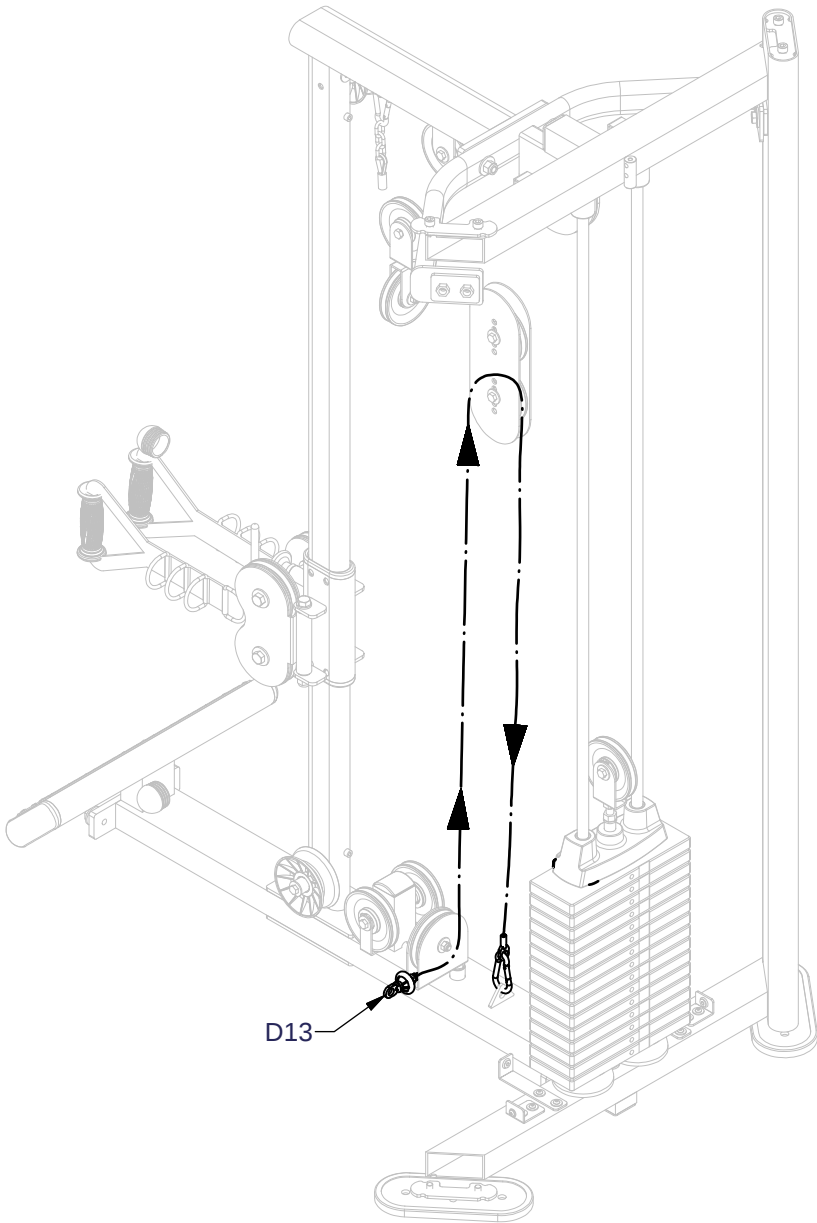
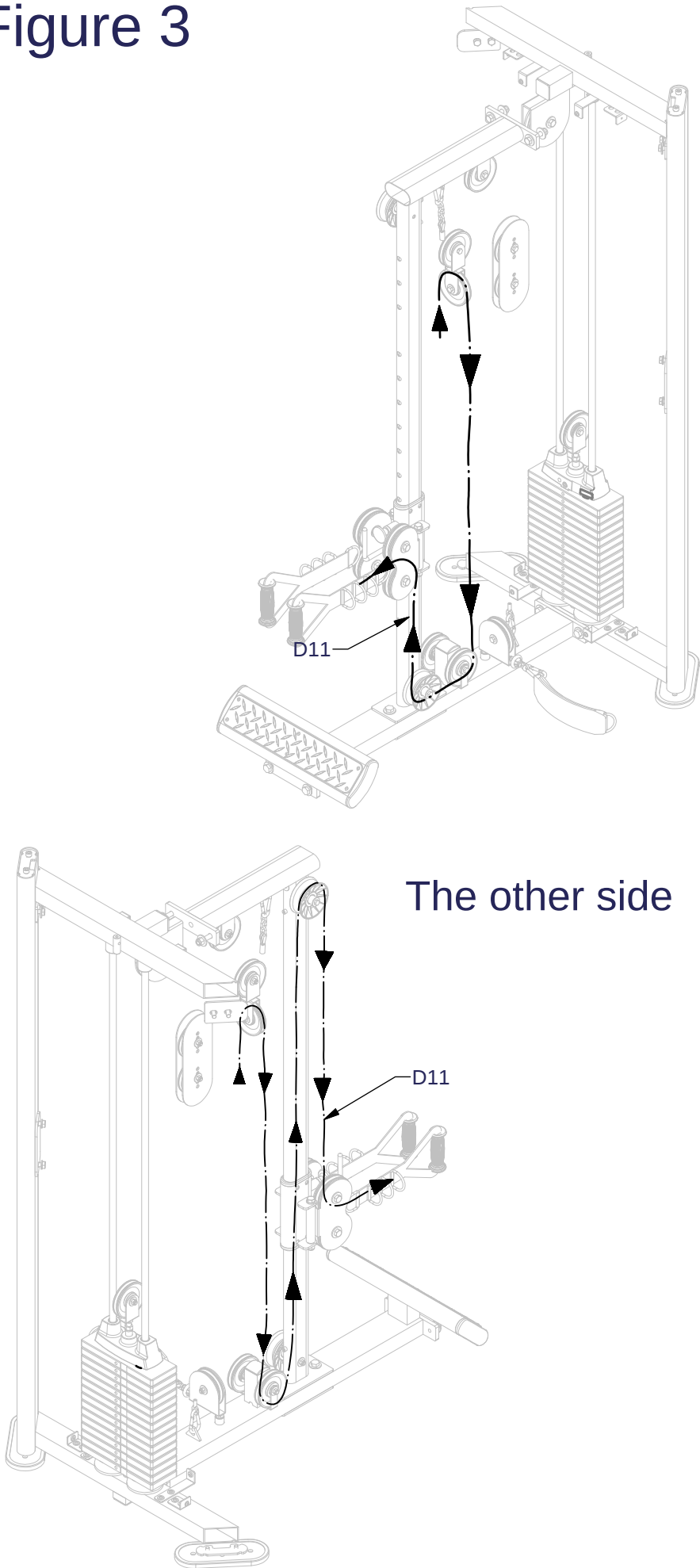
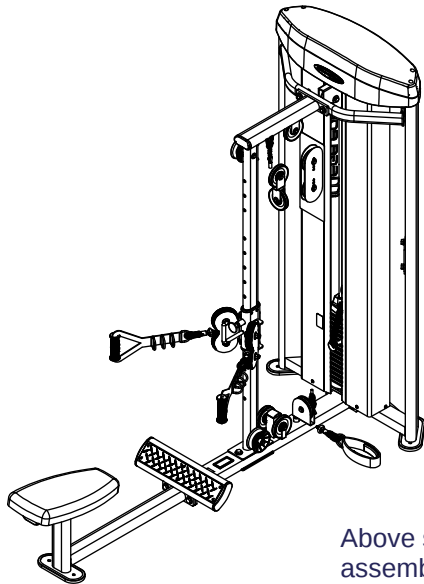


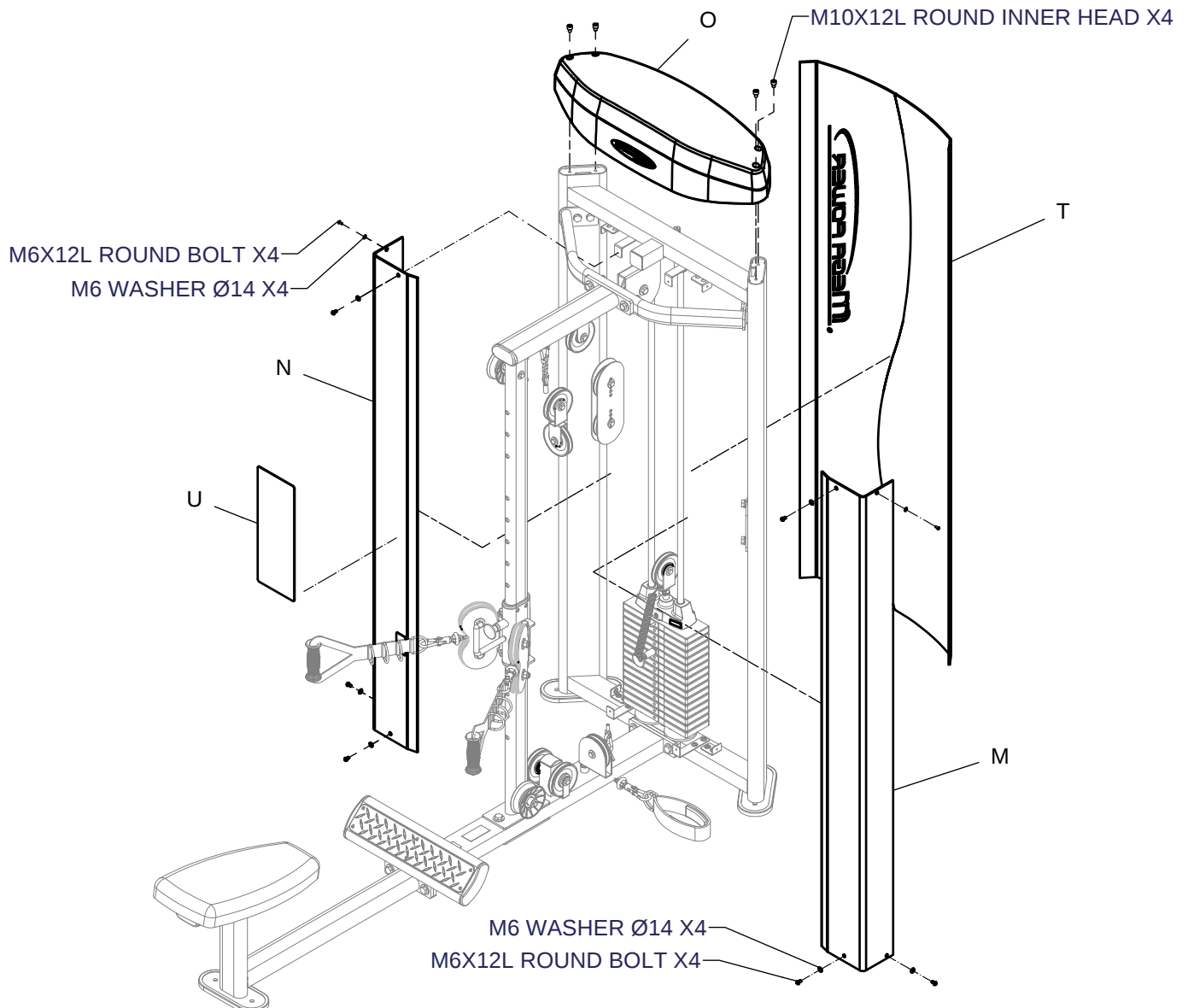
Figure 3



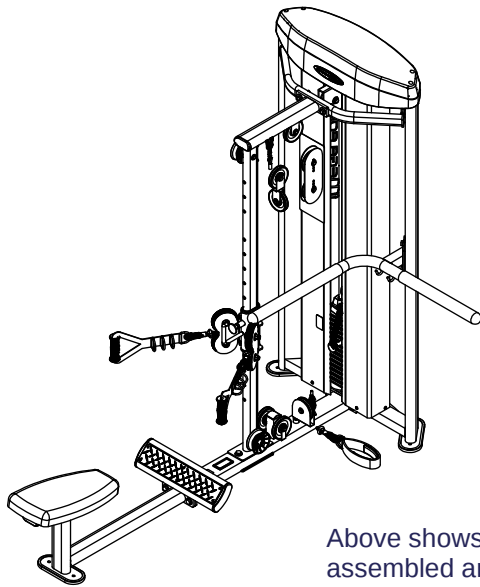
M3DBR ASSEMBLY INSTRUCTIONS



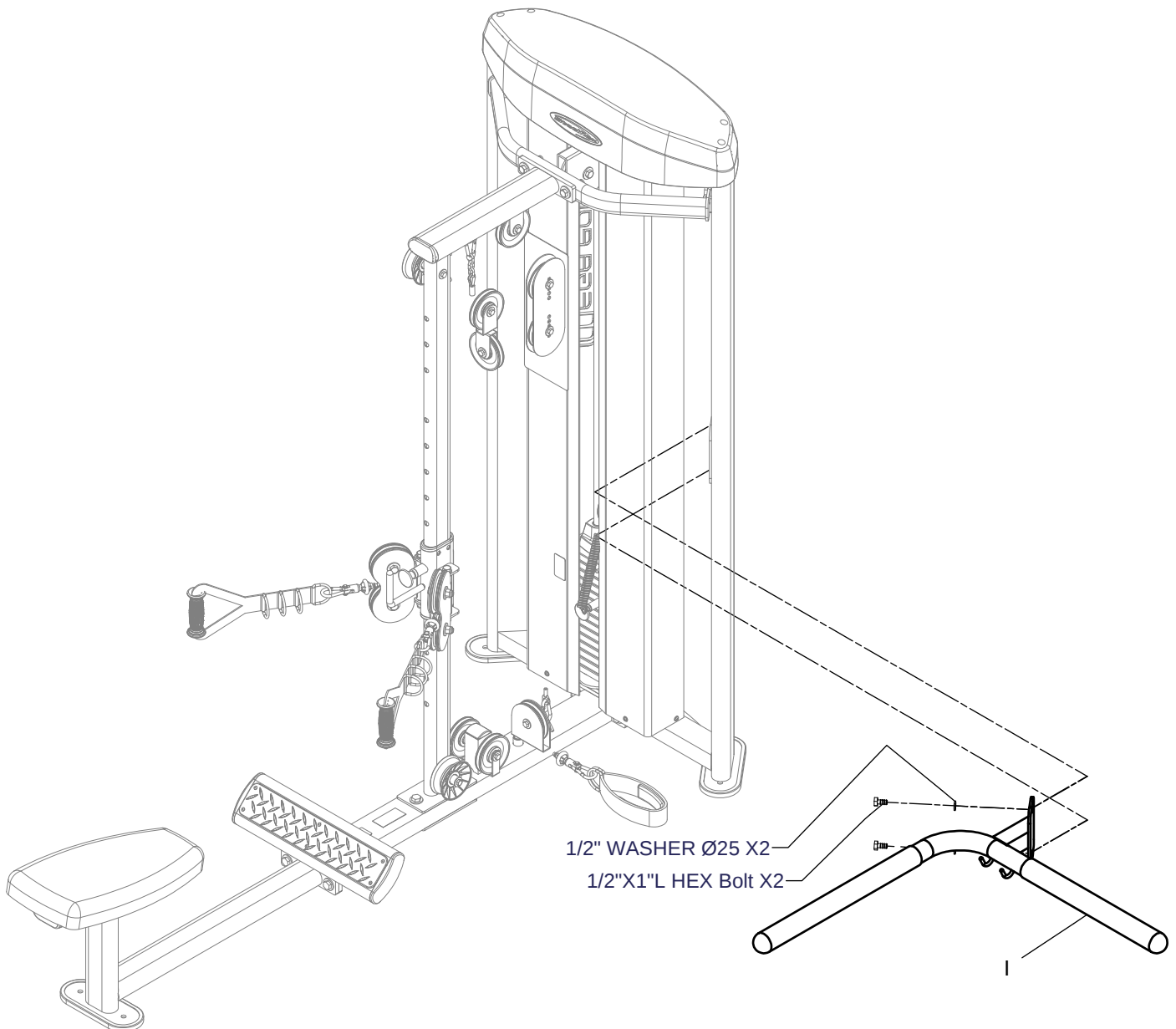
Above shows STEP 7
assembled and completed



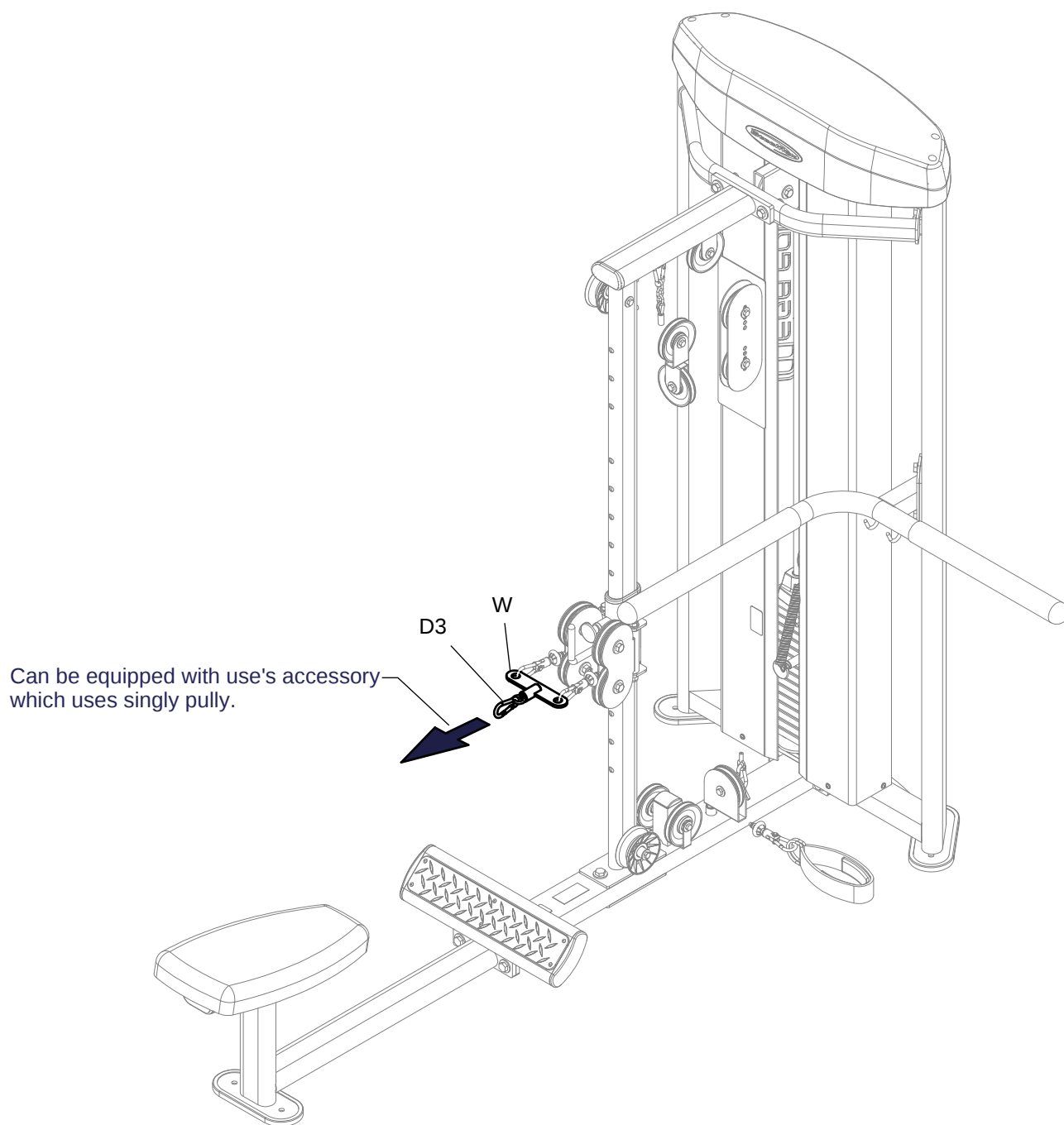
M3DBR ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed

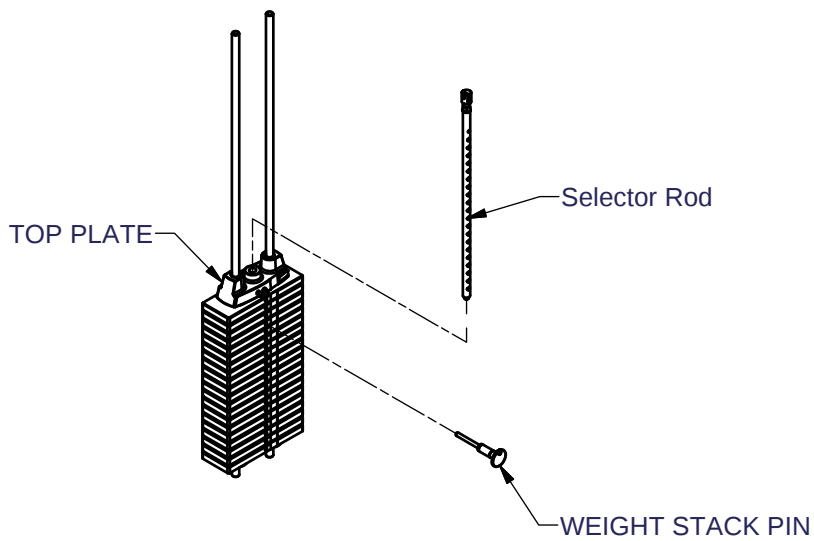


M3DBR ASSEMBLY INSTRUCTIONS



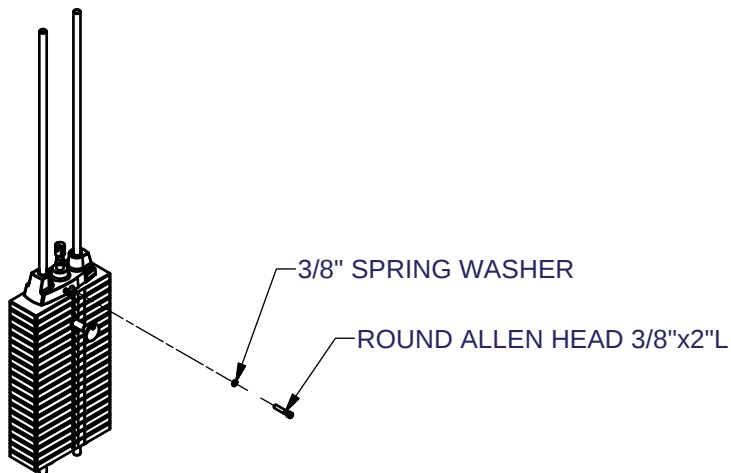
Guide on Selector Rod Adjustment

STEP 1



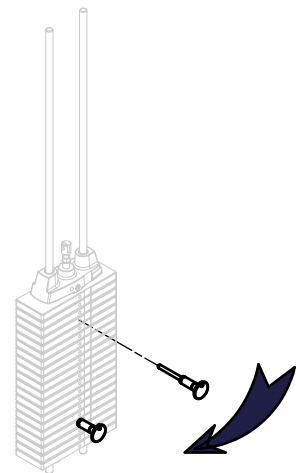
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

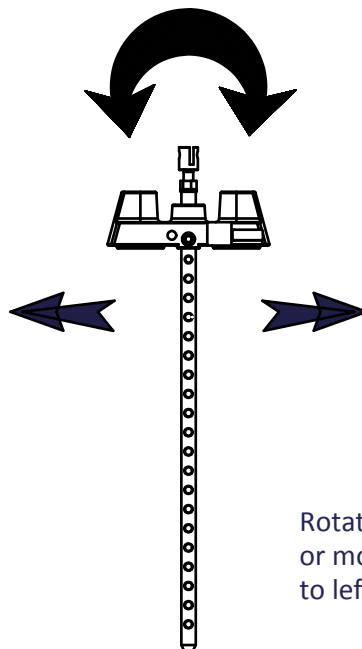


Step 2
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



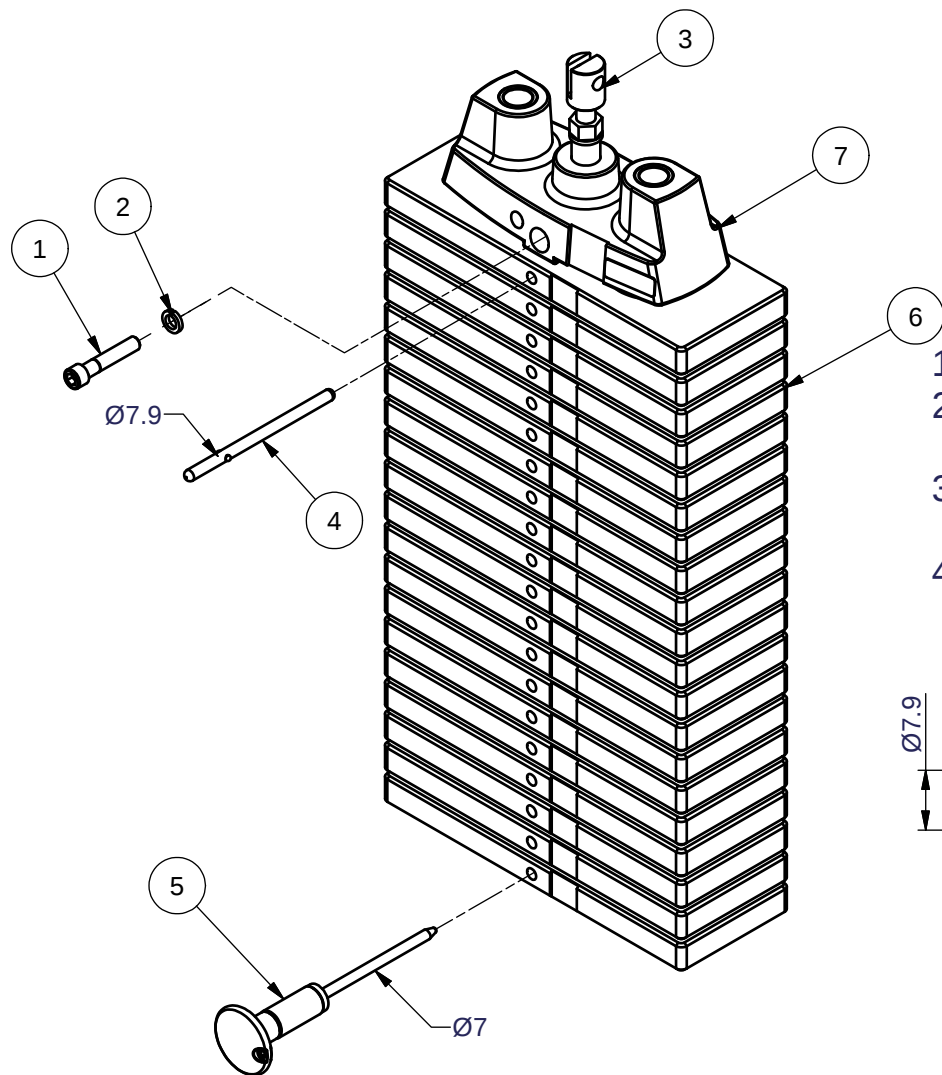
Step 3
Place the selector pin to each weight plate
(5,10,15,20....) to check the smoothness.



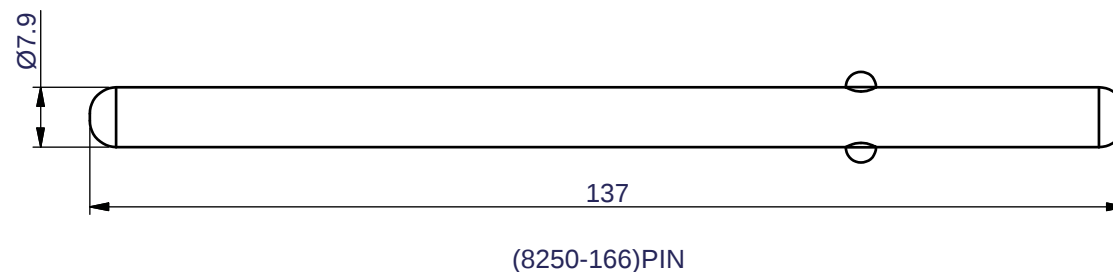
Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

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

