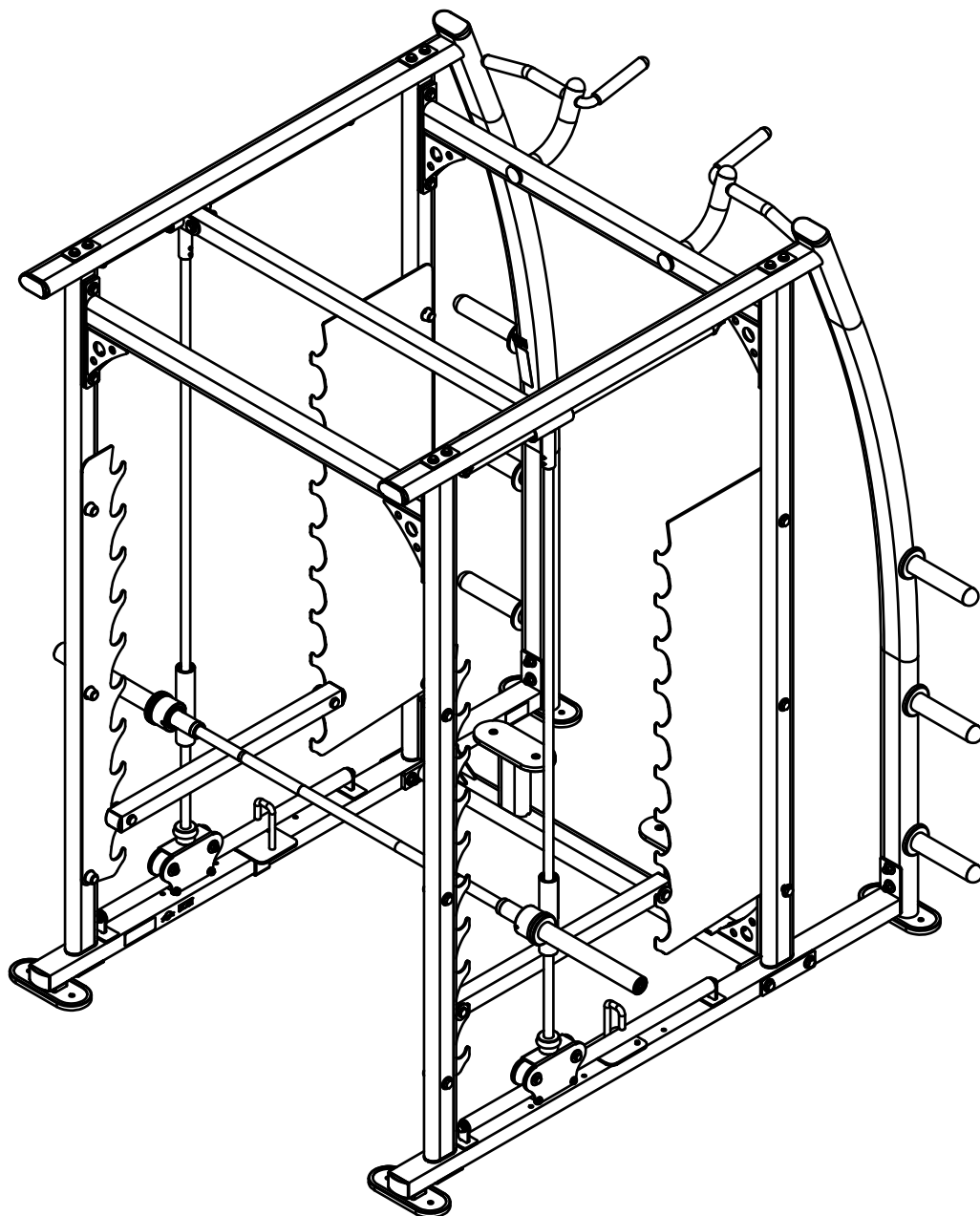


MEGA POWER



**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

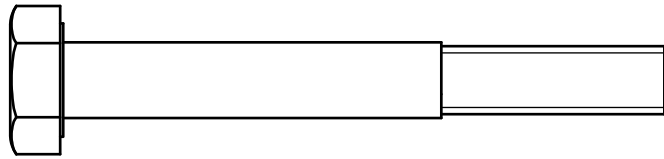
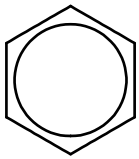
Fax: 886-2-27229750

[www.steelflexfitness.com](http://www.steelflexfitness.com)

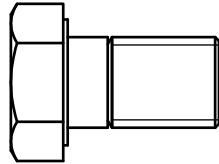
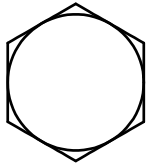
**M3DSM.2 OWNER'S MANUAL**

# M3DSM ASSEMBLY INSTRUCTIONS

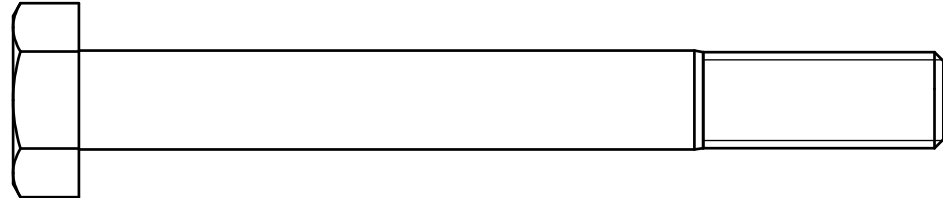
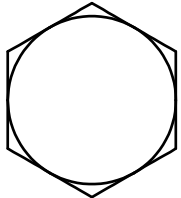
## HARDWARE ILLUSTRATION



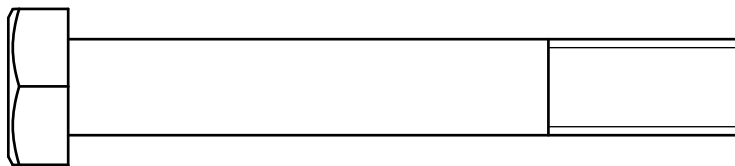
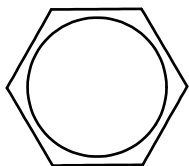
(A2)HEX BOLT M10X80L PARTIAL THREAD QTY.2



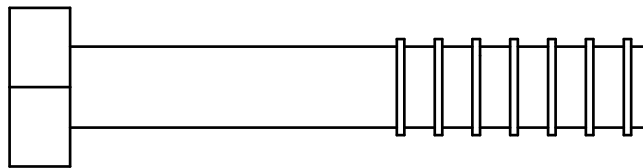
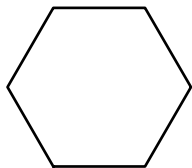
(A5)HEX BOLT M12X20L PARTIAL THREAD QTY.8



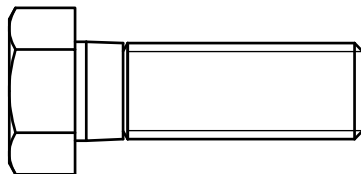
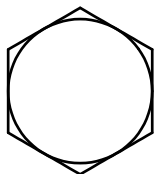
(A7)HEX BOLT 1/2"X4-1/2"L PARTIAL THREAD QTY.4



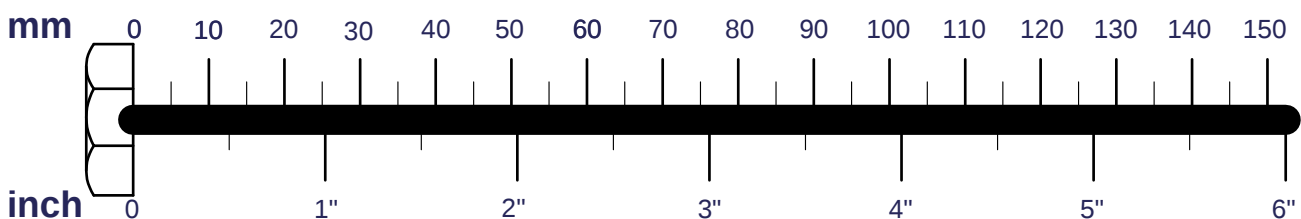
(A8)HEX BOLT 1/2"X12TX3-1/2"L PARTIAL THREAD QTY.6



(A9)HEX BOLT 1/2"X3"L PARTIAL THREAD QTY.12

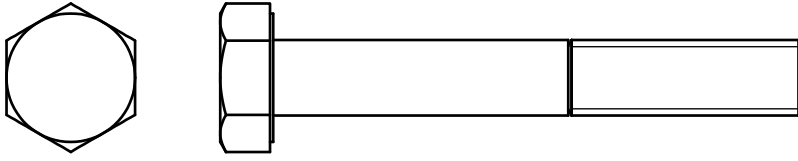


(A10)HEX BOLT 1/2"X1-1/2"L PARTIAL THREAD QTY.10

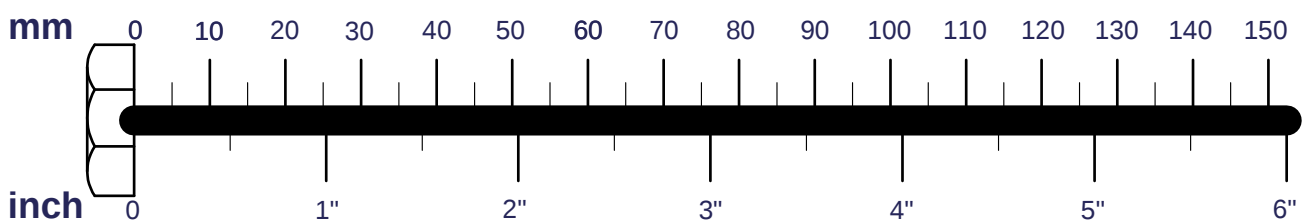


# M3DSM ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

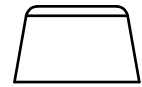
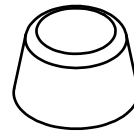
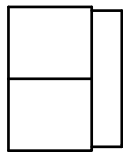
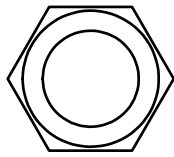


(A13)HEX BOLT M10X70L PARTIAL THREAD QTY.16



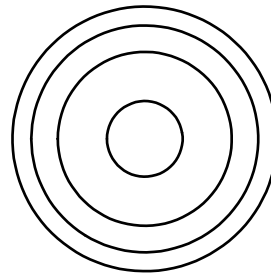
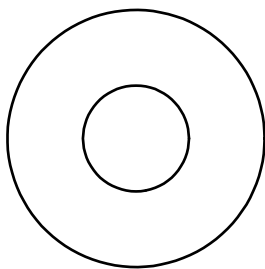
# M3DSM ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



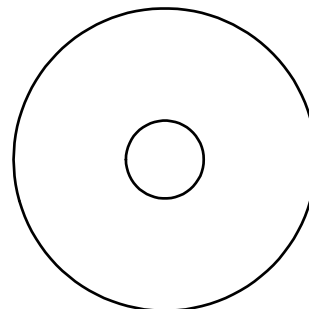
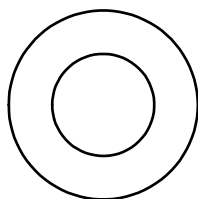
(B1) NYLON LOCK NUT 1/2" QTY.22

(C4) 1/2" BLOT CAP (9212-024) QTY.12



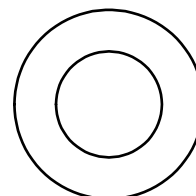
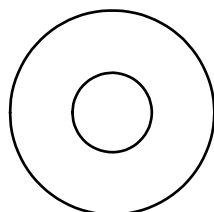
(C5) 1/2"(I.D.) CONICAL WASHER QTY.12

(C1) 1/2"(I.D.) FLAT WASHER Ø34 QTY.42



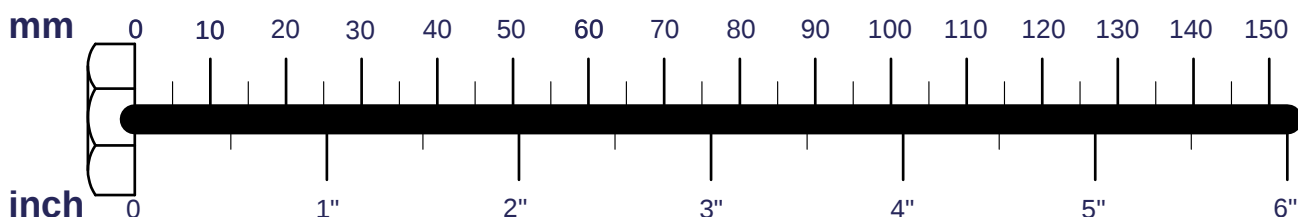
(C2) M12(I.D.) FLAT WASHER Ø25 QTY.4

(C6) M10(I.D.) FLAT WASHER Ø40 QTY.2



(C3) M10(I.D.) FLAT WASHER Ø27 QTY.16

(C7) 1/2"(I.D.) FLAT WASHER Ø25 QTY.4

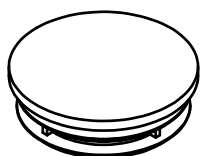


# M3DSM ASSEMBLY INSTRUCTIONS

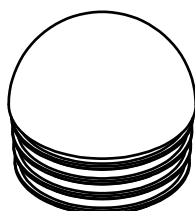
## HARDWARE ILLUSTRATION

|                                   |       |         |
|-----------------------------------|-------|---------|
| D1. Ø50 End Plug (9211-020)       | ----- | [2PCS]  |
| D2. Ø50 End Plug (9211-074 )      | ----- | [8PCS]  |
| D3. 50X75 End Plug (9211-084)     | ----- | [2PCS]  |
| D4. 58X116 End Plug (9211-189)    | ----- | [2PCS]  |
| D5. 50X100 End Plug (9211-114)    | ----- | [2PCS]  |
| D6. Ø2.5" Rubber Dount (9310-012) | ----- | [2PCS]  |
| D7. Ø90 Rubber Dount (9310-016)   | ----- | [10PCS] |
| D8. Rubber Pad (9310-075 )        | ----- | [6PCS]  |
| D10. □50 End Plug (9211-087)      | ----- | [4PCS]  |

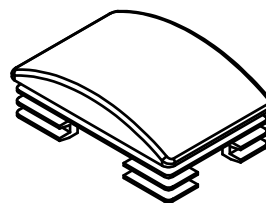
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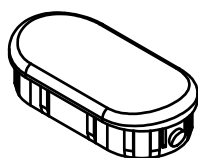
D2



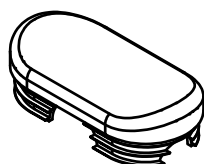
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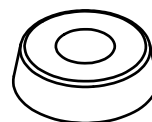
D4



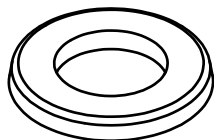
D5



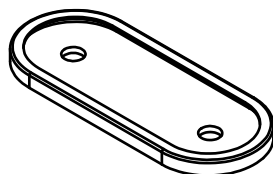
D6



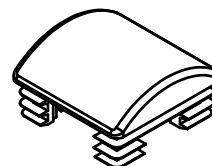
D7



D8



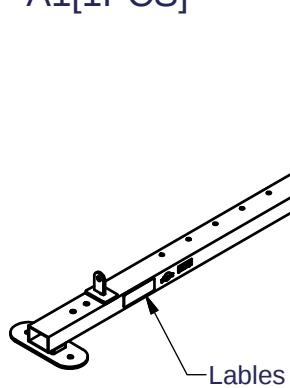
D10



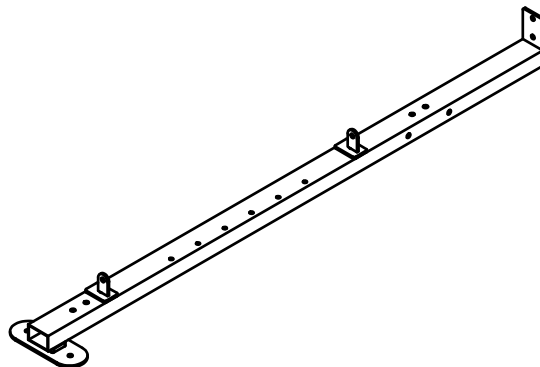
# M3DSM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

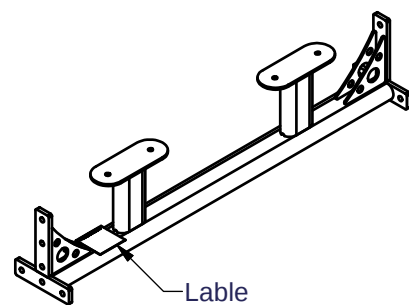
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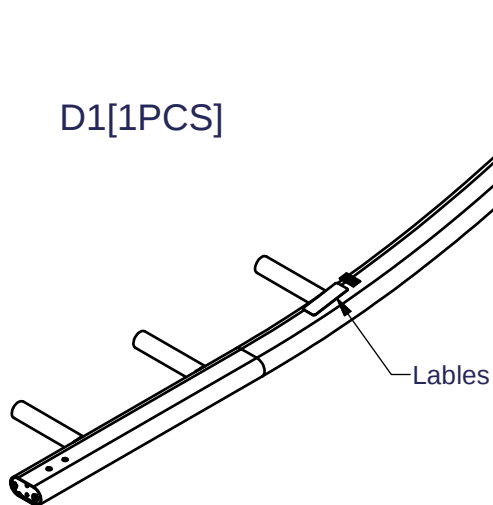
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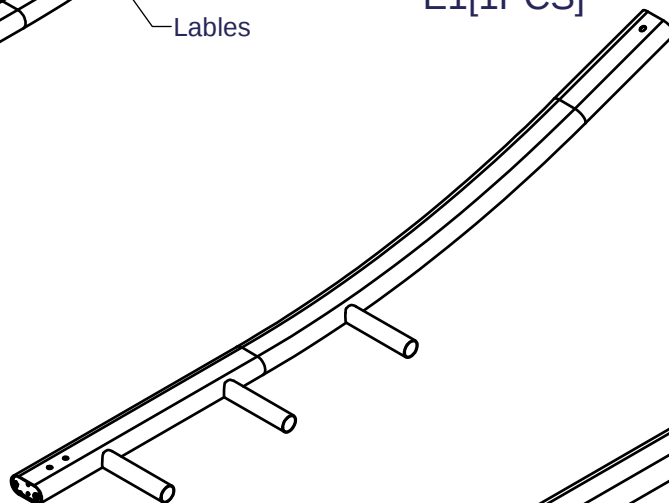
C1[1PCS]



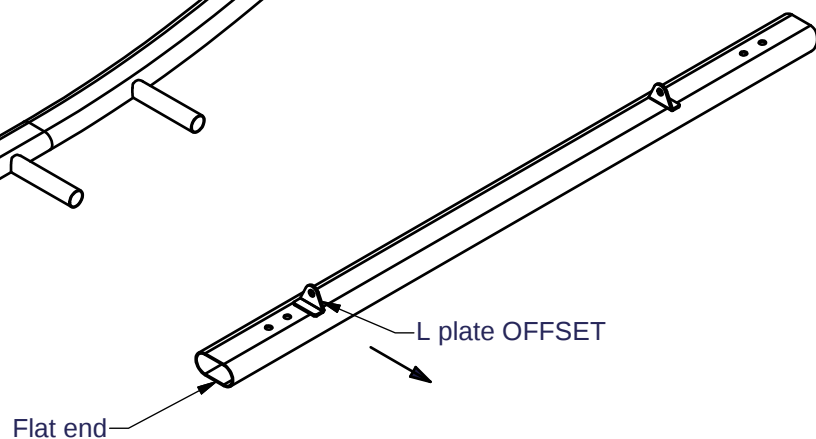
D1[1PCS]



E1[1PCS]



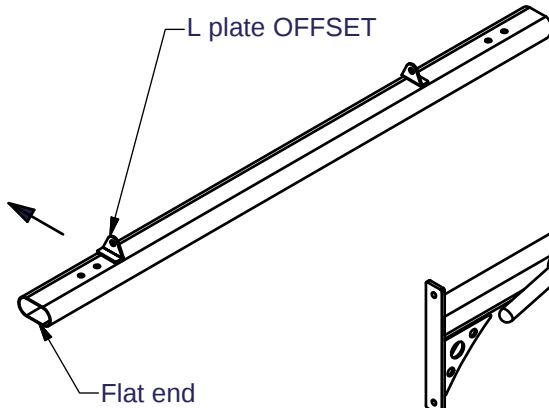
F1[2PCS]



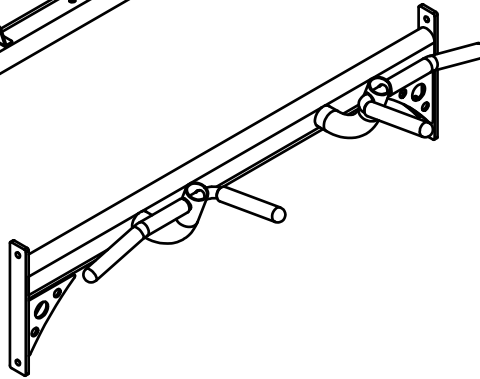
# M3DSM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

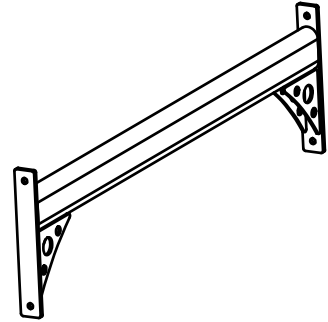
G1[1PCS]



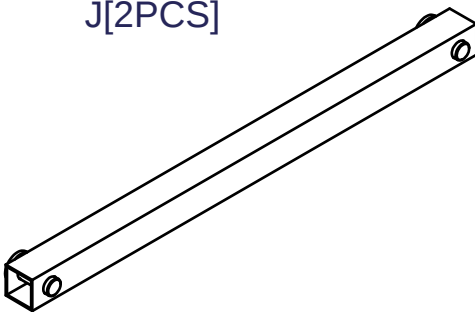
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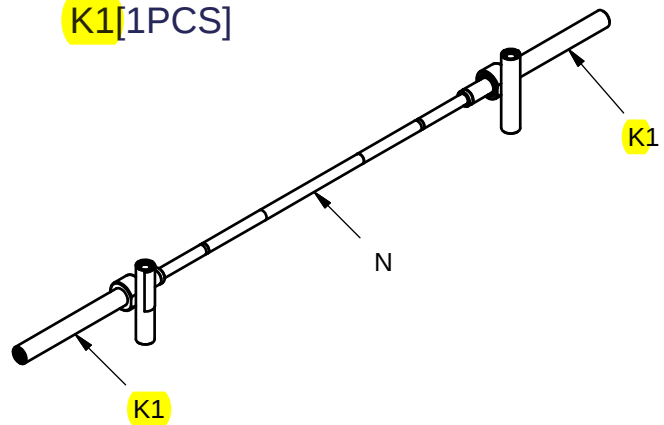
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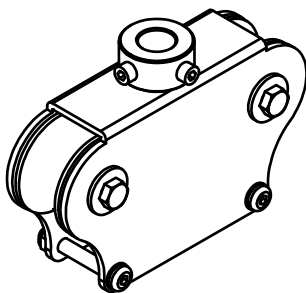
J[2PCS]



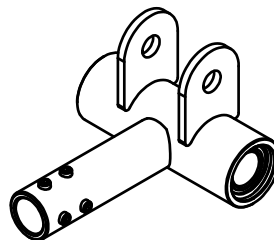
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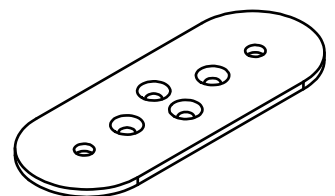
L1[2PCS]



M[2PCS]



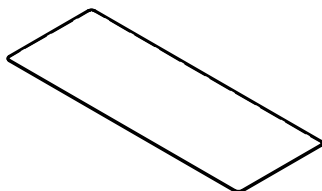
P[2PCS]  
8313-144



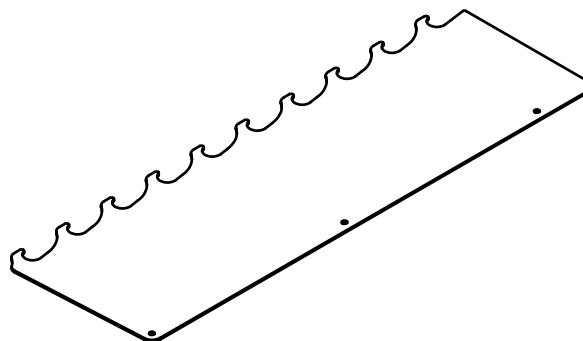
# M3DSM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

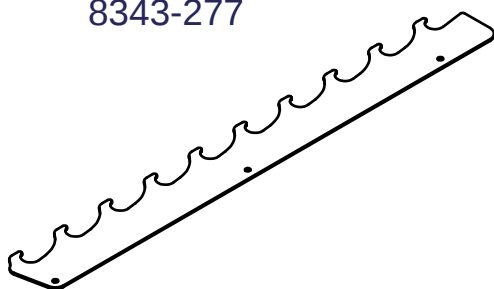
Q[1PCS]  
9420-079



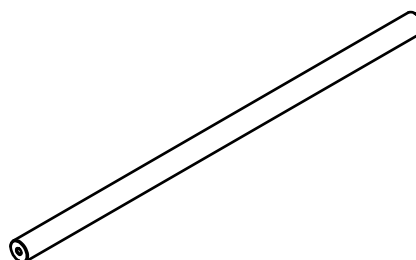
R1[2PCS]  
8343-276



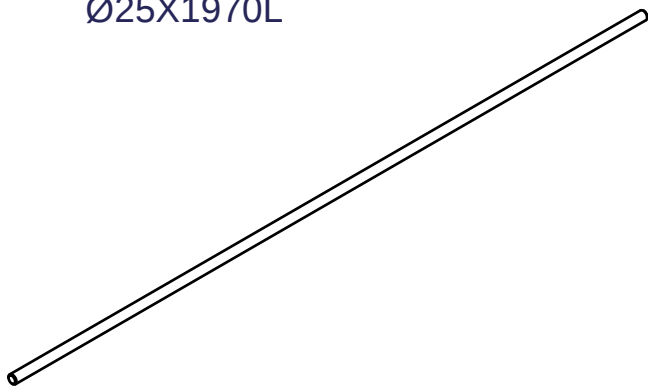
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8343-277



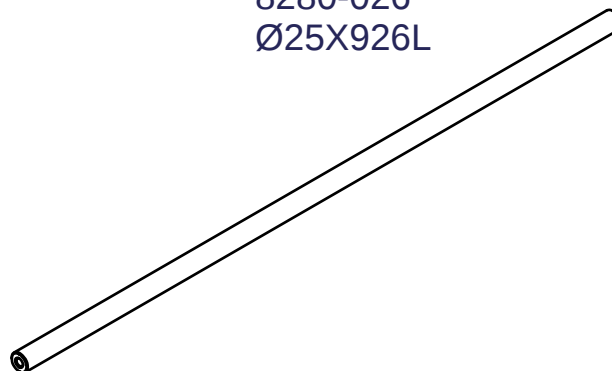
T[2PCS]  
8280-024  
Ø40X926L



U[2PCS]  
8280-025  
Ø25X1970L



V[2PCS]  
8280-026  
Ø25X926L

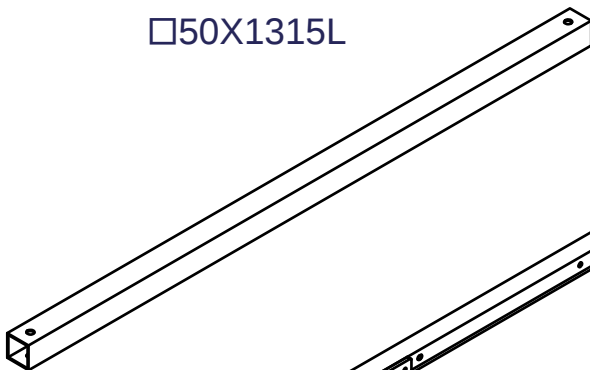


# M3DSM ASSEMBLY INSTRUCTIONS

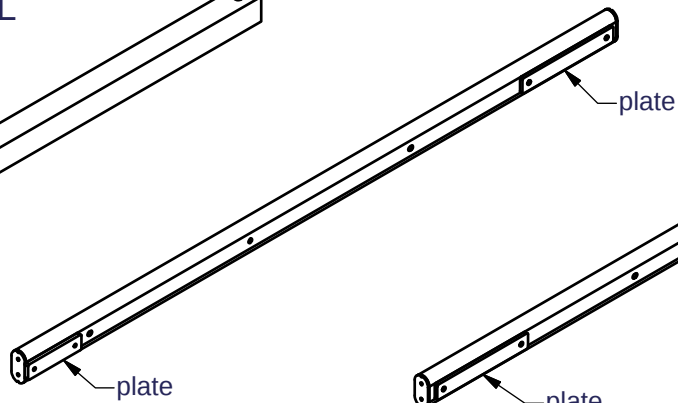
## PARTS ILLUSTRATION SHEET

X[1PCS]

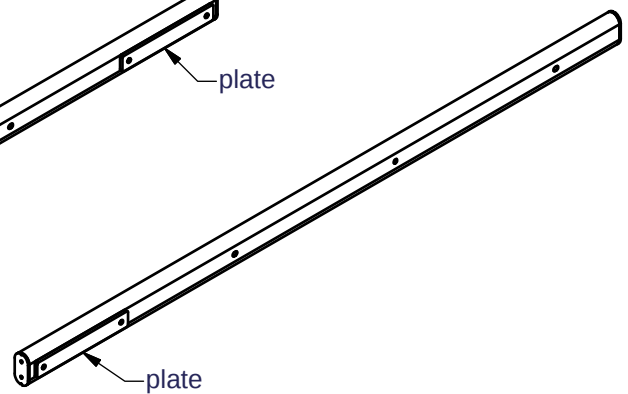
□50X1315L



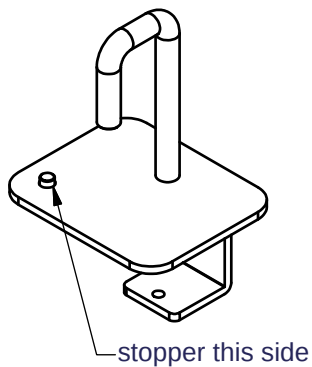
Y[2PCS]



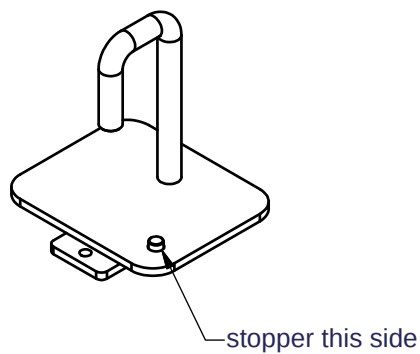
Z[2PCS]



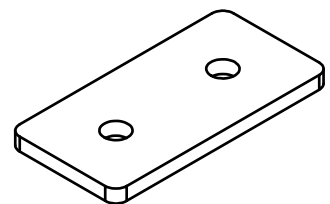
AA[1PCS]



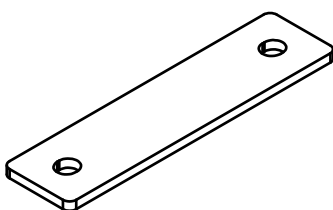
AB[1PCS]



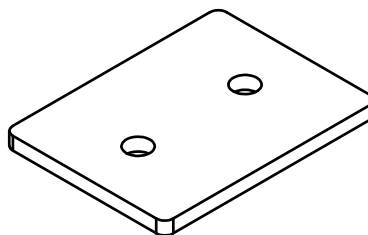
AC[4PCS]  
8312-049



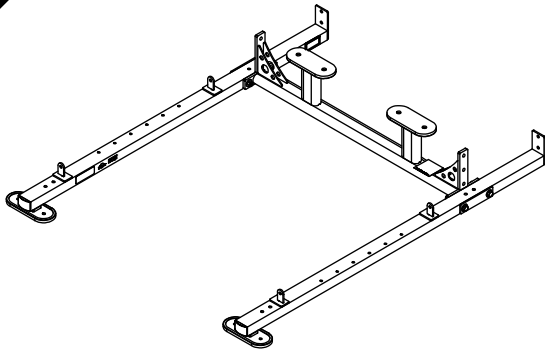
AD[2PCS]  
8312-077



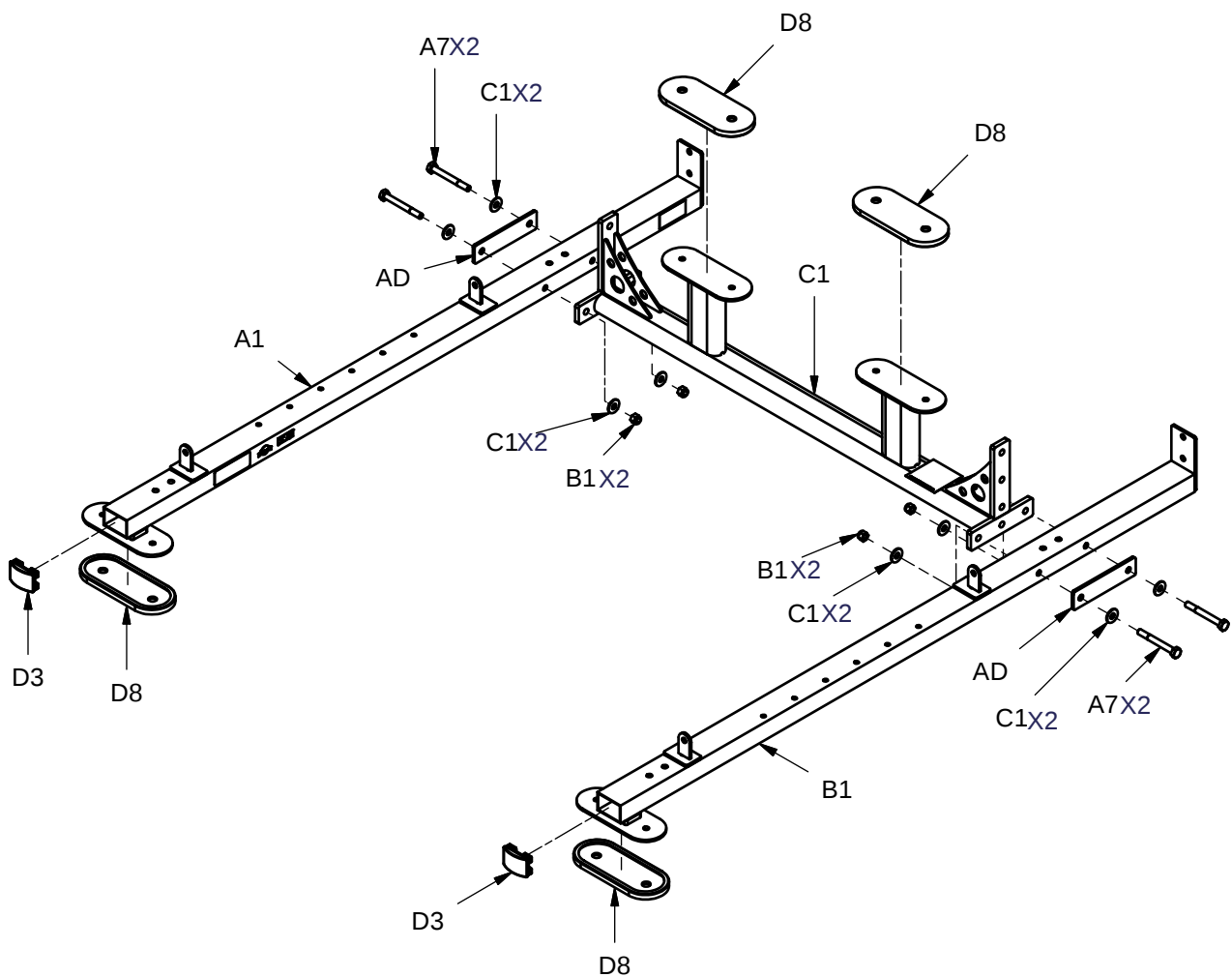
AE[4PCS]  
8313-204



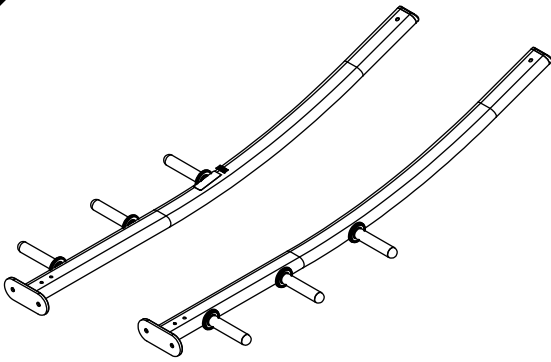
# M3DSM ASSEMBLY INSTRUCTIONS



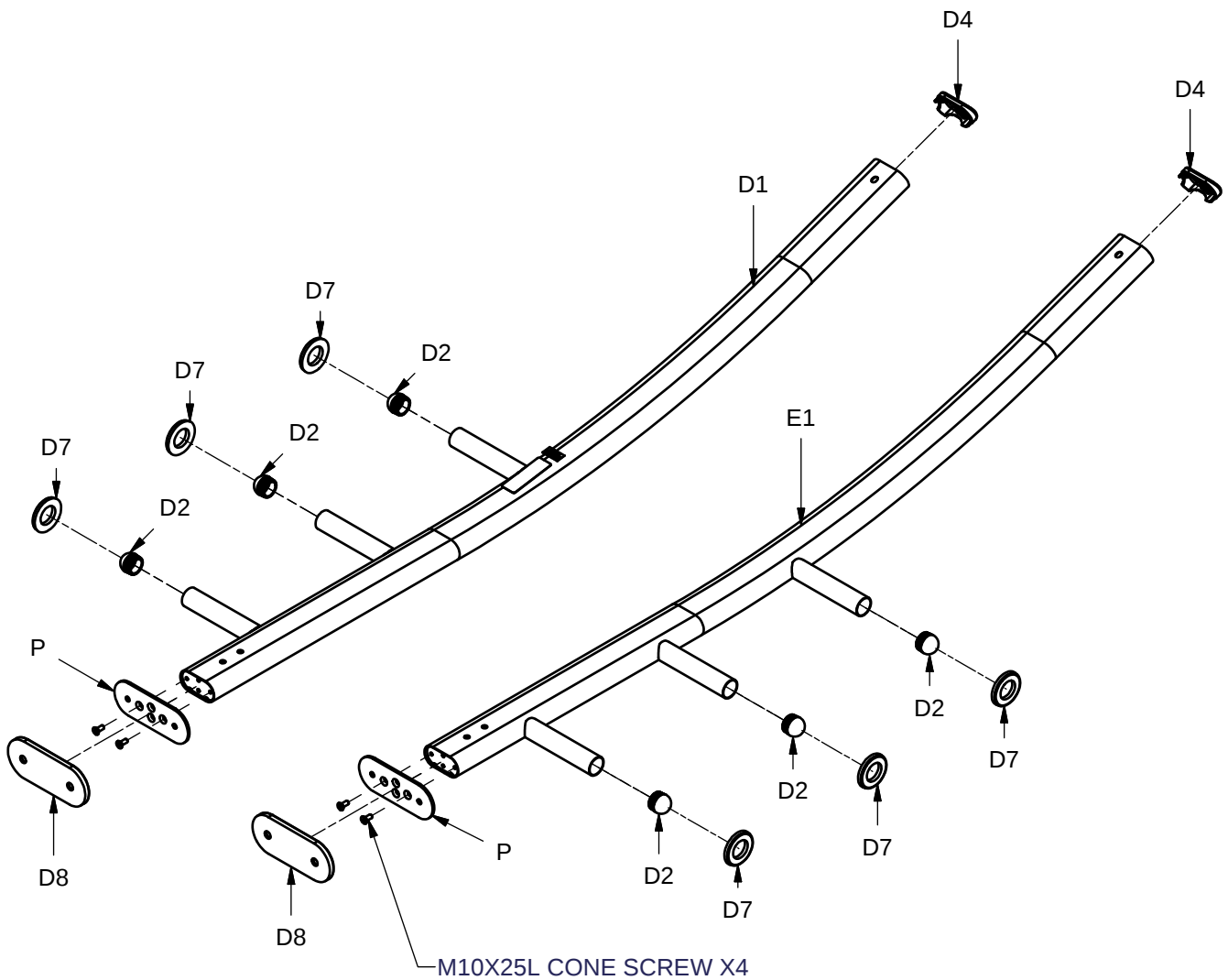
Above shows STEP 1  
assembled and completed



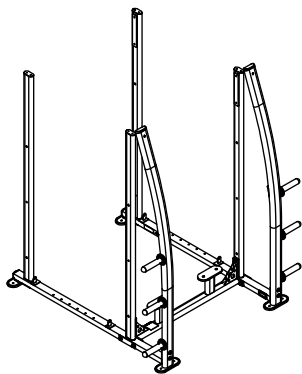
# M3DSM ASSEMBLY INSTRUCTIONS



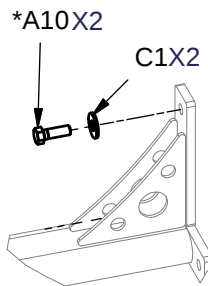
Above shows STEP 2  
assembled and completed



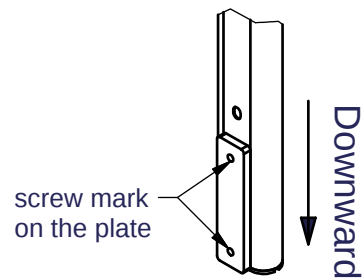
# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 3  
assembled and completed

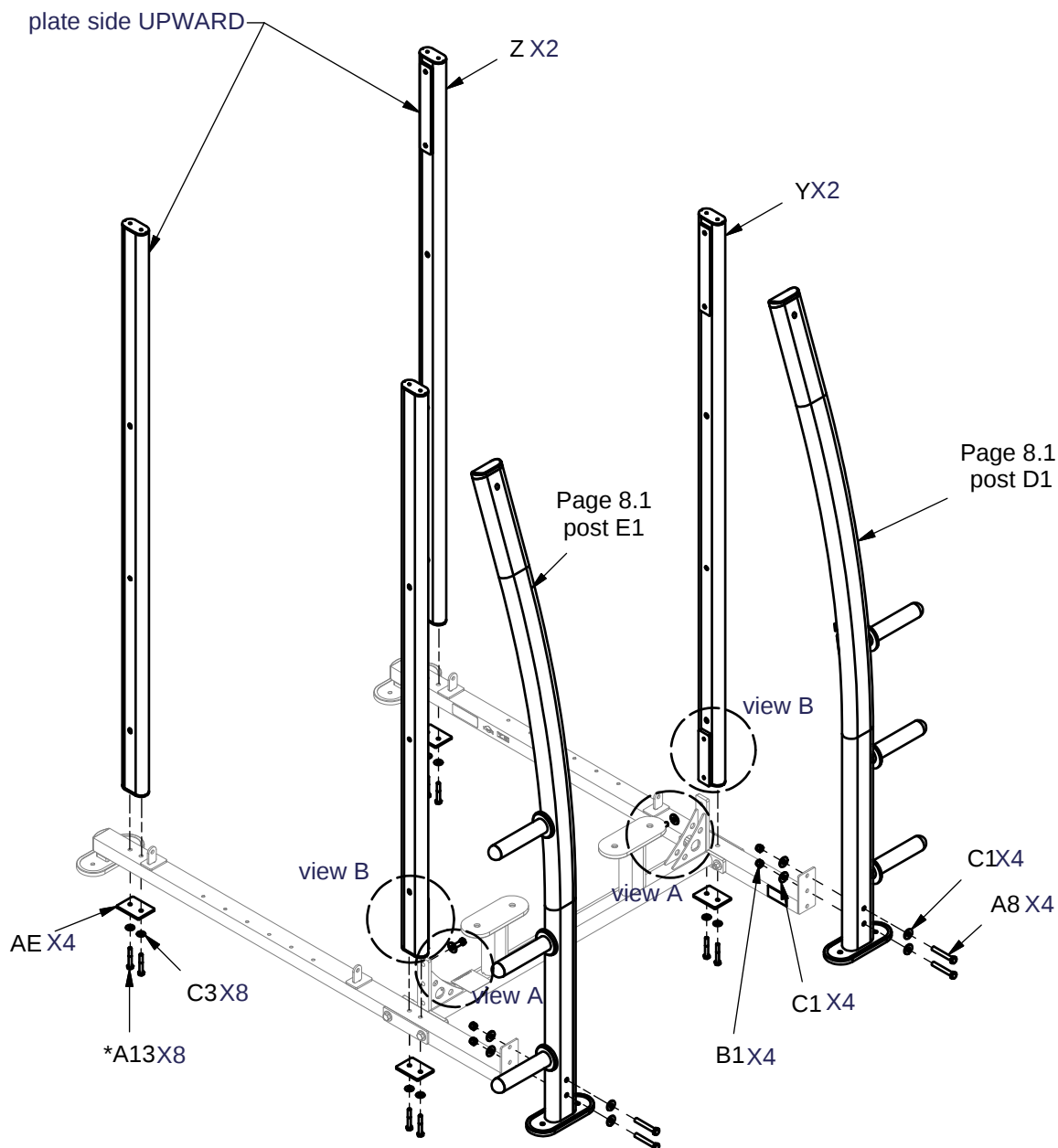


View A

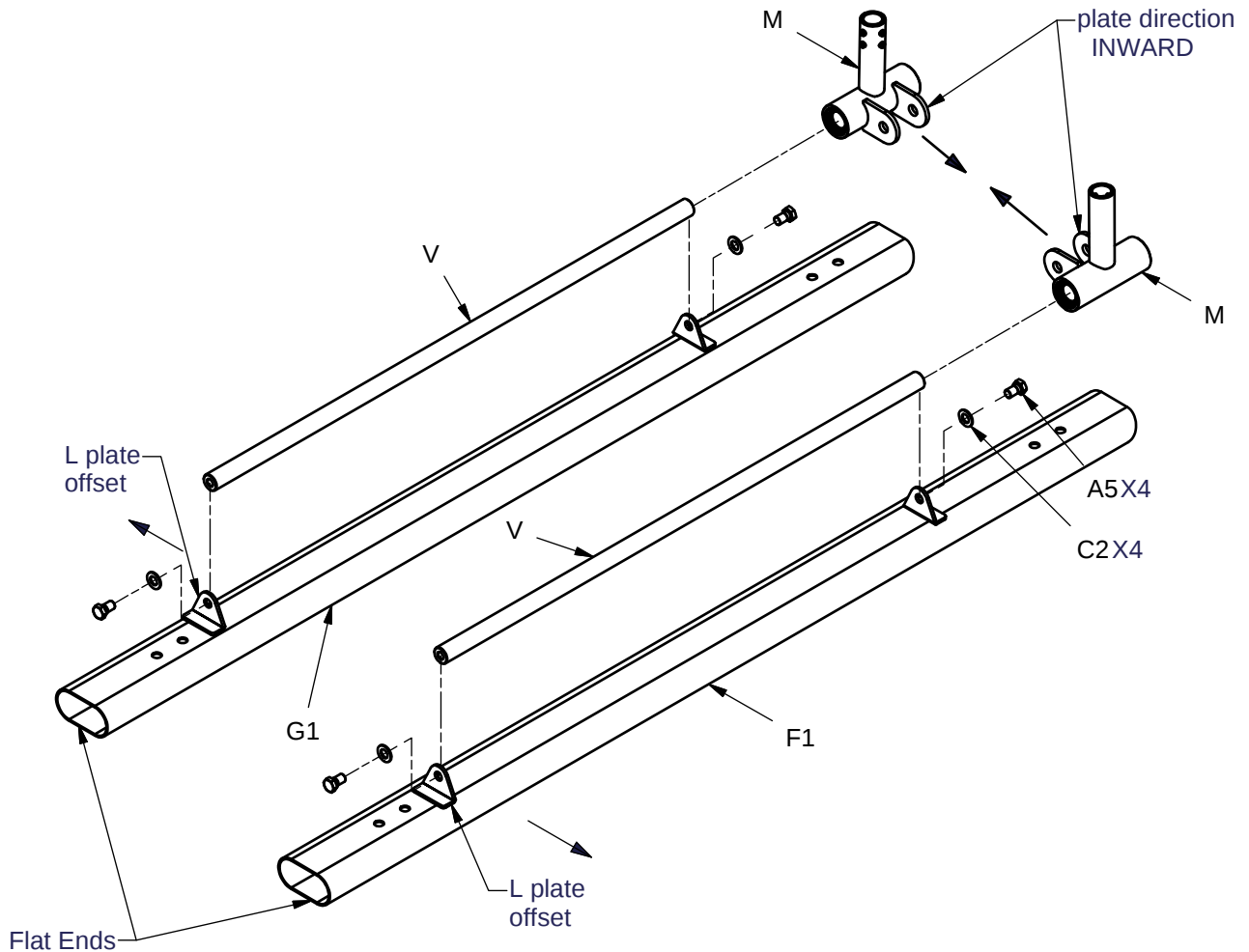
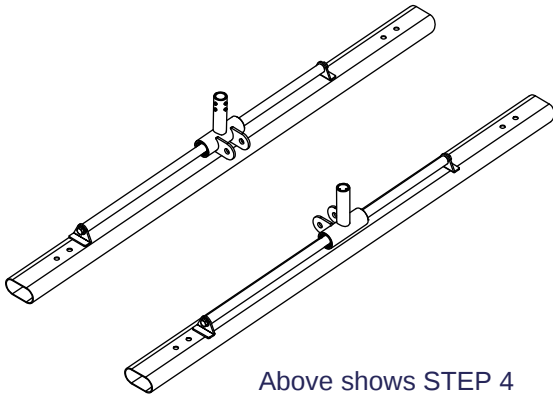


View B

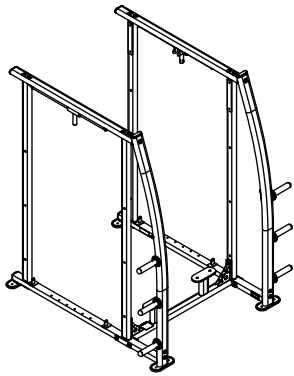
**NOTE :**  
DO NOT tighten screws A10, A13 till PAGE 13



# M3DSM ASSEMBLY INSTRUCTIONS



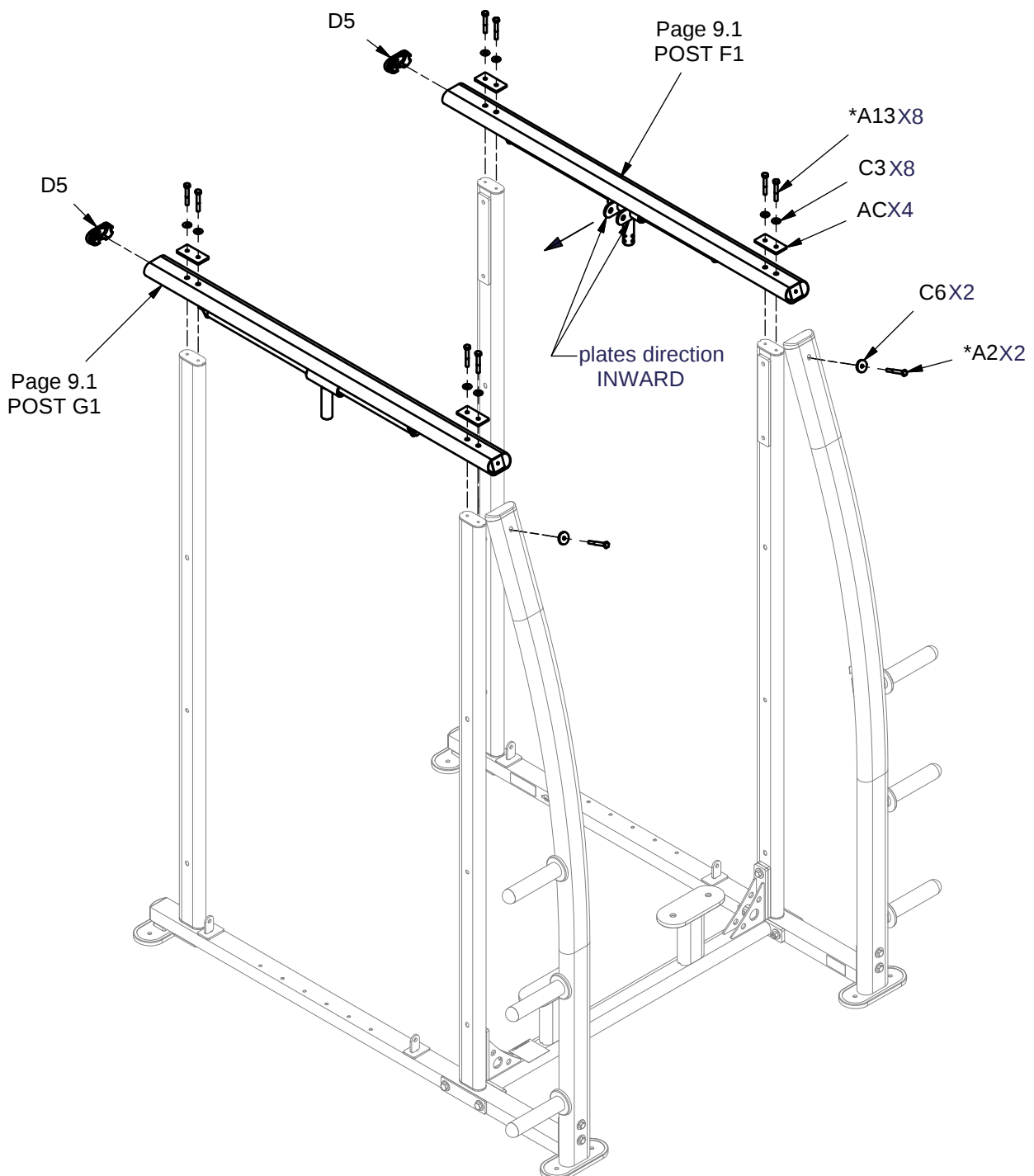
# M3DSM ASSEMBLY INSTRUCTIONS



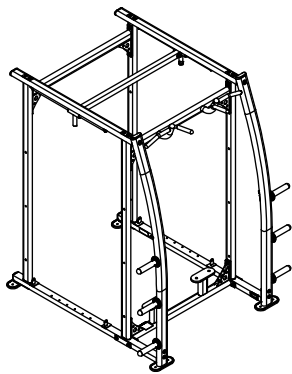
Above shows STEP 5  
assembled and completed

## NOTE

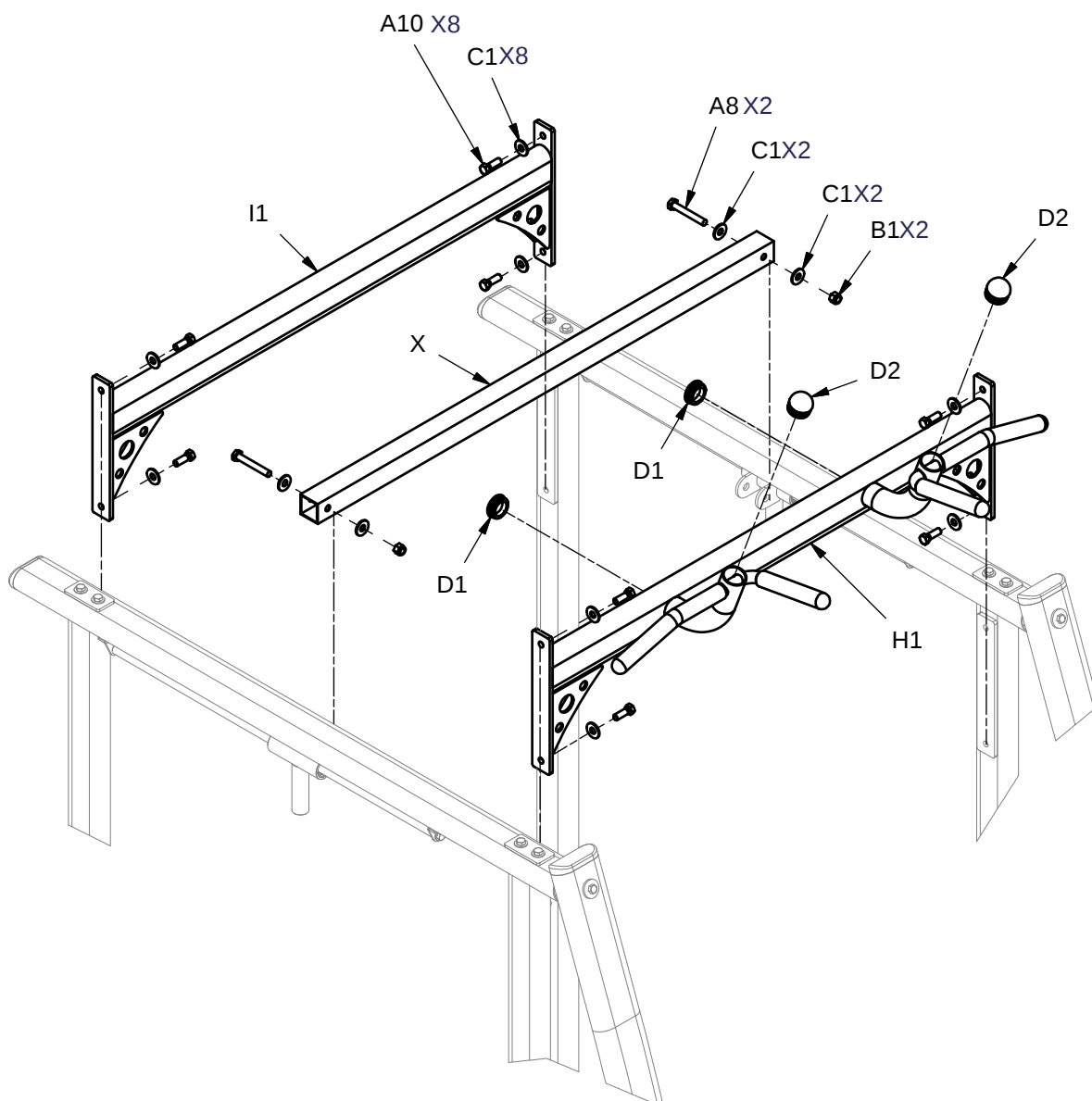
DO NOT tighten screws A2, A13 till PAGE 13



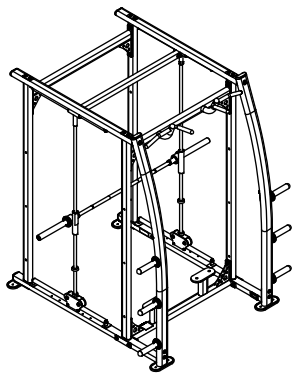
# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 6  
assembled and completed

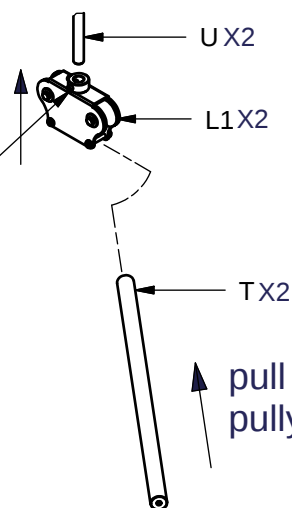


# M3DSM ASSEMBLY INSTRUCTIONS



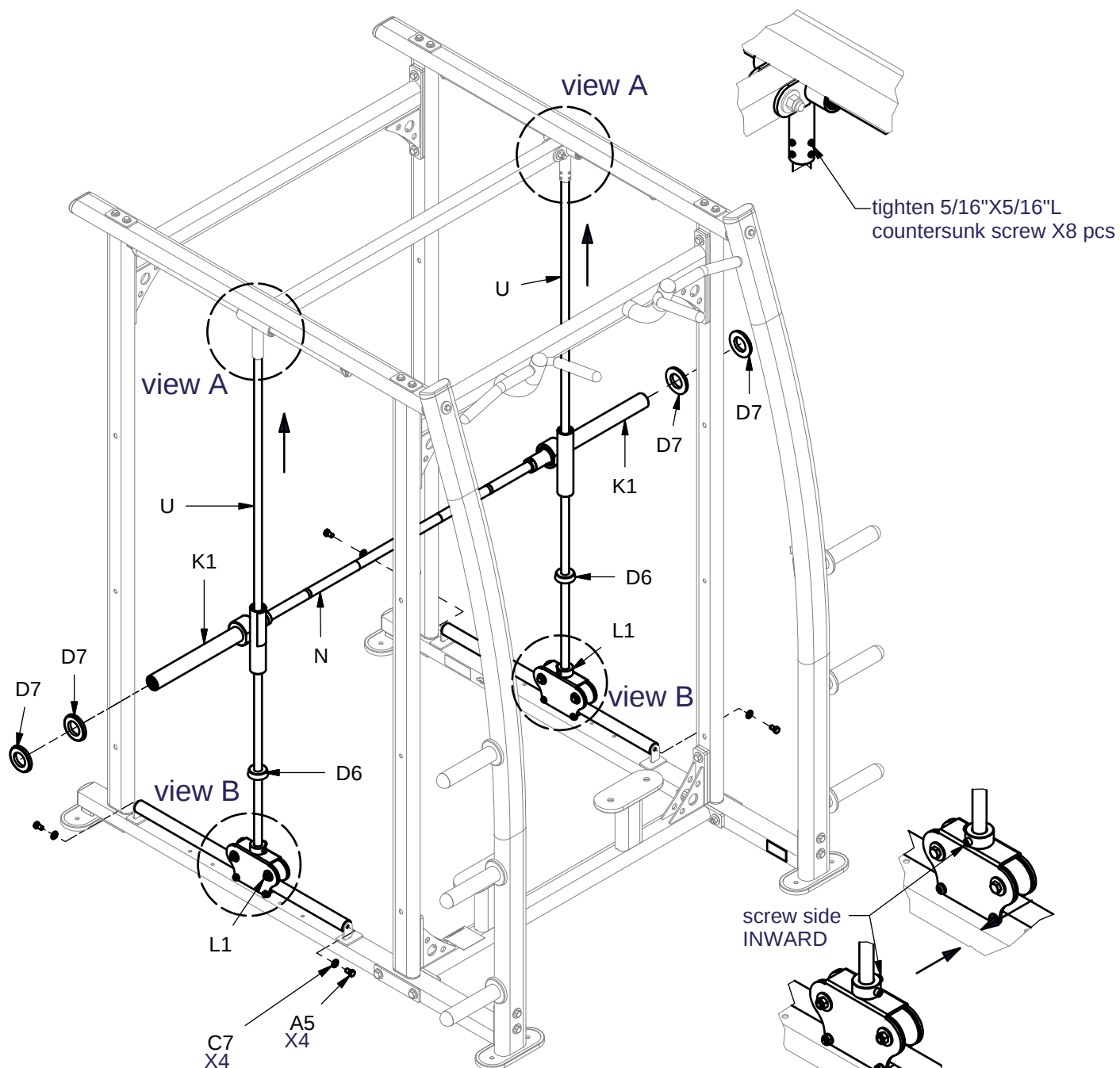
Above shows STEP 7  
assembled and completed

tighten 5/16"X3/4"L  
round allen head  
screws X 4 pcs

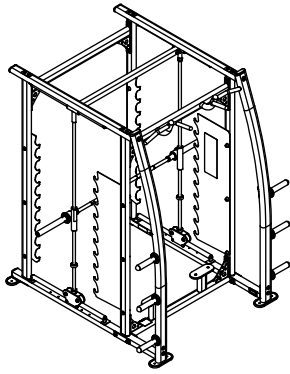


pull bars T into  
pulley sets L1

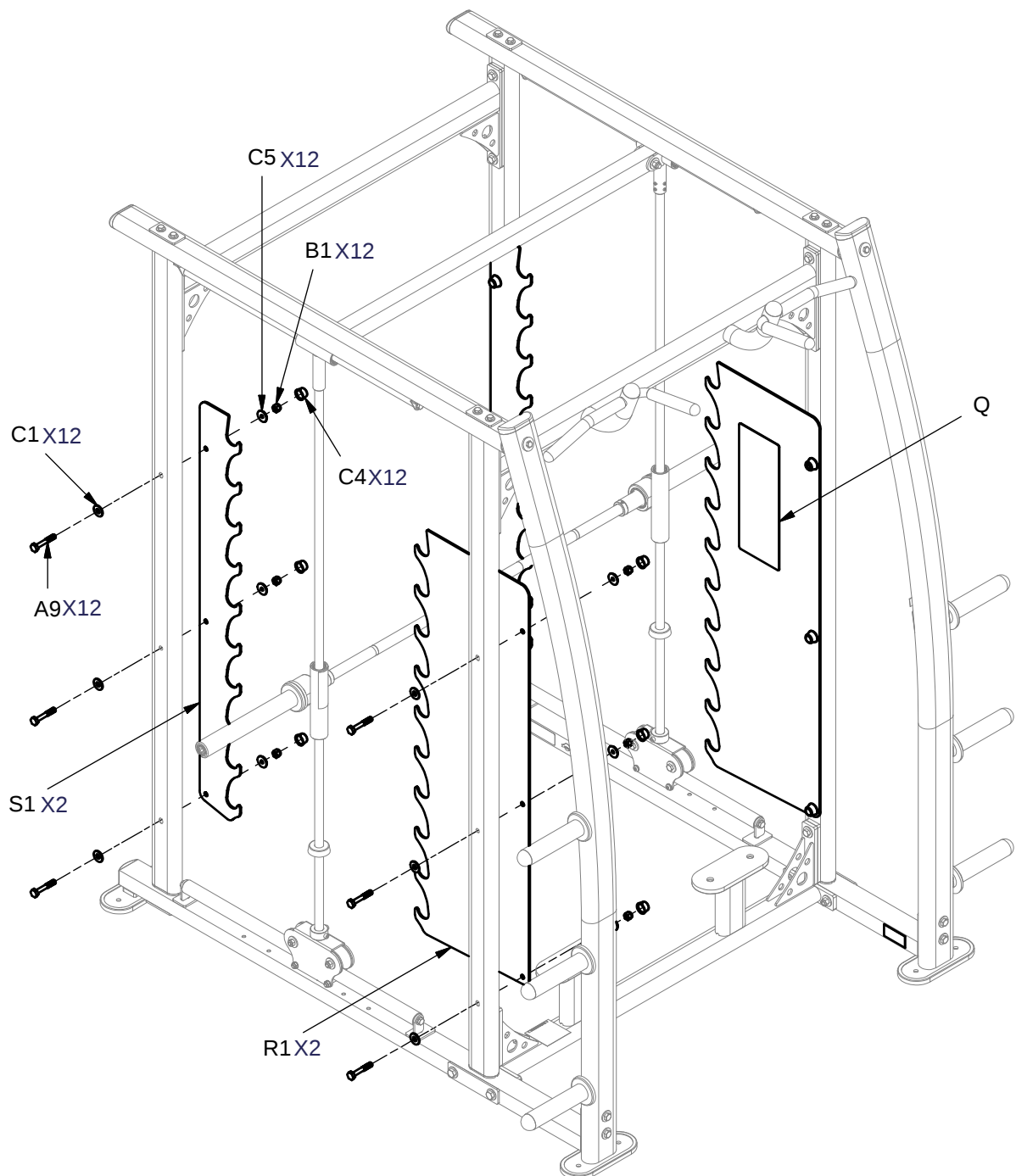
Note 1. push bars U upward during assembly  
2. push pulley sets L1 upward during assembly



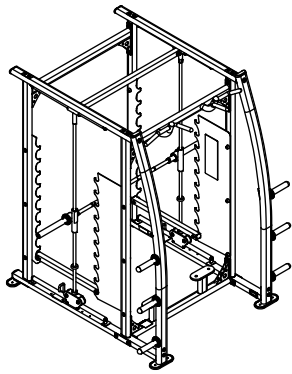
# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 8  
assembled and completed

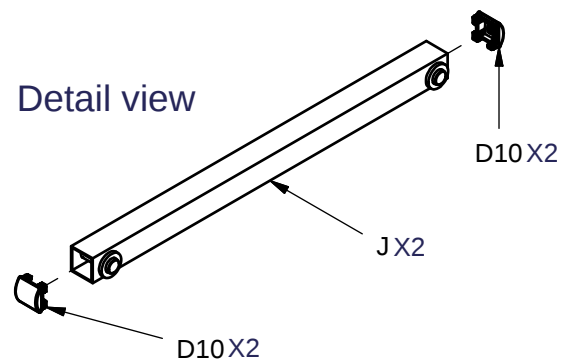


# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 9  
assembled and completed

Detail view



## NOTE

1. placing bars J on location A, B , checking GAP and TIGHTNESS between plates
2. aligning bars Y, Z to balance the GAP and TIGHTNESS
3. tighten screws A10, A13 on page 8.2, screws A2, A13 on page 9.2

