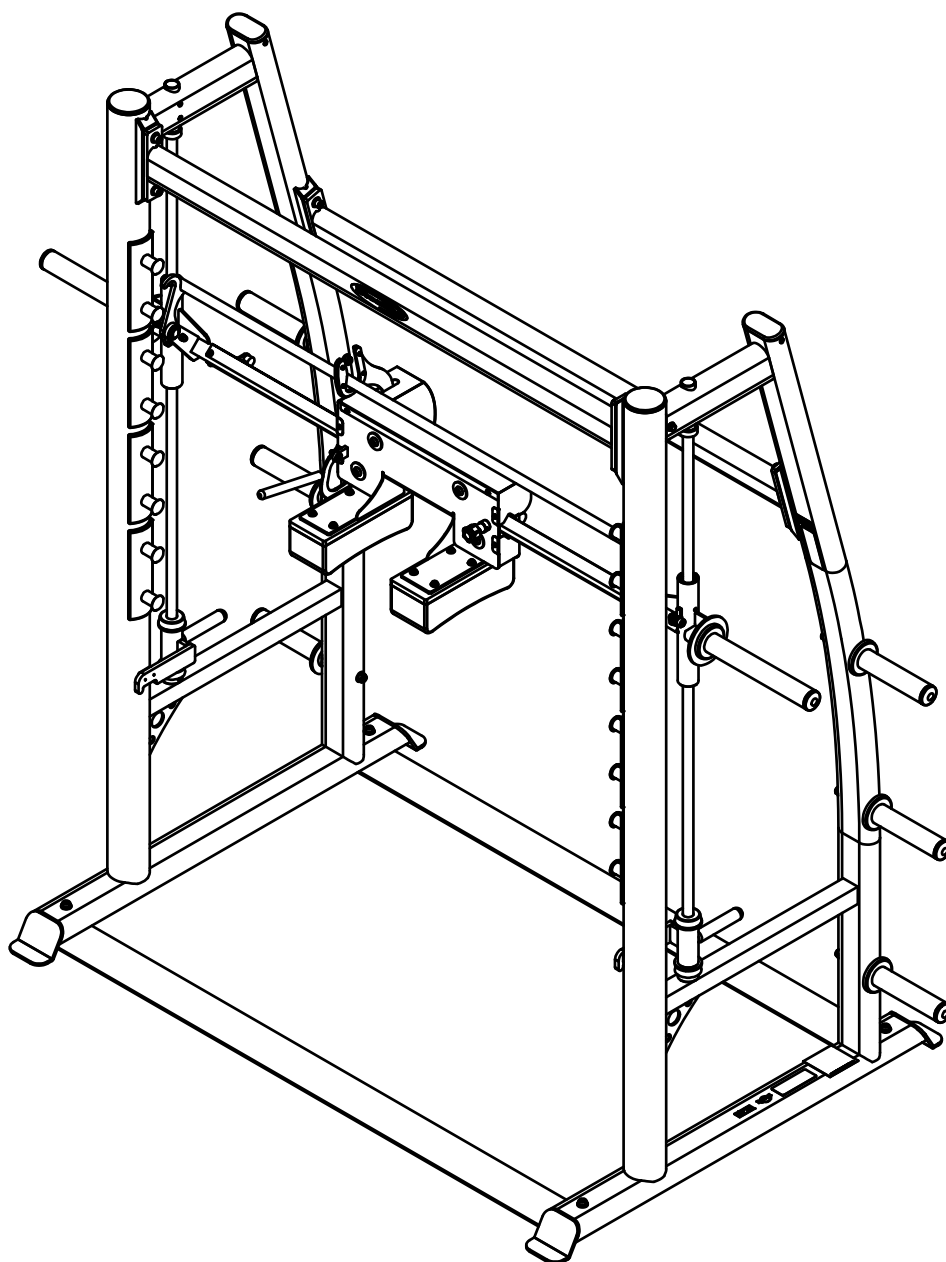


MEGA POWER



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

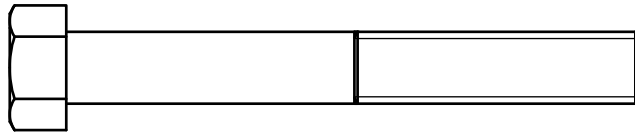
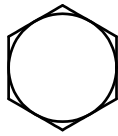
Fax: 886-2-27229750

www.steelflexfitness.com

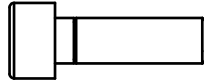
M3DLM.1 OWNER'S MANUAL

M3DLM ASSEMBLY INSTRUCTIONS

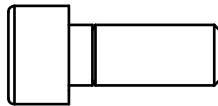
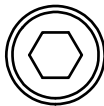
HARDWARE ILLUSTRATION



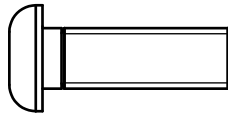
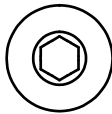
(A1)HEX BOLT 3/8"x3"L PARTIAL THREAD QTY.2



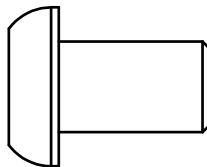
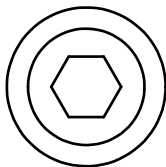
(A2)ROUND ALLEN HEAD M6X20L PARTIAL THREAD QTY.2



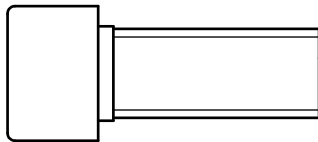
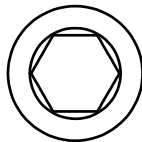
(A3)ROUND ALLEN HEAD M8X20L PARTIAL THREAD QTY.2



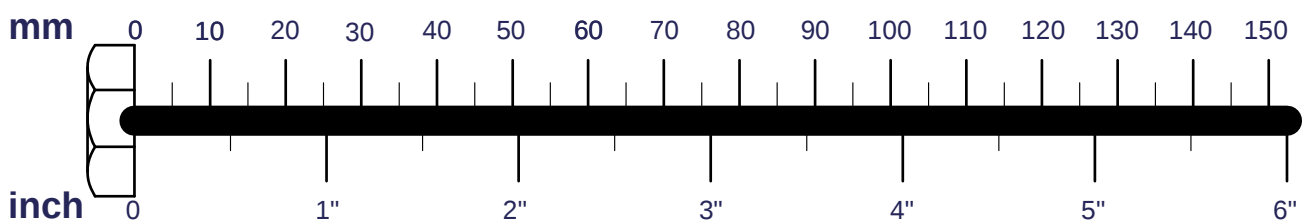
(A4)ROUND ALLEN HEAD M8X25L PARTIAL THREAD QTY.8



(A5)ROUND ALLEN HEAD M12X20L PARTIAL THREAD QTY.4

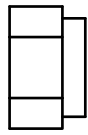
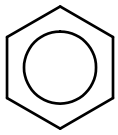


(A6)ROUND ALLEN HEAD M12X30L PARTIAL THREAD QTY.2



M3DLM ASSEMBLY INSTRUCTIONS

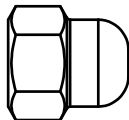
HARDWARE ILLUSTRATION



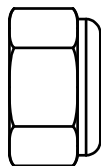
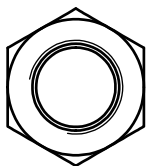
(B1) NYLON LOCK NUT 3/8" QTY.2



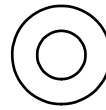
(B2) NYLON LOCK NUT M6 QTY.2



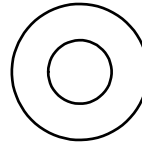
(B3) HEX CAP NUT M8 QTY.2



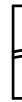
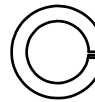
(B5) NYLON LOCK NUT M12 QTY.8



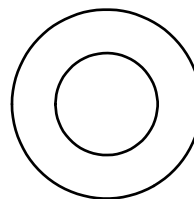
(C1) M6(I.D.) FLAT WASHER Ø13 QTY.4



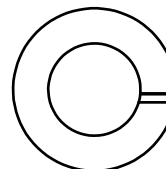
(C2) M8(I.D.) FLAT WASHER Ø18 QTY.8



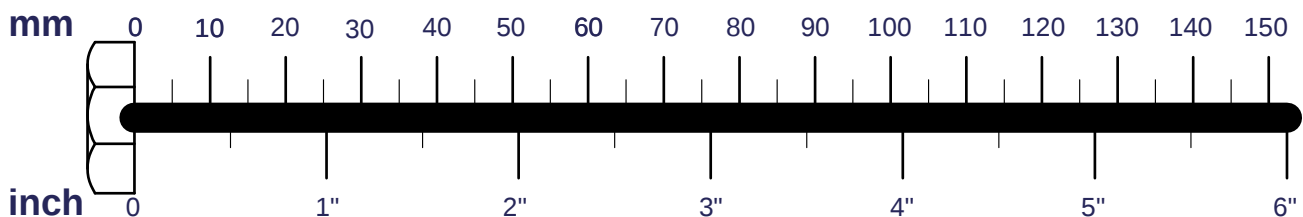
(C3) M8 SPRING WASHER QTY.12



(C4) M12(I.D.) FLAT WASHER Ø25 QTY.14



(C5) M12 SPRING WASHER QTY.4



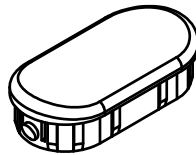
M3DLM ASSEMBLY INSTRUCTIONS

(D1)Ø10X20X19.5L STEEL BUSHING(8530-015)-----	[4PCS]
(D3)58X116L END CAP(9211-189)-----	[2PCS]
(D4)Ø100X30H CAP COVER(9211-186)-----	[2PCS]
(D5)RUBBER DOUNT(9212-006)-----	[16PCS]
(D6)Ø63.5XØ26X12.7T RUBBER DOUNT(9310-011)-----	[2PCS]
(D7)Ø2-1/2"X19T RUBBER DOUNT(9310-012)-----	[4PCS]
(D8)Ø90X10T RUBBER DOUNT(9310-016)-----	[8PCS]
(D9)Ø45XØ24X15T RUBBER DOUNT(9310-108)-----	[2PCS]
(D10)2040mm STEEL CABLE(FM3DLM)-----	[2PCS]
(D13)Ø117 PULLEY(9213-010F)-----	[2PCS]
(D14)78X256L COVER(9219-037)-----	[8PCS]

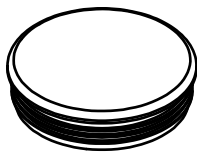
D1



D3



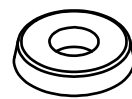
D4



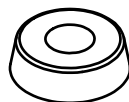
D5



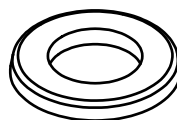
D6



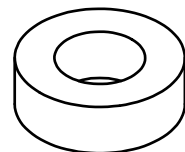
D7



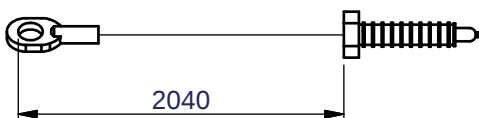
D8



D9



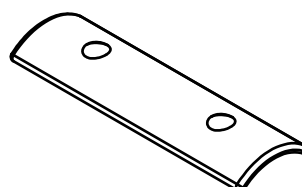
D10



D13



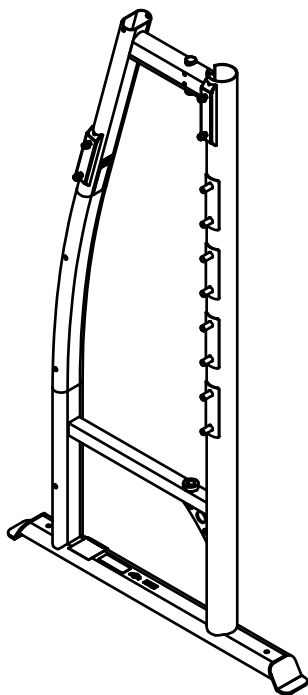
D14



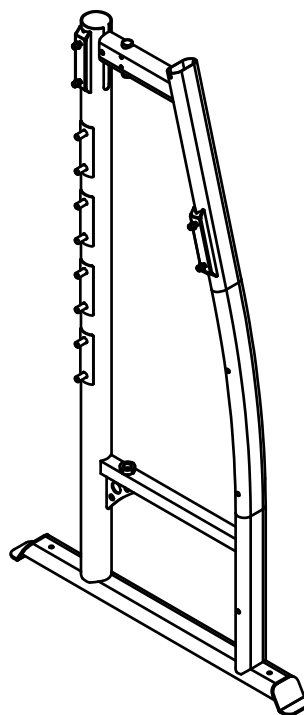
M3DLM ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

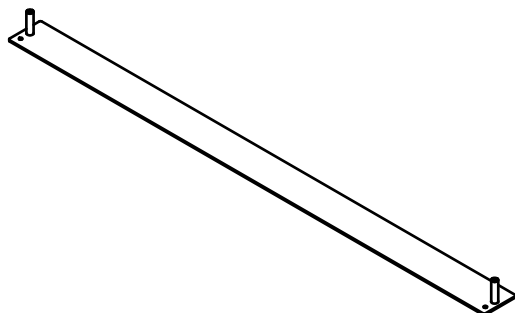
A[1PCS]



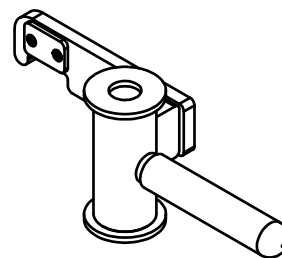
B[1PCS]



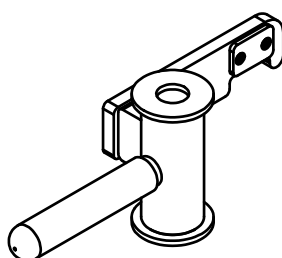
C[2PCS]



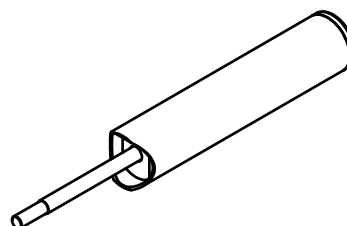
D[1PCS]



E[1PCS]



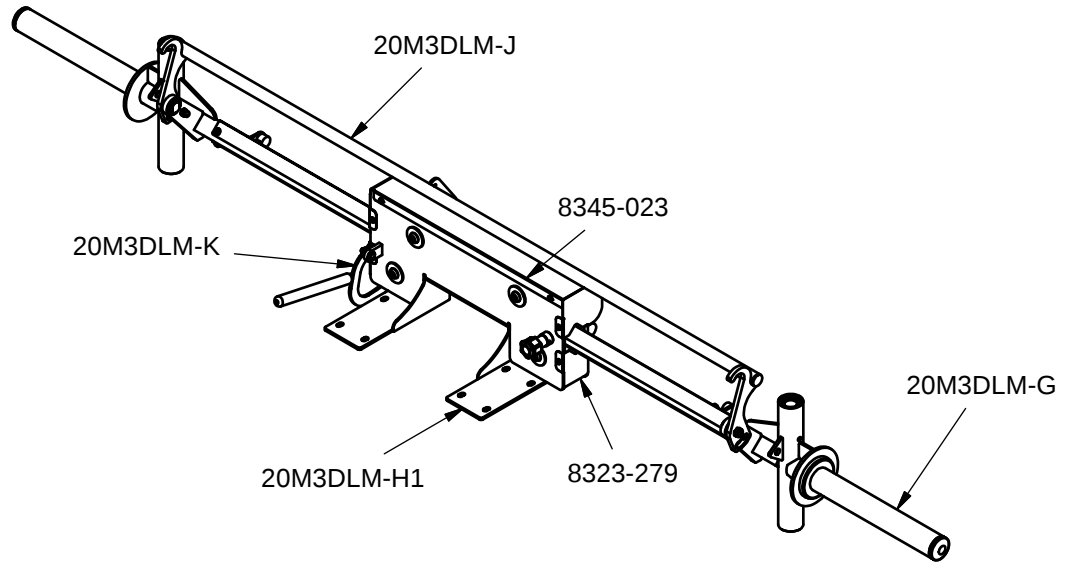
F[6PCS]
26M3DLMF



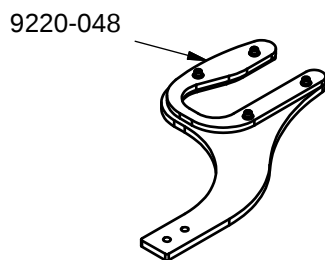
M3DLM ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

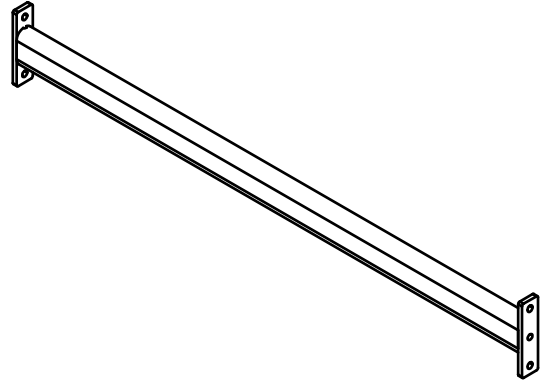
G[1PCS]



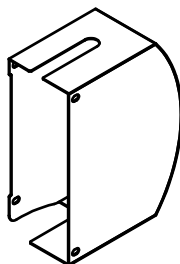
H[1PCS]
8343-341



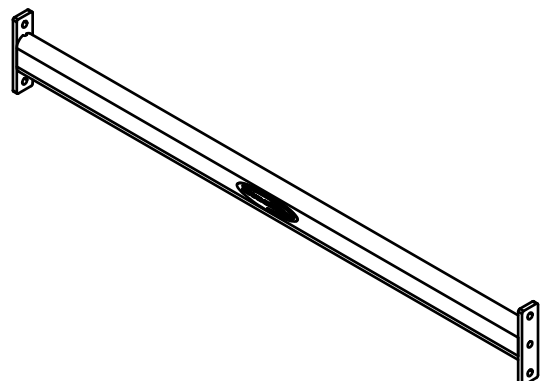
I[1PCS]



N[1PCS]
8345-018

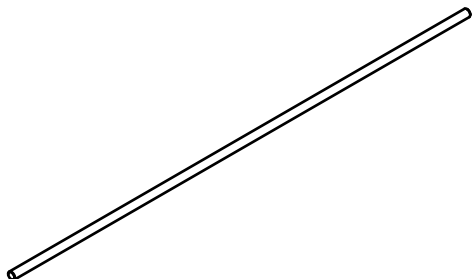


Ia[1PCS]

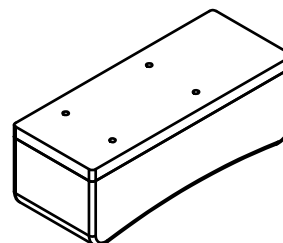


PARTS ILLUSTRATION SHEET

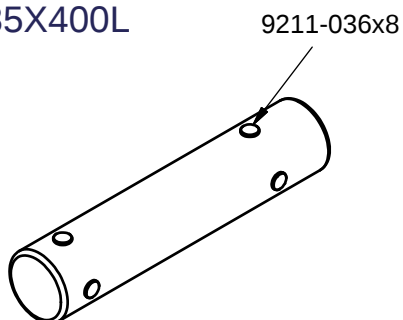
K[2PCS]
8280-048



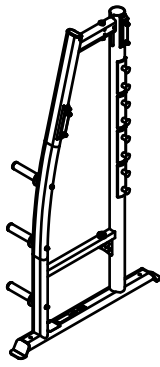
L[2PCS]
9131-064



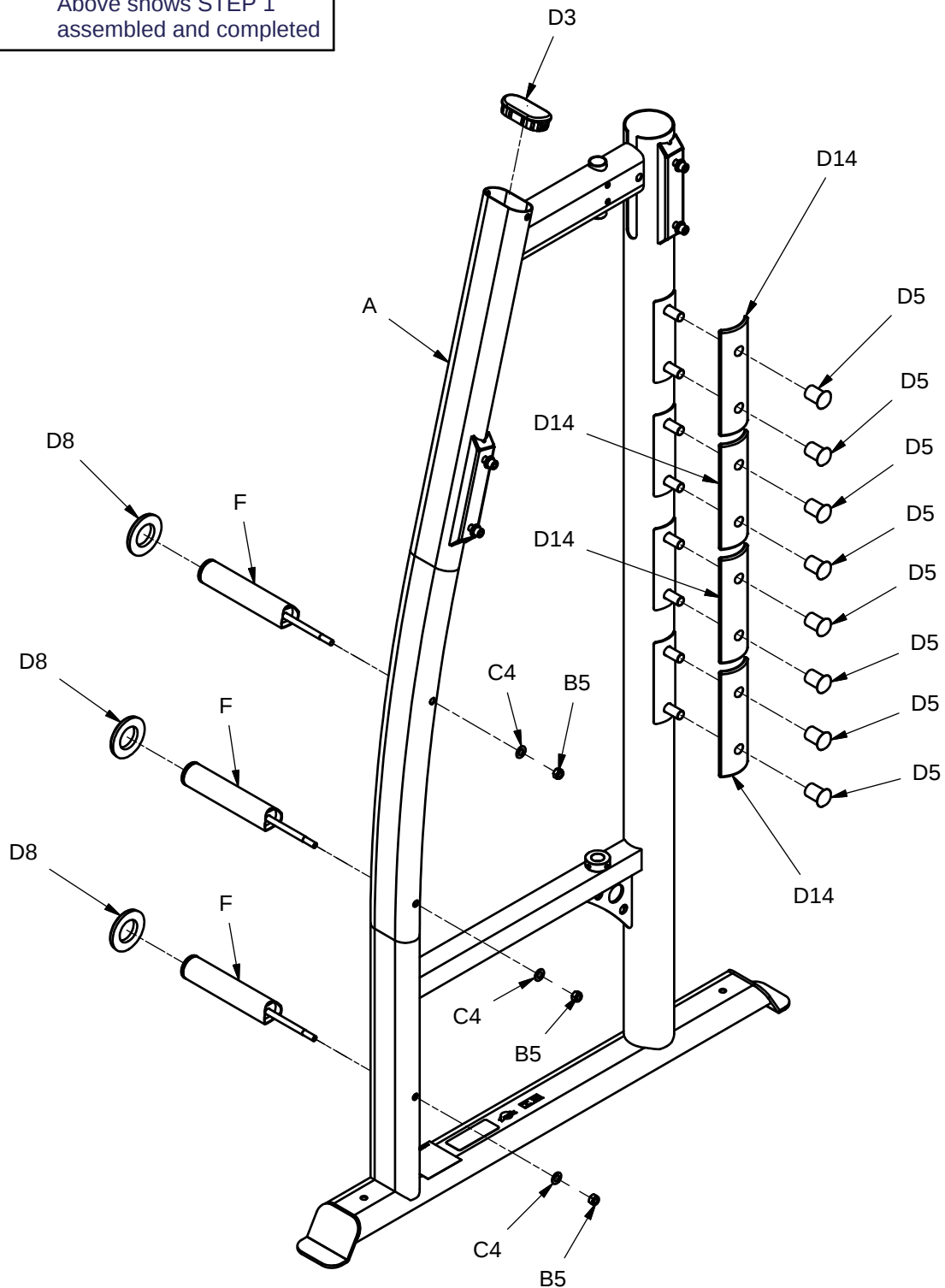
M[2PCS]
8230-044
Ø85X400L



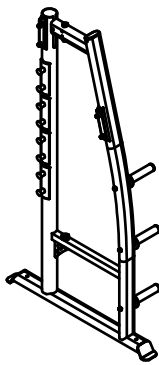
M3DLM ASSEMBLY INSTRUCTIONS



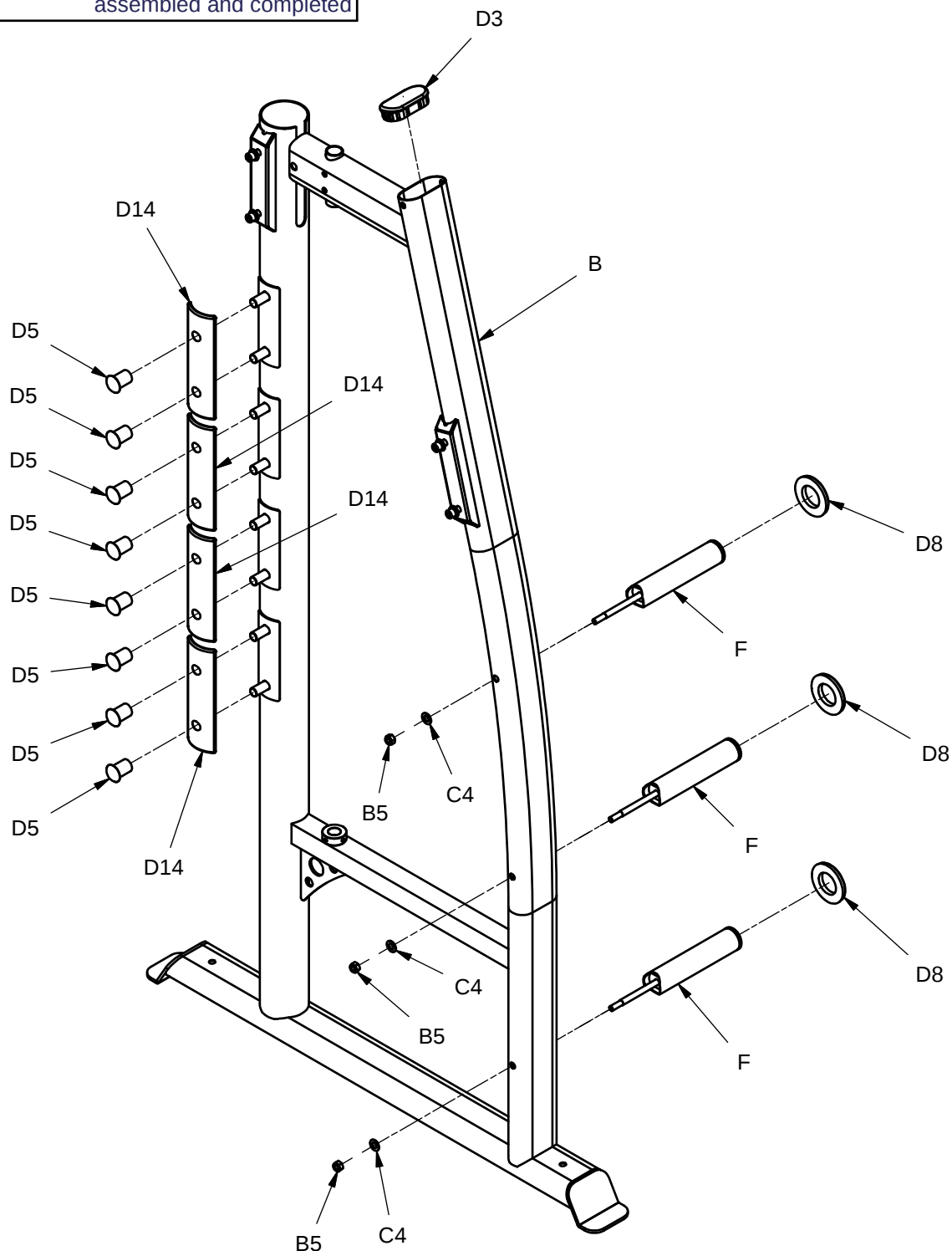
Above shows STEP 1
assembled and completed



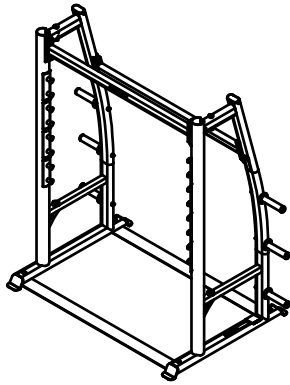
M3DLM ASSEMBLY INSTRUCTIONS



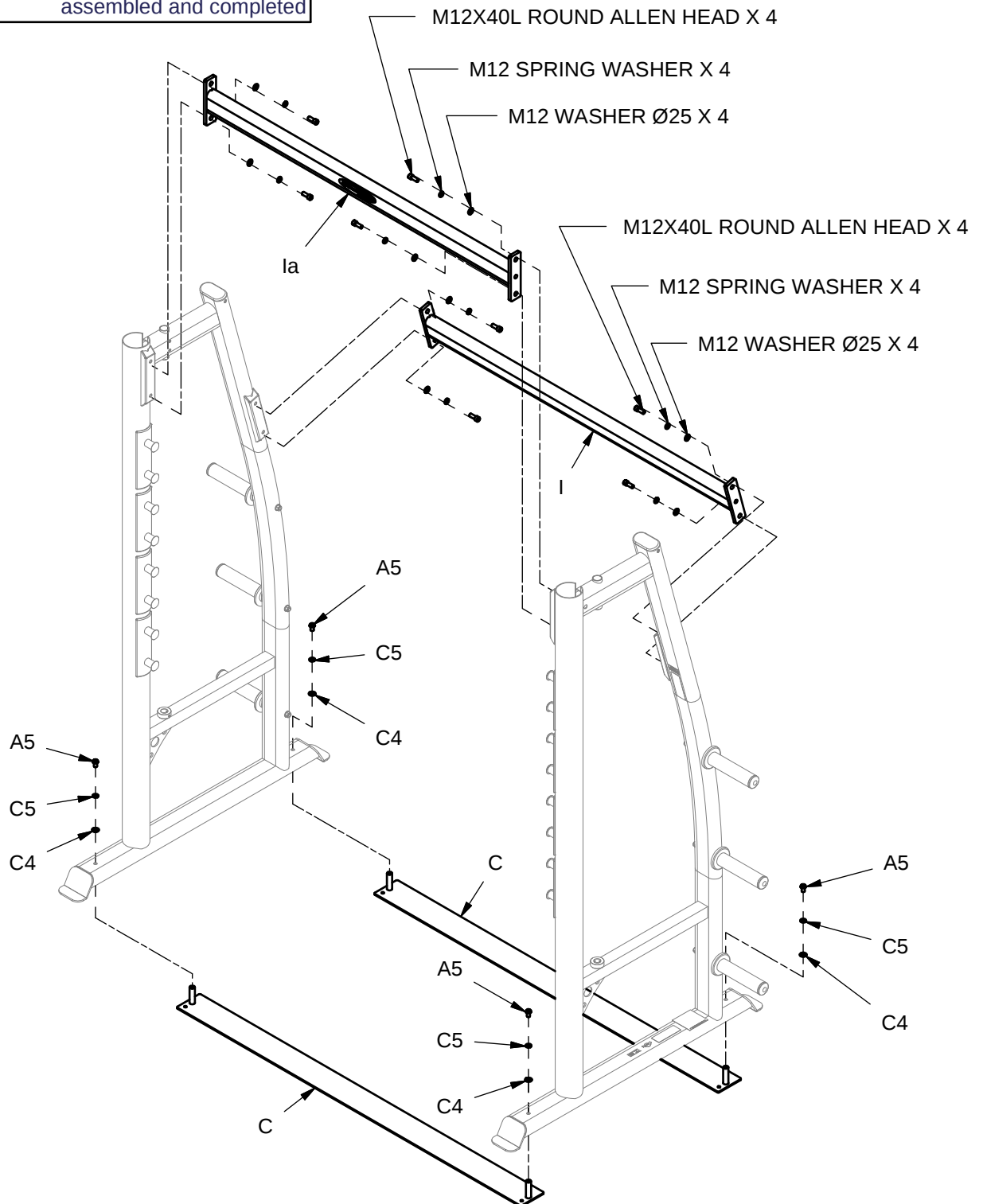
Above shows STEP 2
assembled and completed



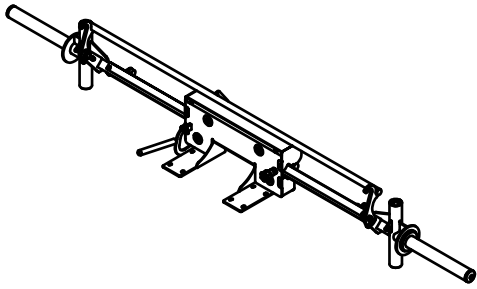
M3DLM ASSEMBLY INSTRUCTIONS



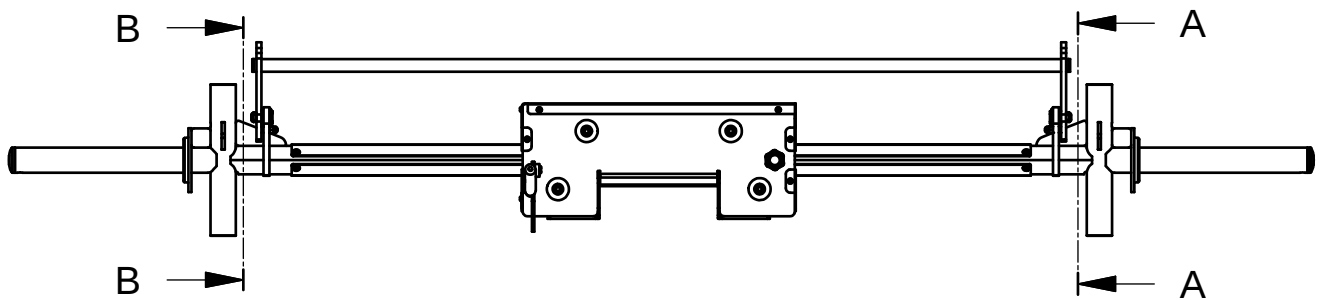
Above shows STEP 3
assembled and completed



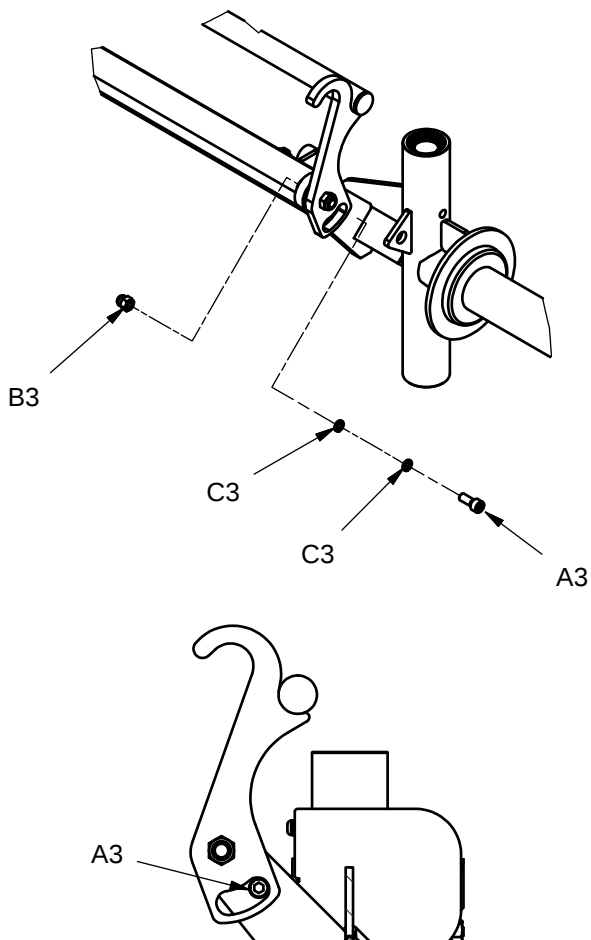
M3DLM ASSEMBLY INSTRUCTIONS



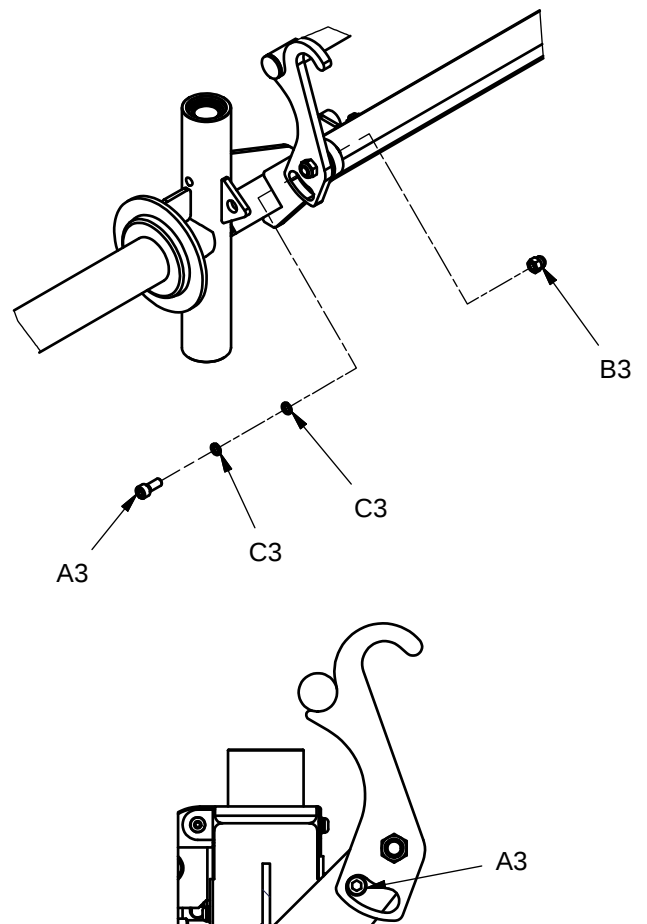
Above shows STEP 4
assembled and completed



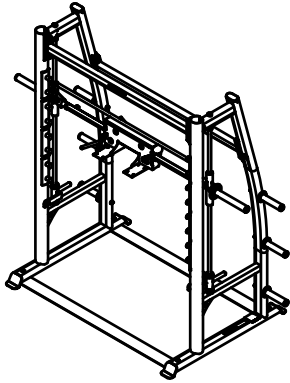
Detail A-A



Detail B-B

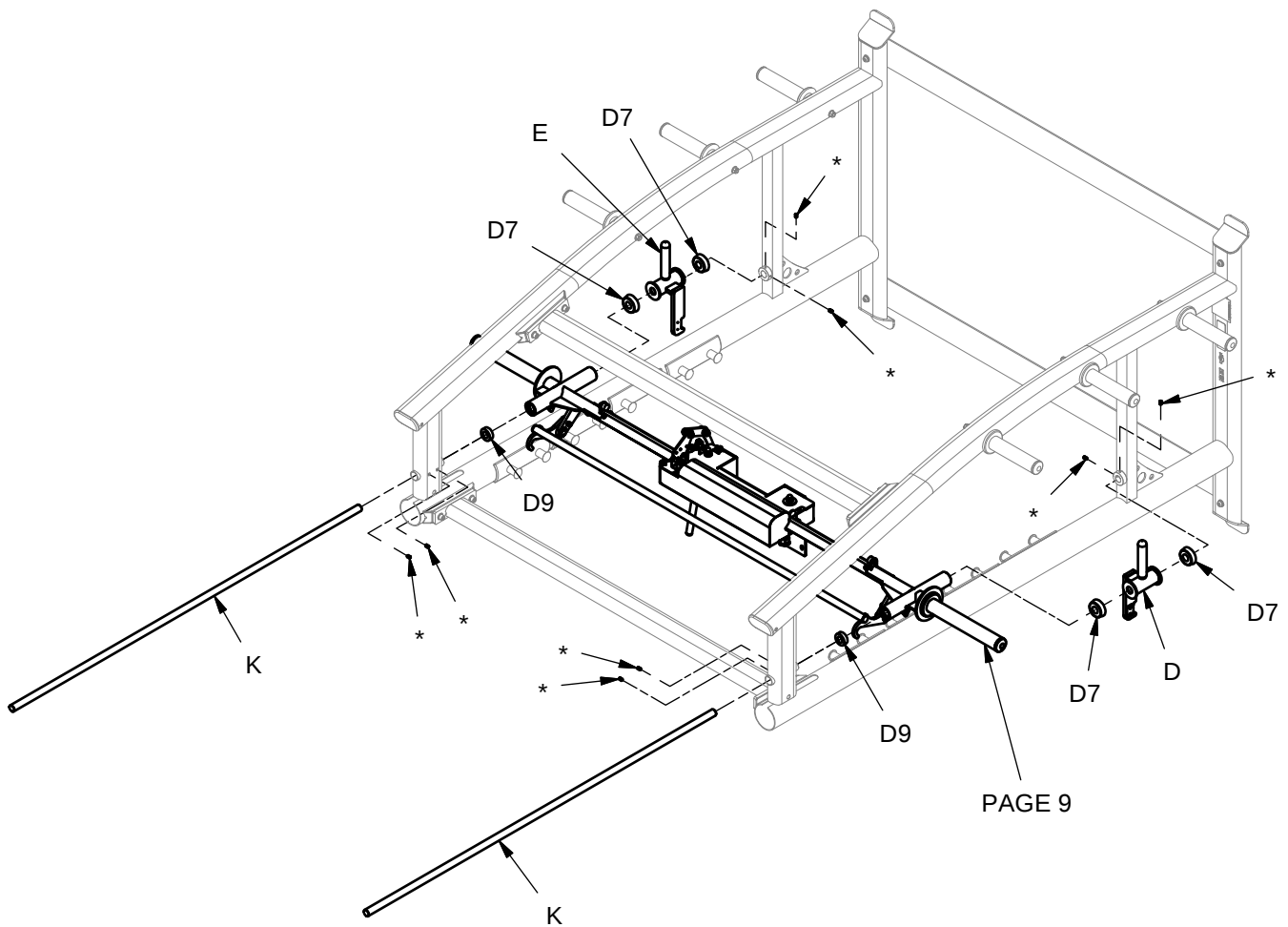
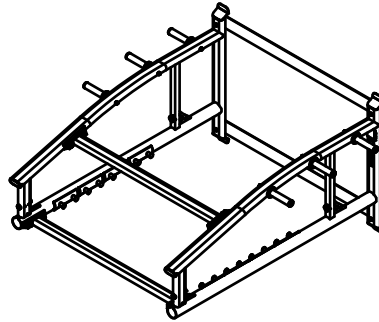
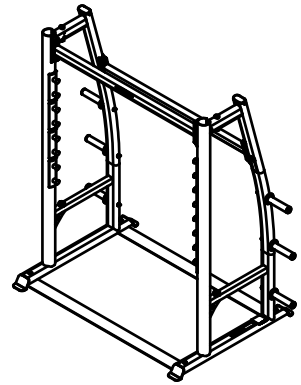


M3DLM ASSEMBLY INSTRUCTIONS



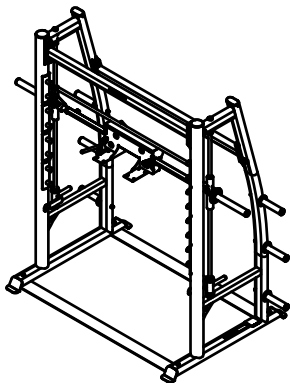
Above shows STEP 5
assembled and completed

Dump

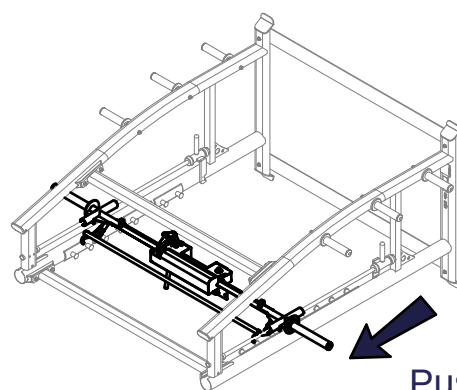


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT

M3DLM ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed



Push forward

1. Attach D6 then cable (D10) onto Part M and insert Part M into Part A and Part B respectively.
2. Assembly pulley (D13) with D1, A1 and B1 accordingly as shown.
3. Finally, attach A6, B5 and C4 as shown to fix cable (D10) holding forward.

Figure 1

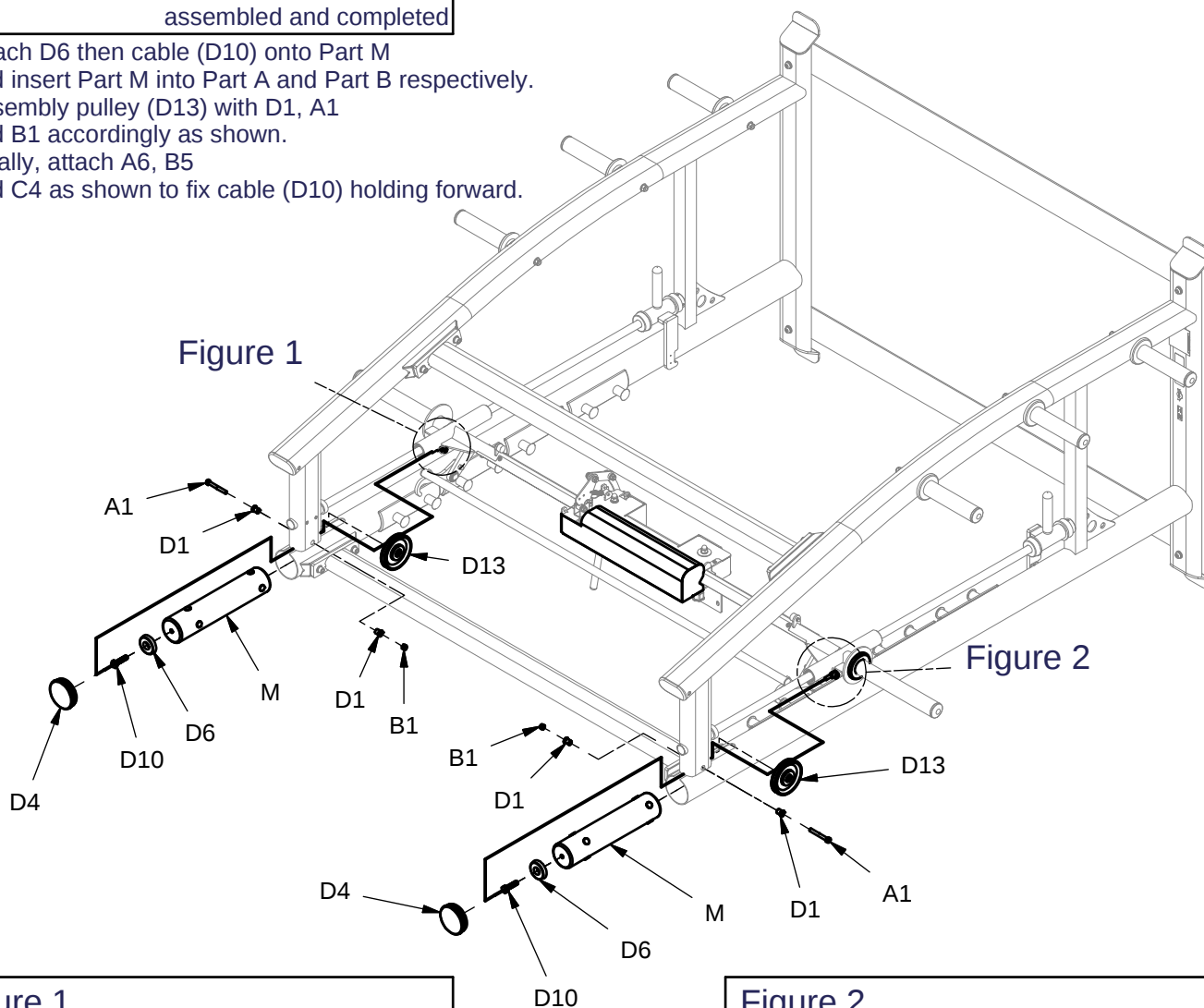


Figure 2

Figure 1

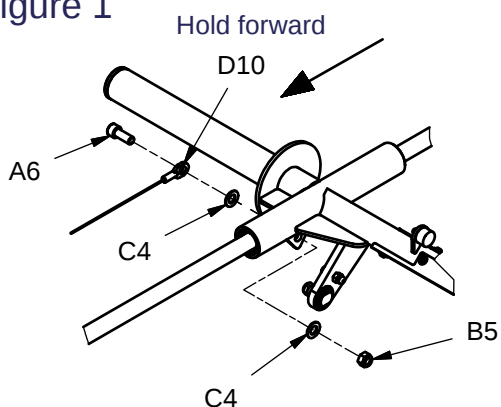
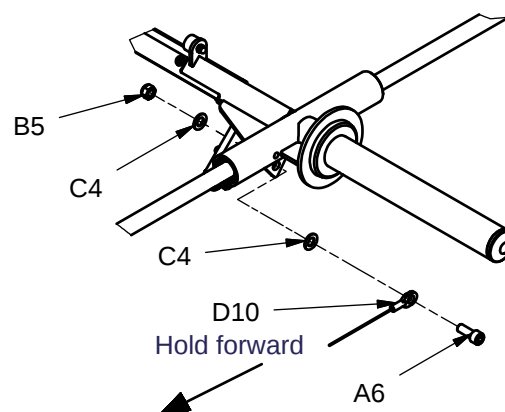
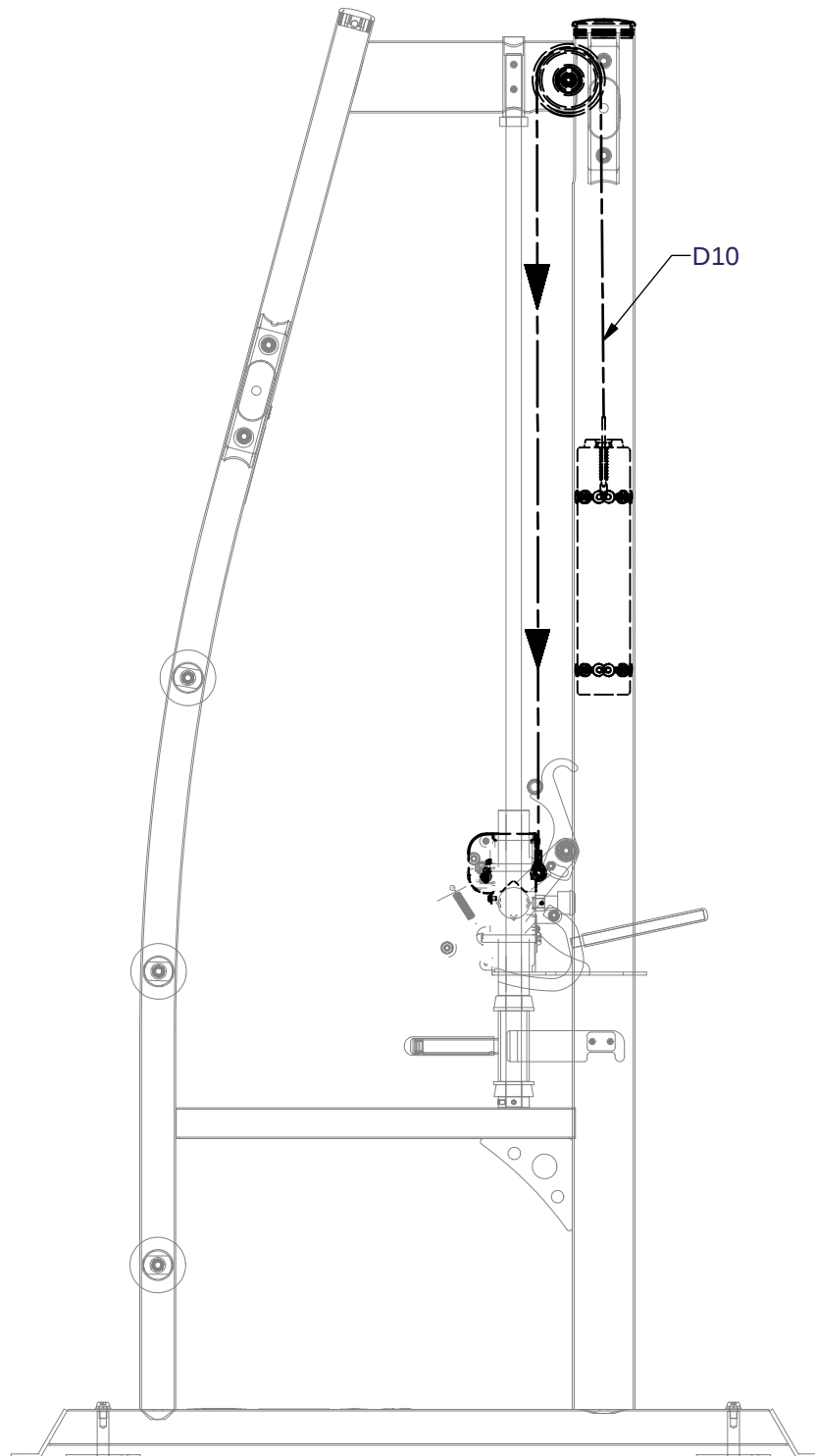


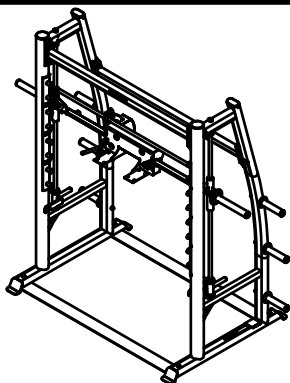
Figure 2



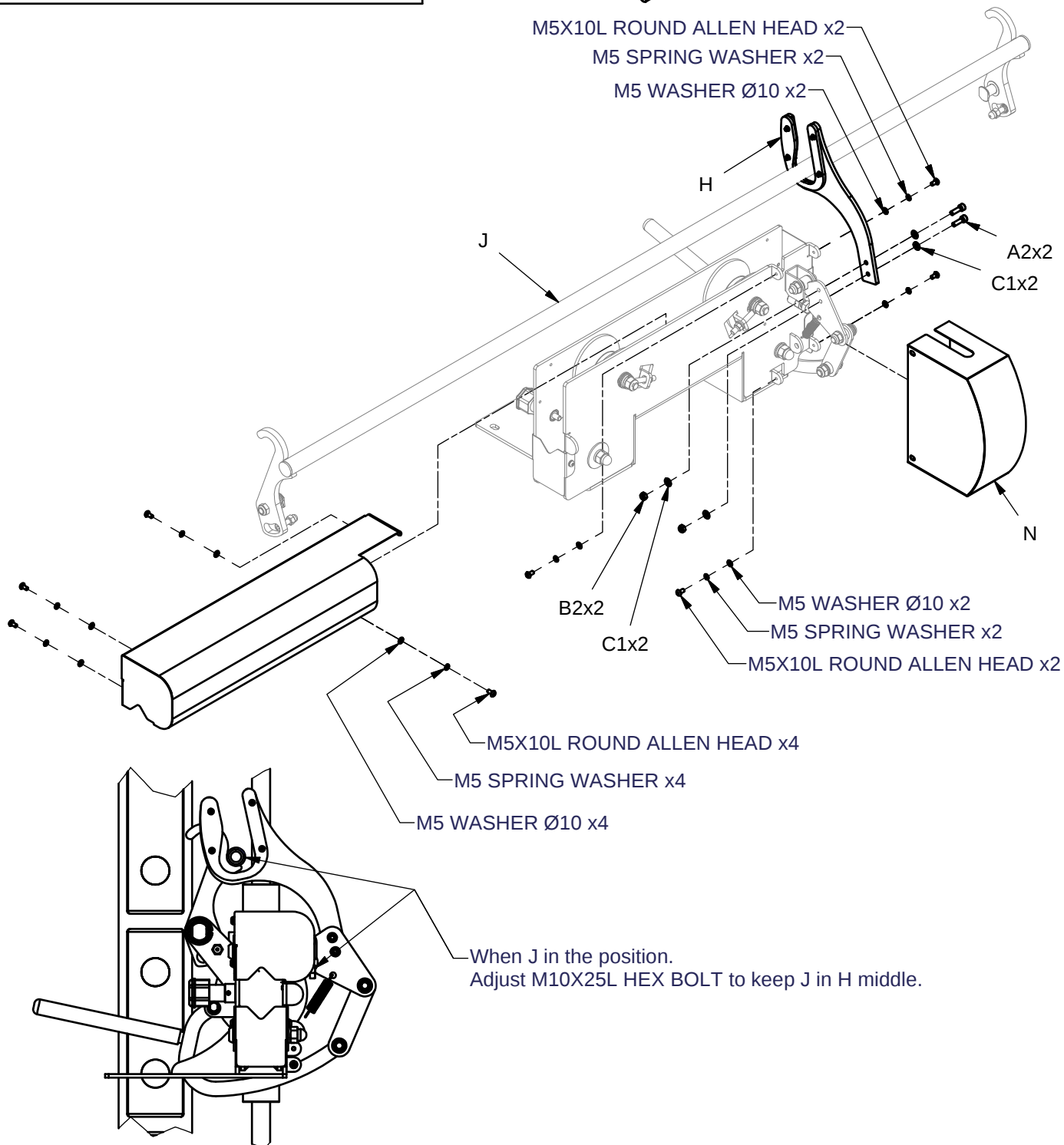
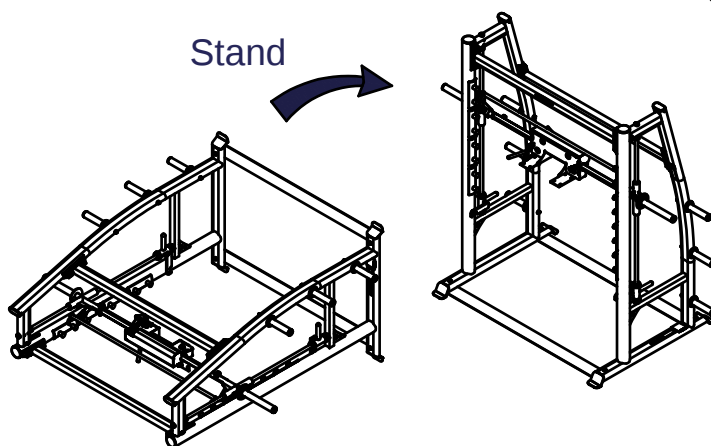
Cable Configuration Diagram



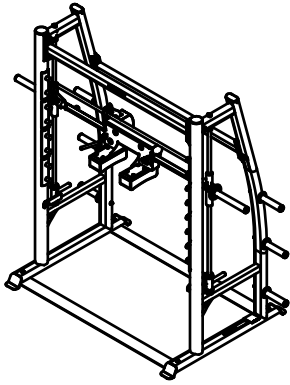
M3DLM ASSEMBLY INSTRUCTIONS



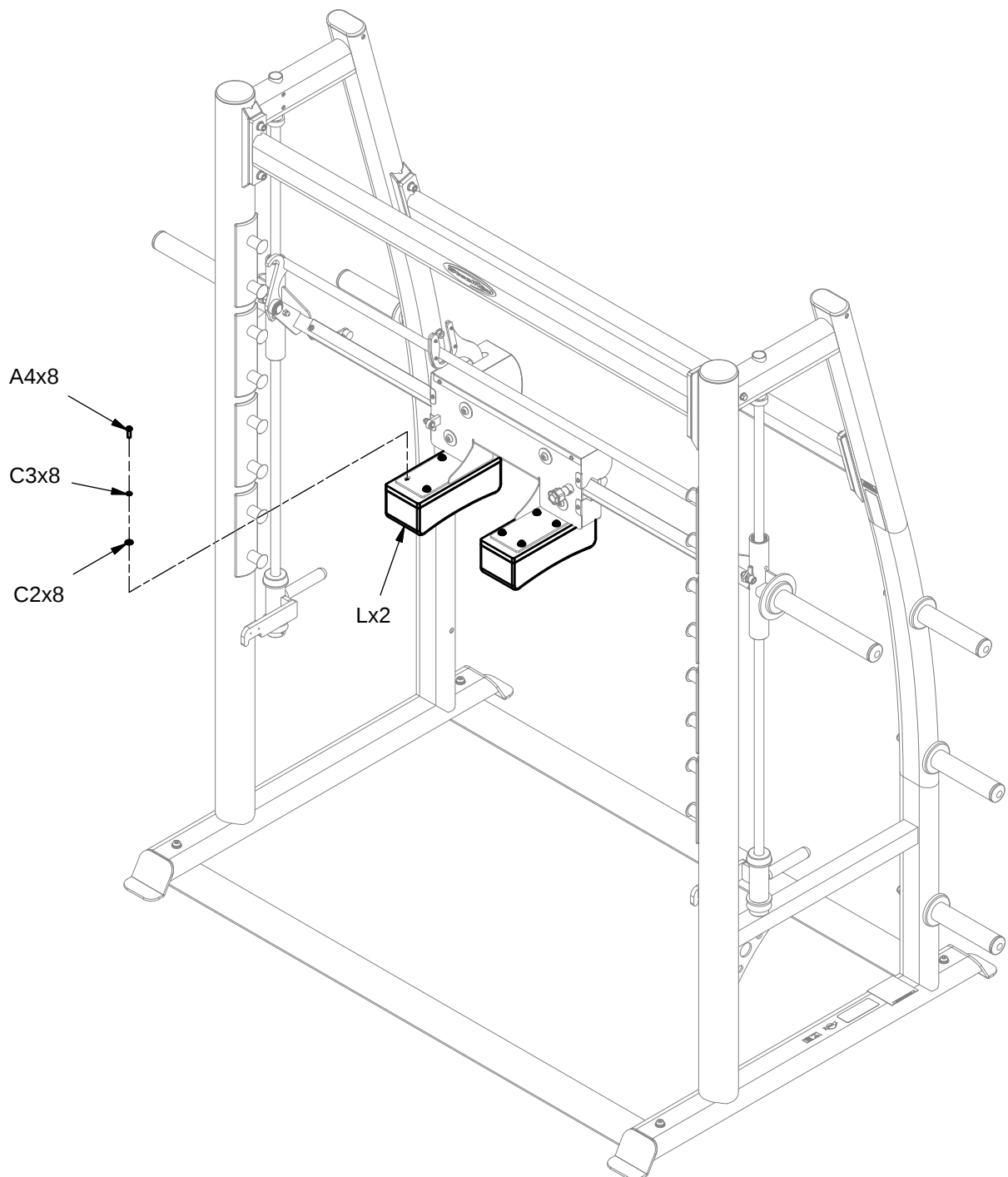
Above shows STEP 7
assembled and completed



M3DLM ASSEMBLY INSTRUCTIONS

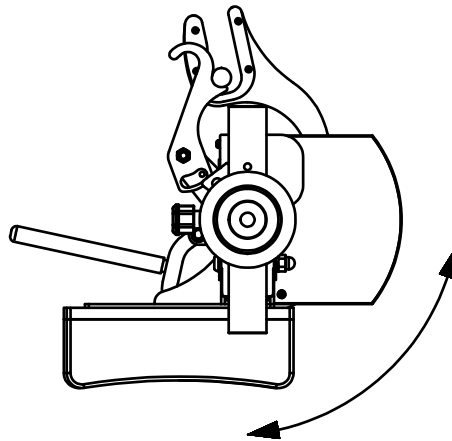


Above shows STEP 8
assembled and completed



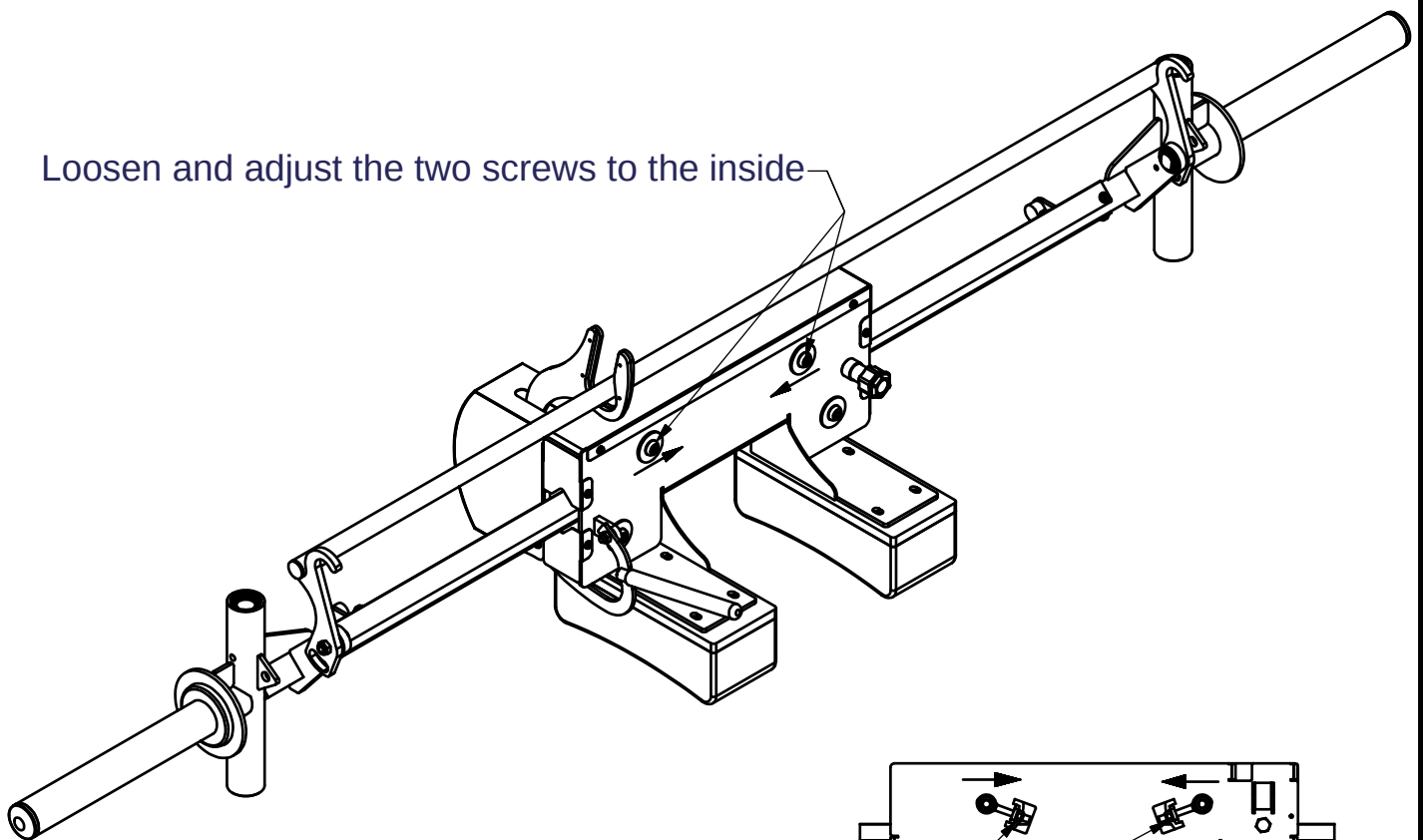
M3DLM ASSEMBLY INSTRUCTIONS

If H shaking back and forth too much,
Loosen and adjust the two screws to the inside,
Please note too much adjust to the inside will affect H slide.

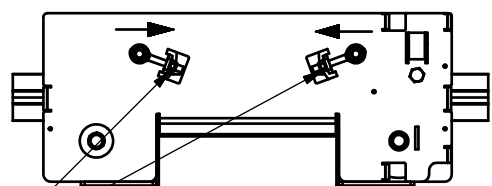


Shaking back and forth too much

Loosen and adjust the two screws to the inside



Adjust nylon lock nut to move screws



Rear detail