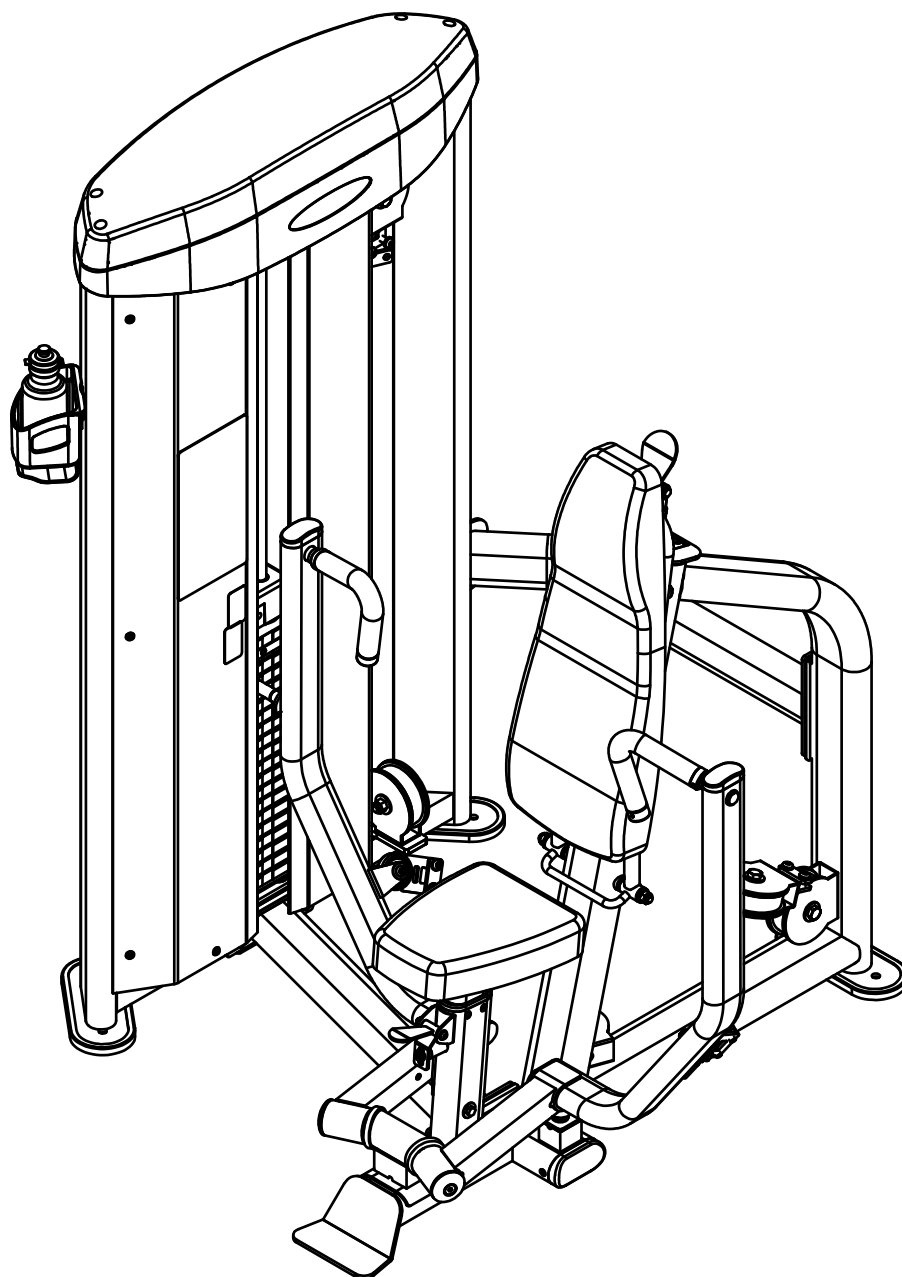


MEGA POWER



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

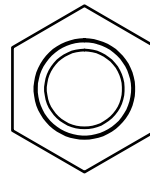
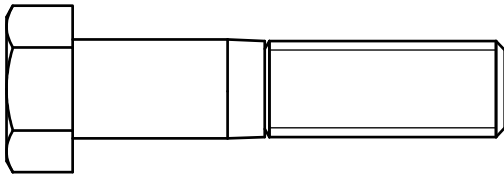
Fax: 886-2-27229750

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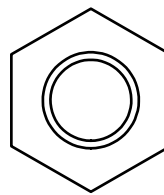
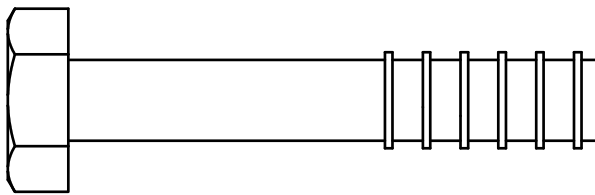
MBP-100.5 OWNER'S MANUAL

MBP-100 ASSEMBLY INSTRUCTIONS

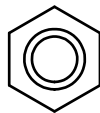
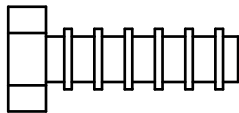
HARDWARE ILLUSTRATION



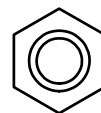
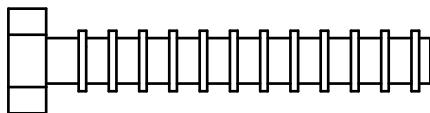
(A1)HEX BOLT 1/2"x2-1/4"L PARTIAL THREAD QTY.1



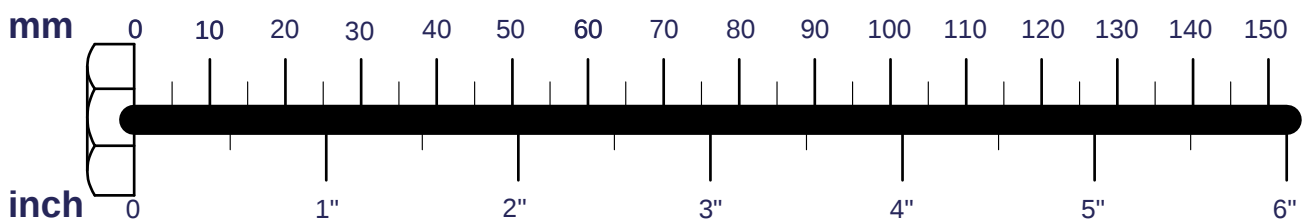
(A2)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



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

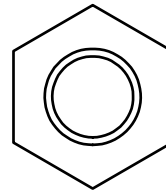
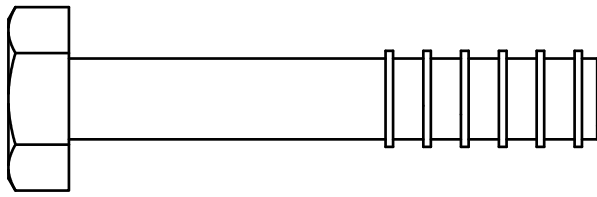


(A4)HEX BOLT 5/16"x2"L PARTIAL THREAD QTY.4

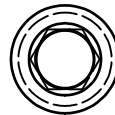
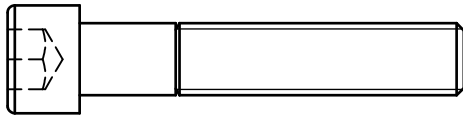


MBP-100 ASSEMBLY INSTRUCTIONS

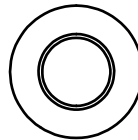
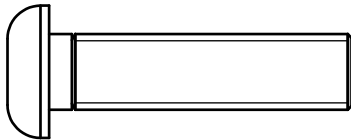
FRAME HARDWARE ILLUSTRATION FOR DOOR



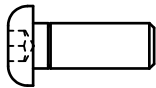
(A5)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



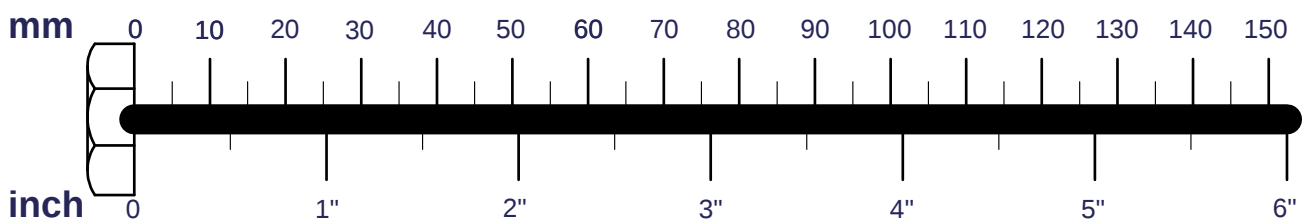
(A6)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



(A7)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1

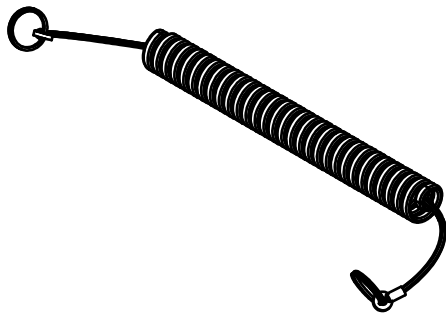


(A8)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16

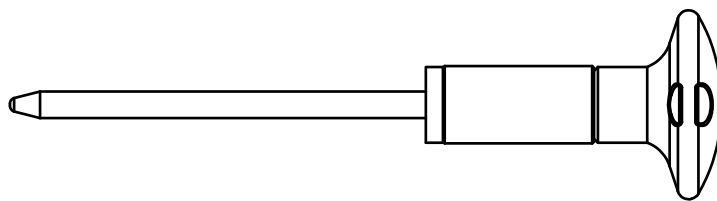


MBP-100 ASSEMBLY INSTRUCTIONS

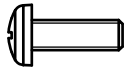
FRAME HARDWARE ILLUSTRATION FOR DOOR



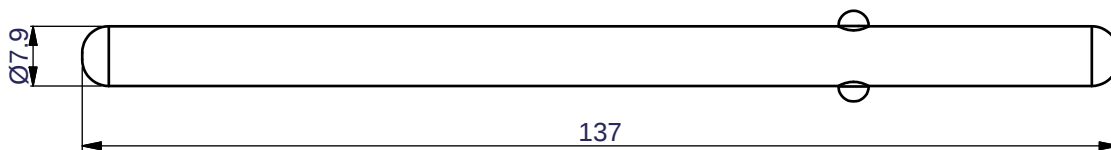
(A9)ELASTIC BELT (F920003) QTY.1



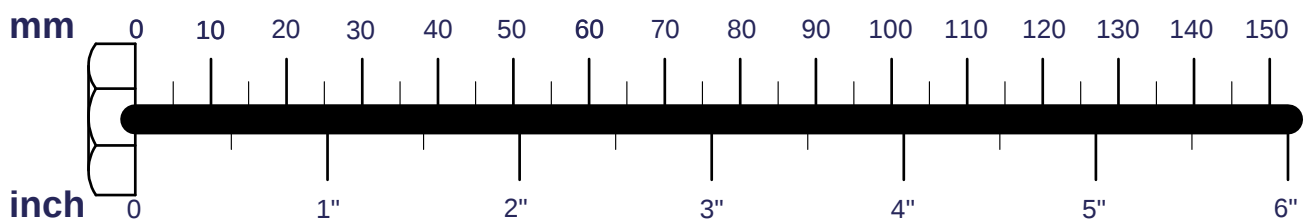
(A10)10 、 15 、 20LB PIN (8250-162) QTY.1



(A11)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

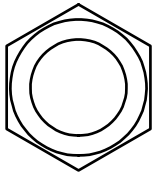


(A12) Ø7.9 PIN(8250-166) QTY.1

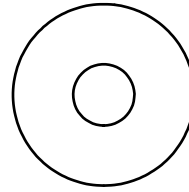
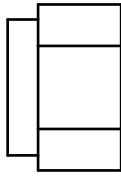


MBP-100 ASSEMBLY INSTRUCTIONS

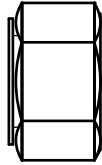
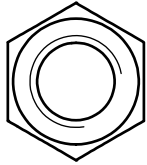
HARDWARE ILLUSTRATION



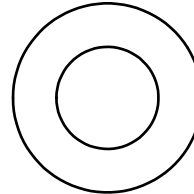
(B1)NYLON LOCK NUT 1/2" QTY.3



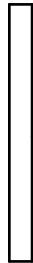
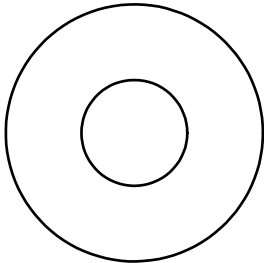
(C4)5/16"(I.D.)ARC WASHER R13 QTY.4



(B2)NYLON LOCK NUT M12 QTY.2



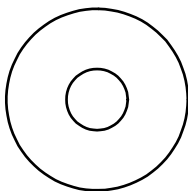
(C5)M12(I.D.)FLAT WASHER Ø25 QTY.2



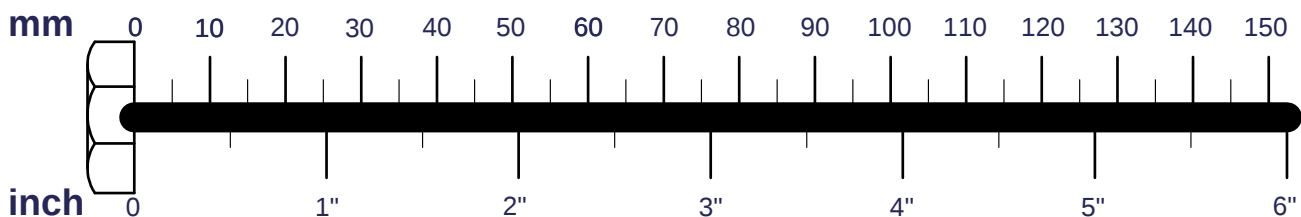
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.7



(C2)5/16" SPRING WASHER QTY.8

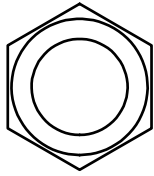


(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.4

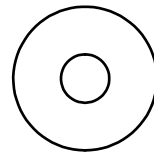
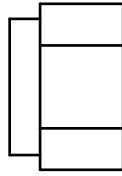


MBP-100 ASSEMBLY INSTRUCTIONS

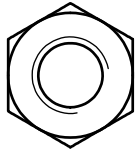
FRAME HARDWARE ILLUSTRATION FOR DOOR



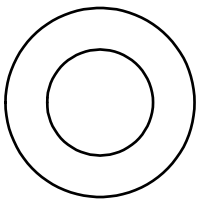
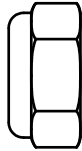
(B3)NYLON LOCK NUT 1/2" QTY.3



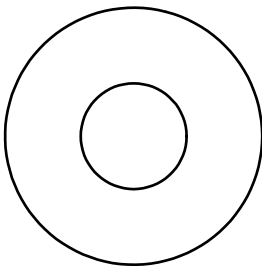
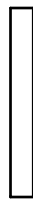
(C10)M6 (I.D.)FLAT WASHER Ø19 QTY.16



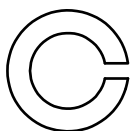
(B4)NYLON LOCK NUT M10 QTY.1



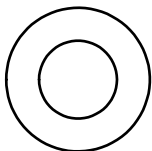
(C6)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



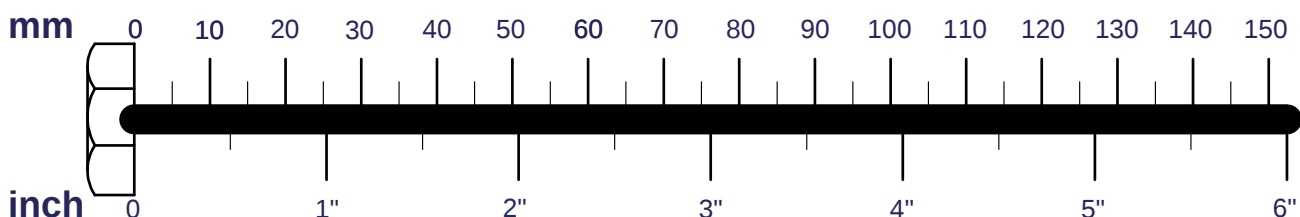
(C7)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(C8)3/8" SPRING WASHER QTY.1



(C9)M10(I.D.)FLAT WASHER Ø19 QTY.2



MBP-100 ASSEMBLY INSTRUCTIONS

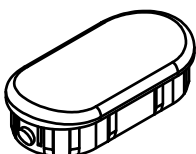
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.58X116 END CAP(9211-189)-----	[1PCS]
D3.40X80 END CAP(9211-113)-----	[2PCS]
D4.Ø25 NYLON BUSHING(9211-151)-----	[4PCS]
D5.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D6.Ø115 PULLEY(9213-042B)-----	[4PCS]
D7.2780mm BELT(FMBP100A)-----	[1PCS]
D8.1350mm BELT(FMBP100B)-----	[1PCS]
D9.EXERCISE CHART (9420-097)-----	[1PCS]

D1



D2



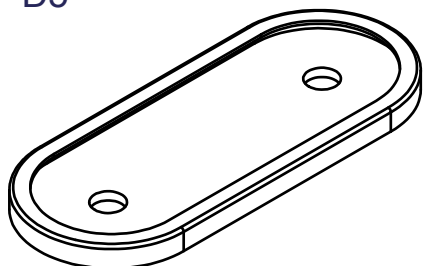
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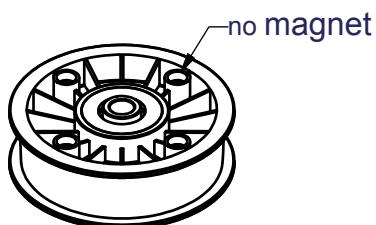
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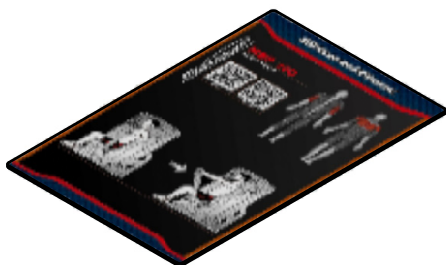
D5



D6



D9

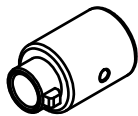


MBP-100 ASSEMBLY INSTRUCTIONS

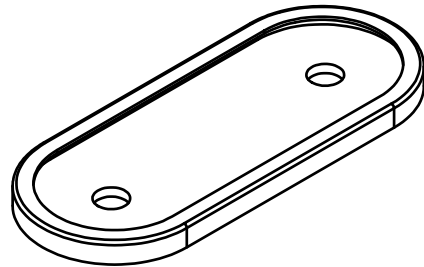
FRAME HARDWARE ILLUSTRATION FOR DOOR

D10.3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D12.108X263 RUBBER PAD(9310-075)-----	[2PCS]
D14.Ø115 PULLEY(9213-042B)-----	[3PCS]
D15.2270mm BELT (FMBP100C1)-----	[1PCS]
D16.BOTTLE BRACKET(8388-025)-----	[1PCS]
D17.BOTTLE RACK(9260-320)-----	[1PCS]
D18.BOTTLE(9260-123)-----	[1PCS]
D21.Ø2-1/2" RUBBER PAD(9310-010)-----	[2PCS]

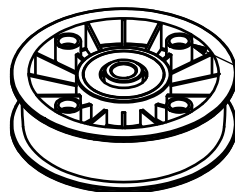
D10



D12



D14

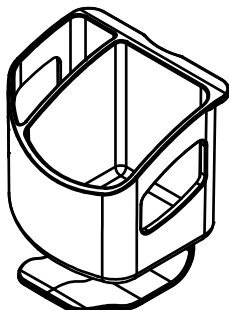


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D16



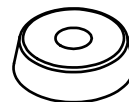
D17



D18



D21

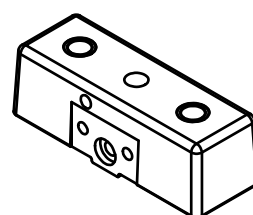


MBP-100 ASSEMBLY INSTRUCTIONS

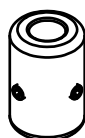
FRAME HARDWARE ILLUSTRATION FOR DOOR

D22.TOP PLATE(8400-033)-----[1PCS]
D23.3/4" SHAFT COLLAR(9211-167)-----[2PCS]
D24.Selector Rod(8210-216C)-----[1PCS]

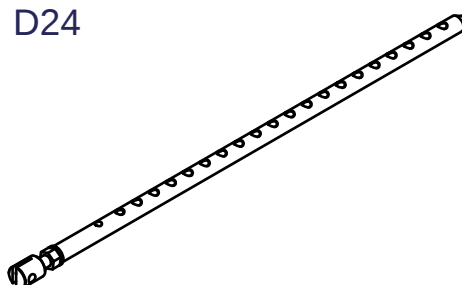
D22



D23



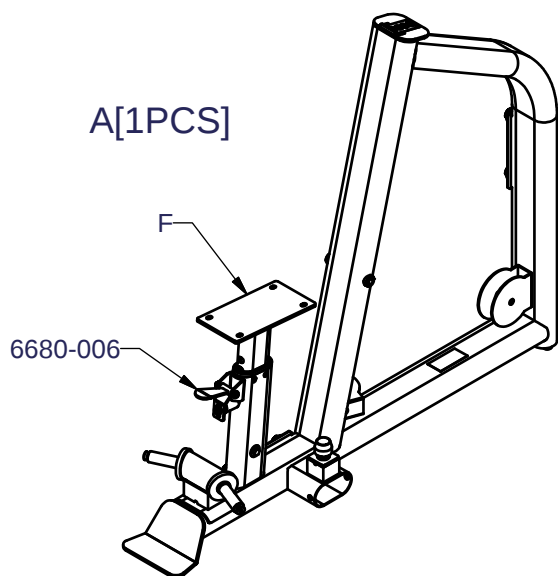
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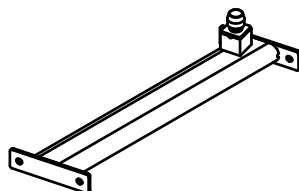
MBP-100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

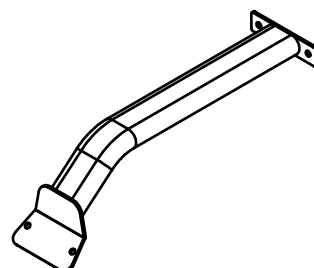
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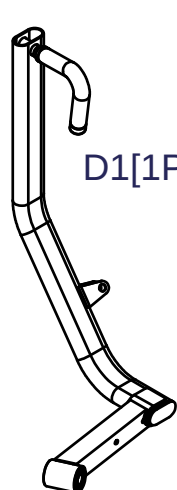
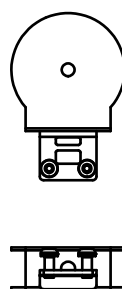
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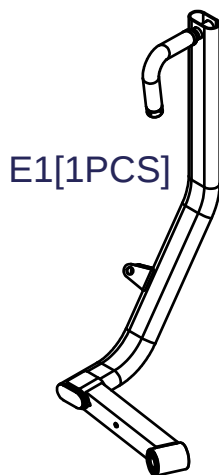
C[1PCS]



G[2PCS]
6640-009

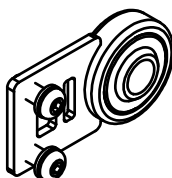


D1[1PCS]



E1[1PCS]

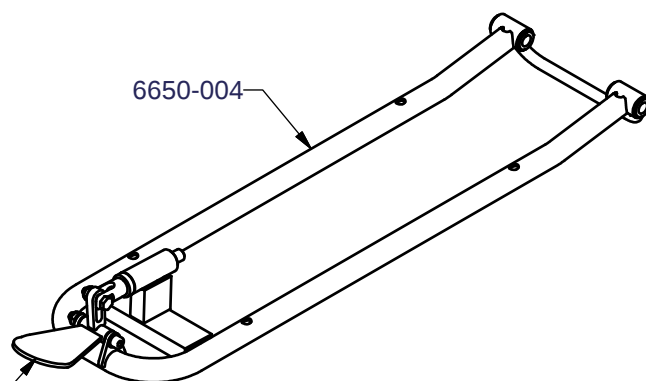
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I[1PCS]
6650-004

6650-004

6680-005



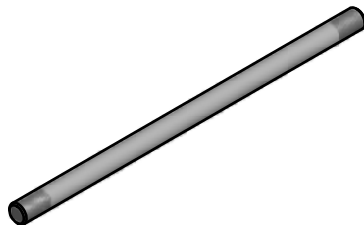
MBP-100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

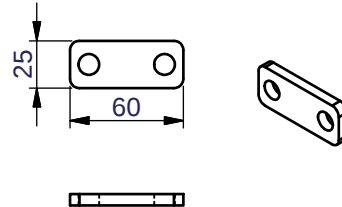
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Ø5/8"X49L



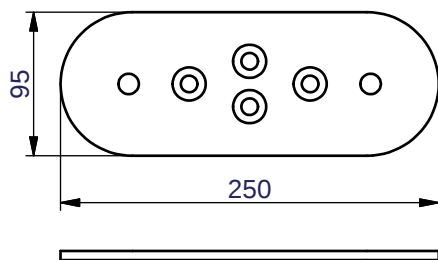
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8260-069
Ø1/2"X255L



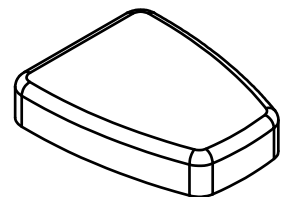
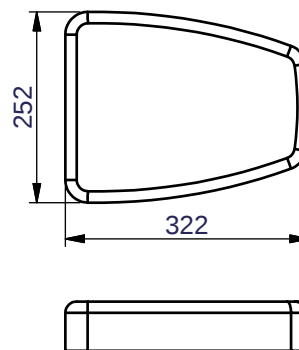
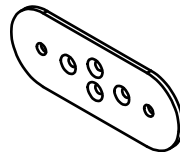
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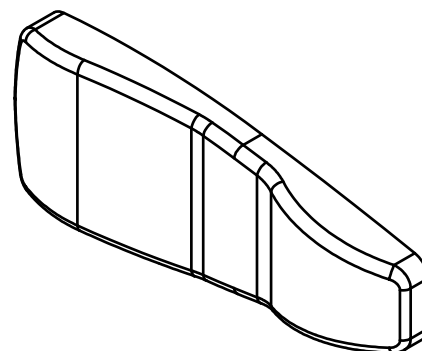
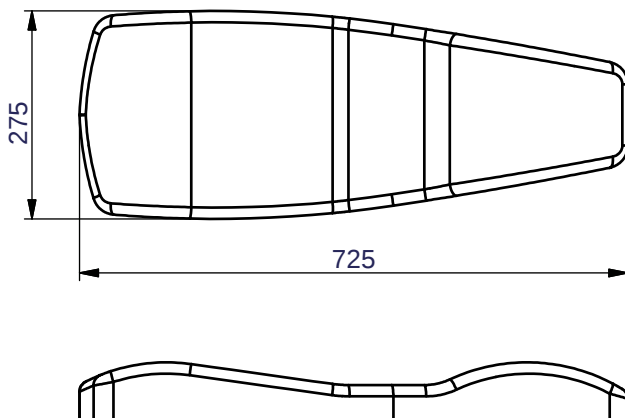
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8313-144
95X6TX250L



N[1PCS]
9121-070



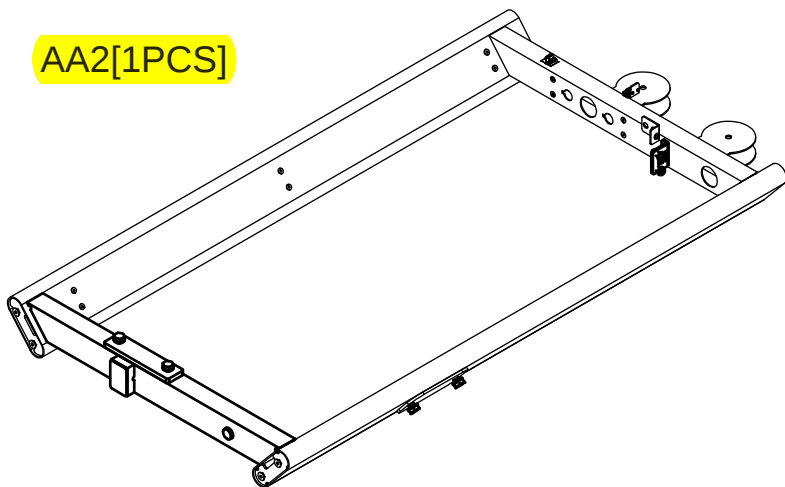
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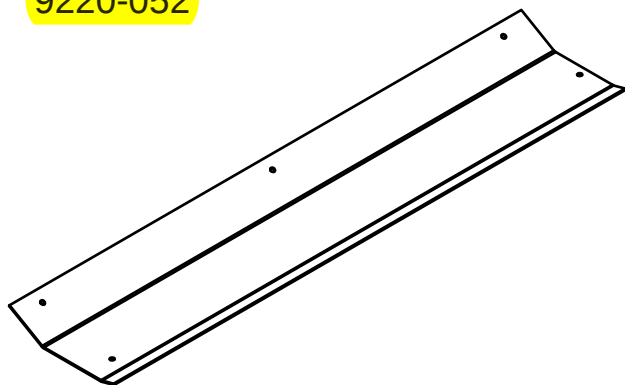
MBP-100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

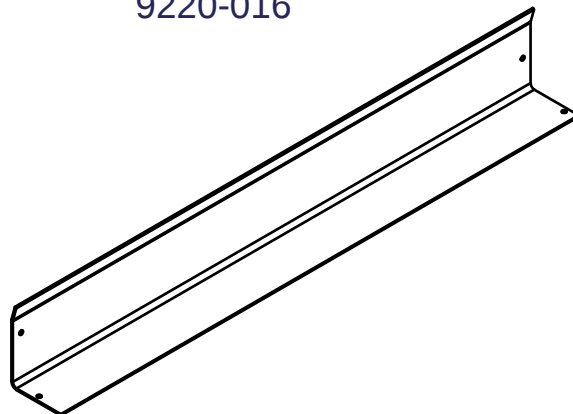
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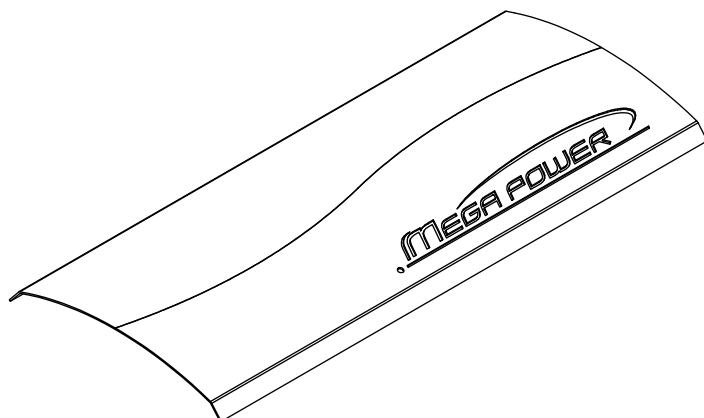
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9220-052



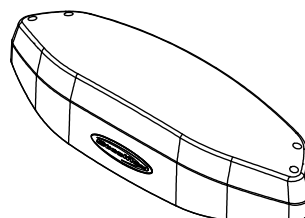
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9220-016



AE[1PCS]
9220-023



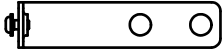
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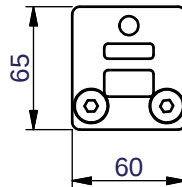
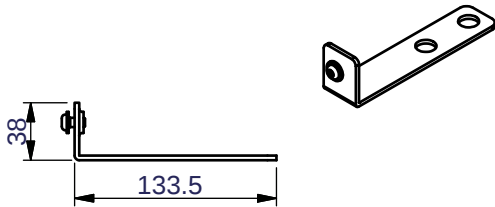
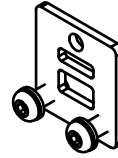
MBP-100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

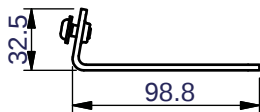
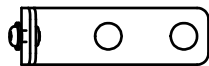
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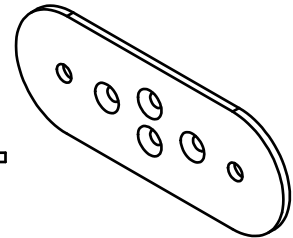
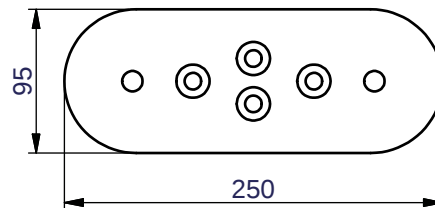
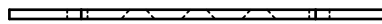
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8313-169



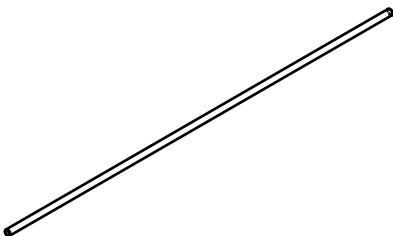
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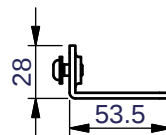
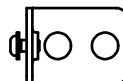
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8313-144



AL2[2PCS]
8280-042
Ø3/4"X1433L



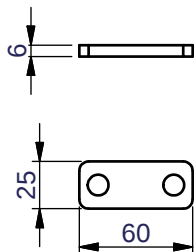
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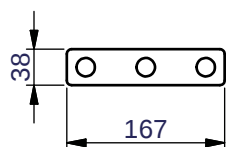
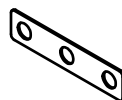
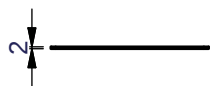
MBP-100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

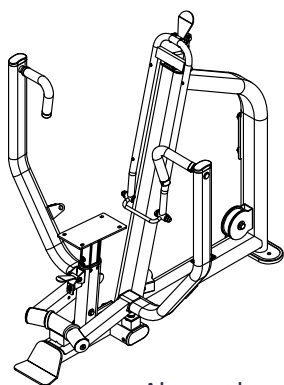
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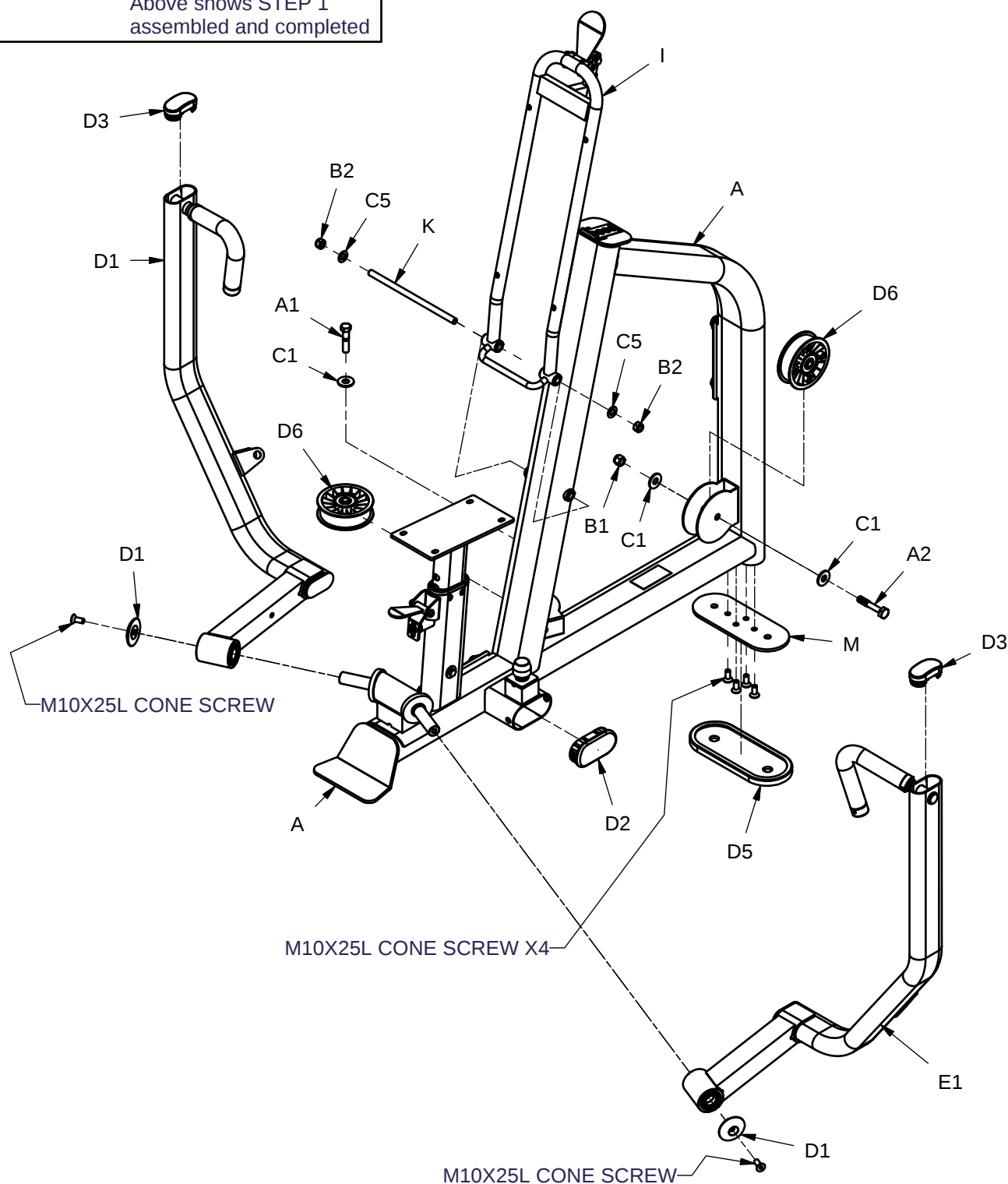
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8311-194



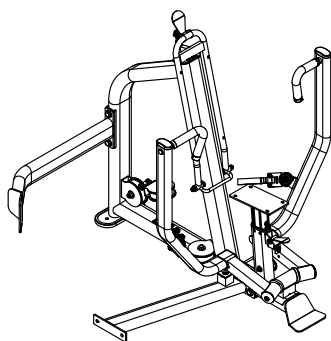
MBP-100 ASSEMBLY INSTRUCTIONS



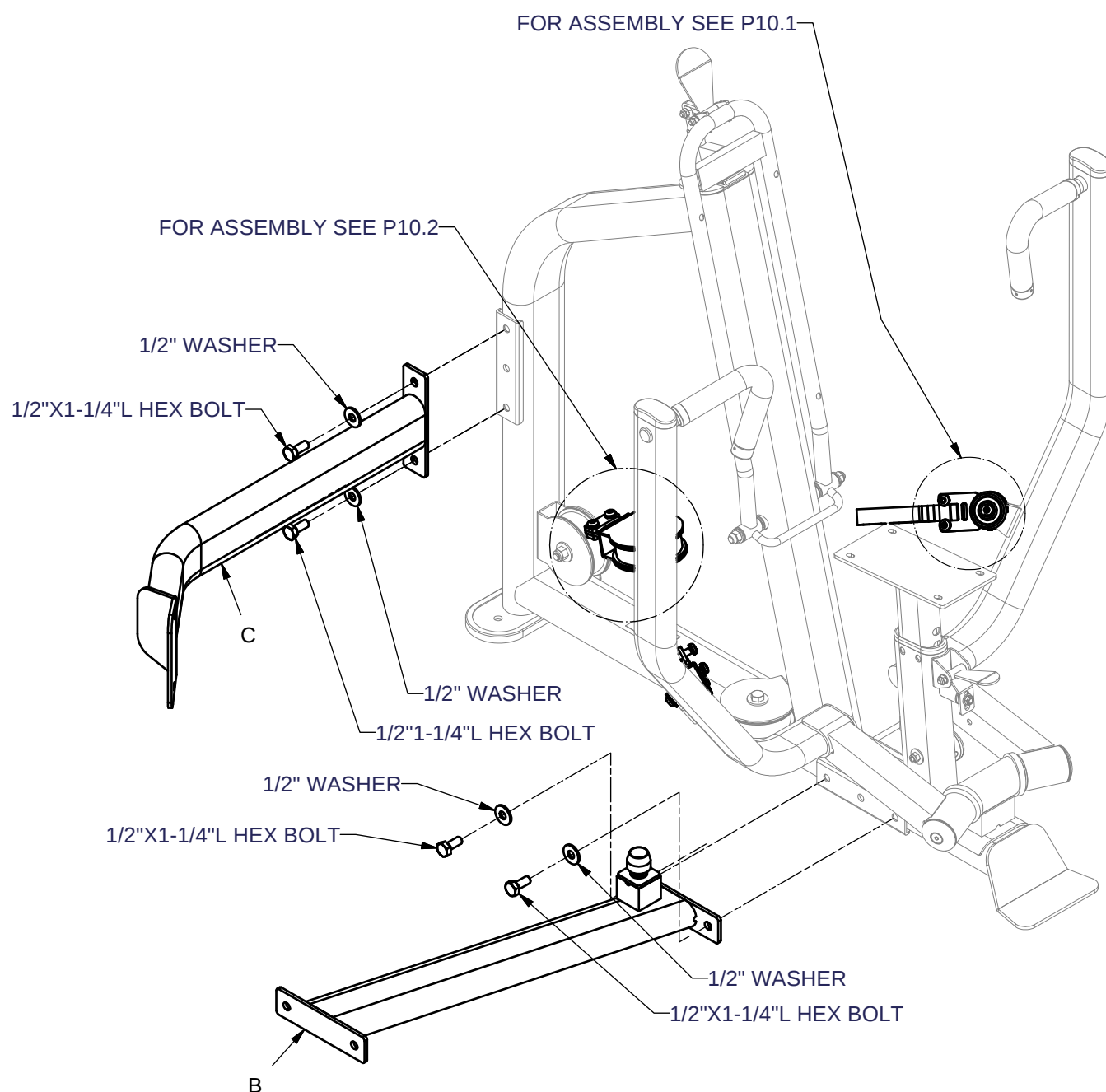
Above shows STEP 1
assembled and completed



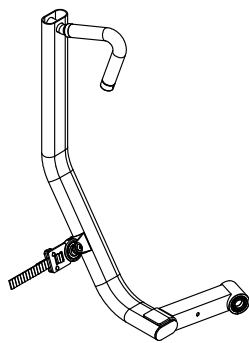
MBP-100 ASSEMBLY INSTRUCTIONS



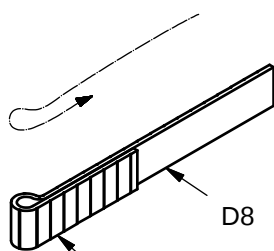
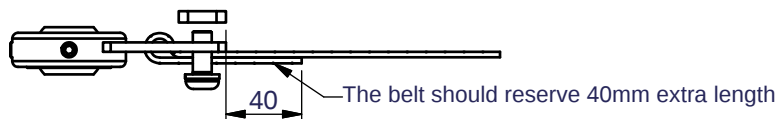
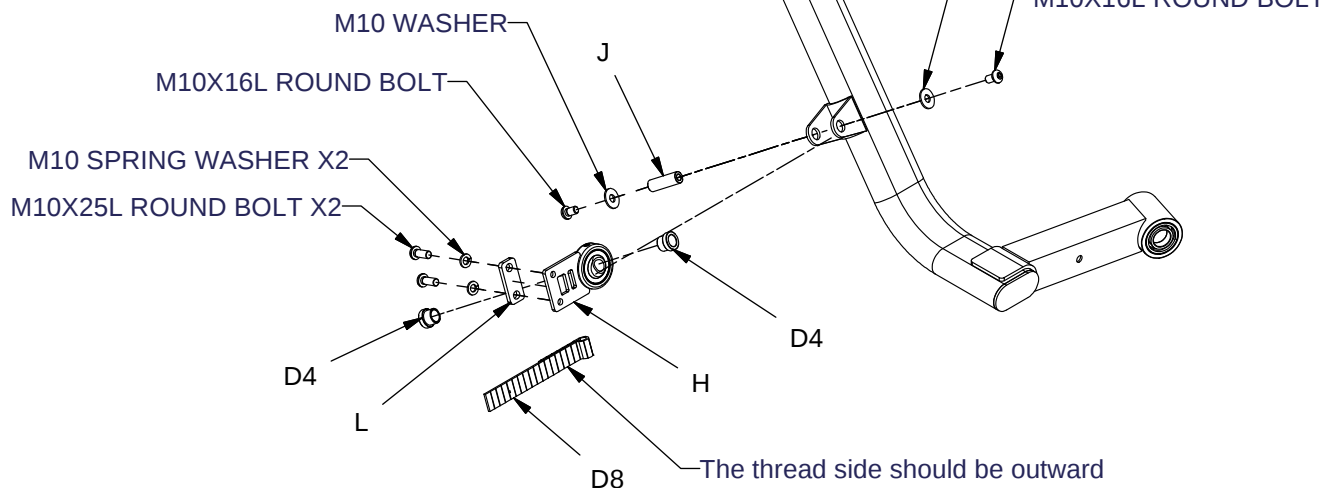
Above shows STEP 2
assembled and completed



MBP-100 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed



The thread side should be outward

Figure 1

Assemble Direction

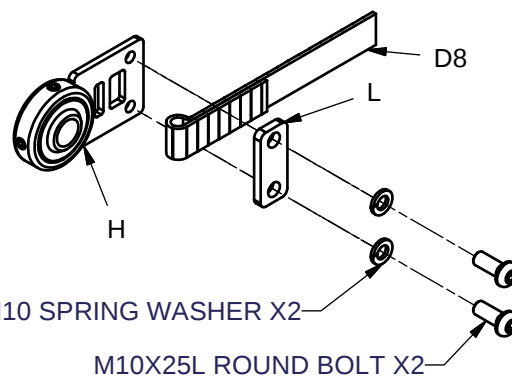
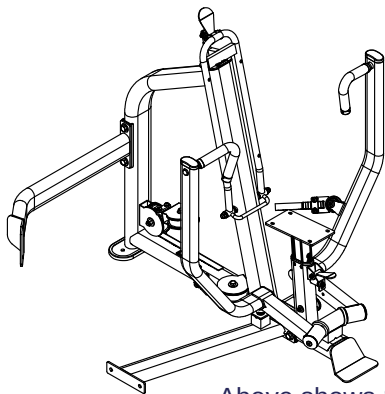


Figure 2

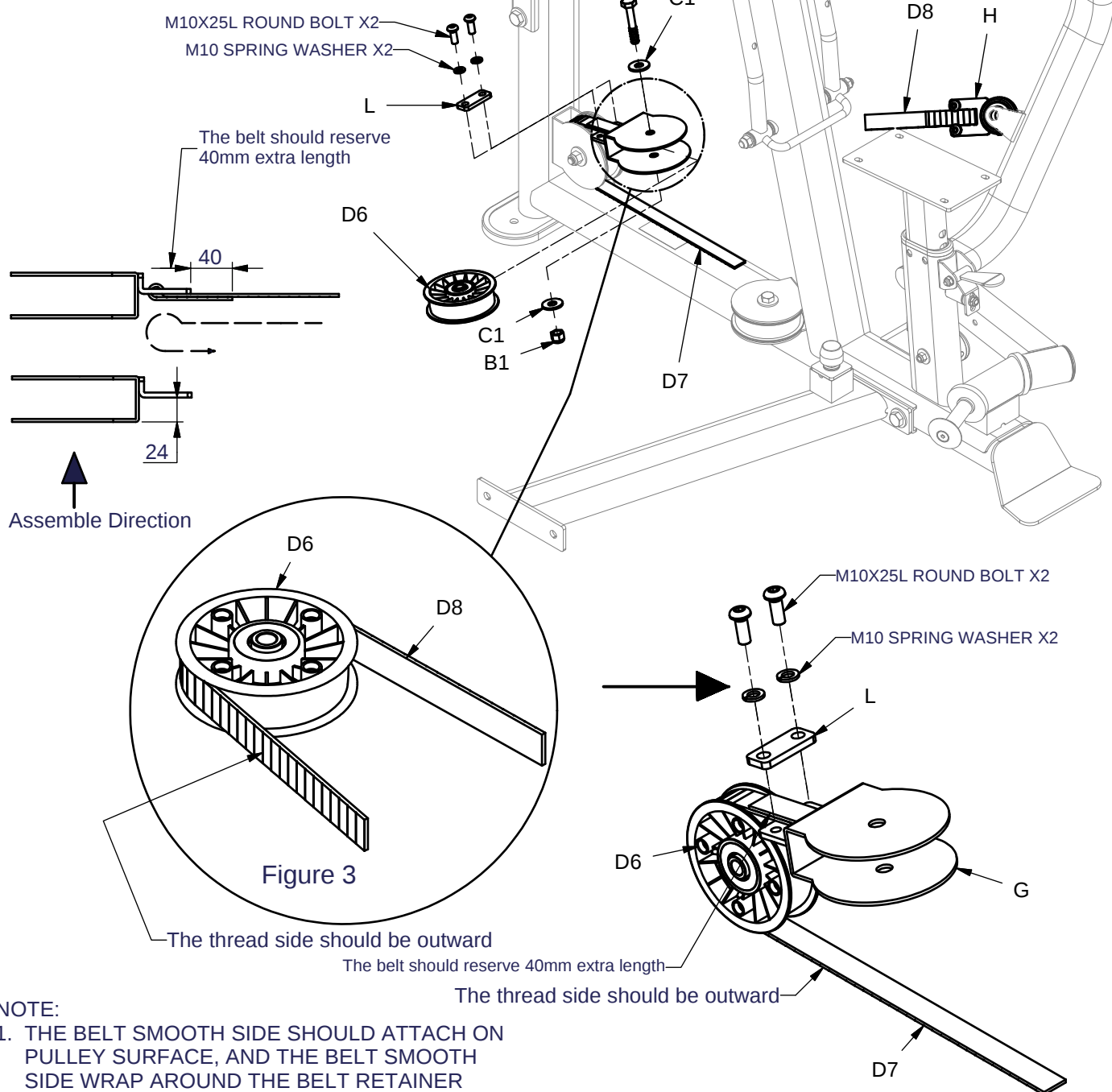
NOTE:

1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (H)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (L) DO NOT EXCEED 70 PSI

MBP-100 ASSEMBLY INSTRUCTIONS



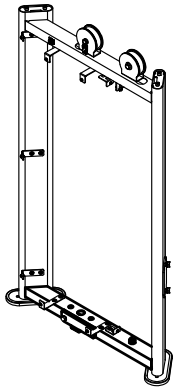
Above shows STEP 4
assembled and completed



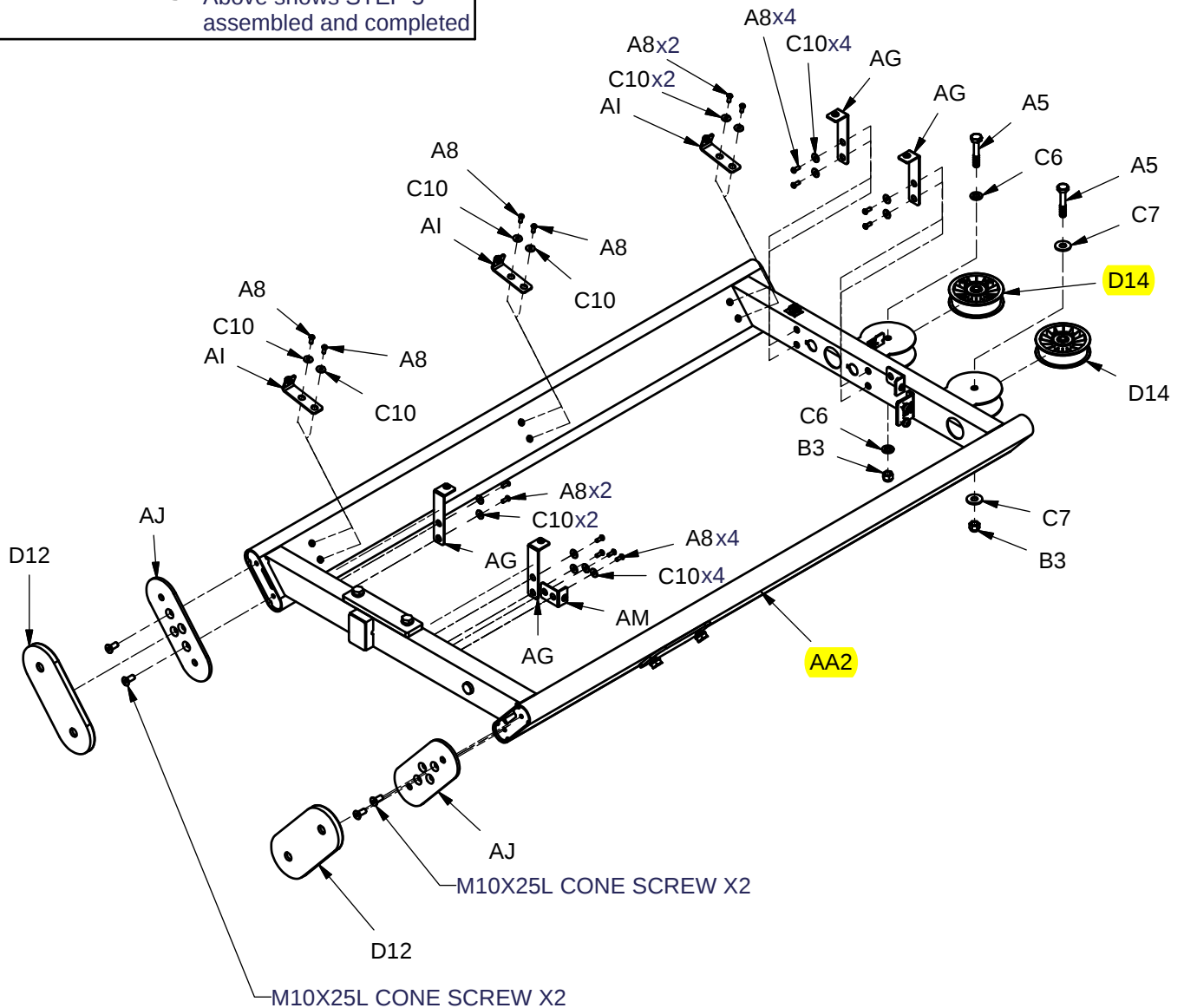
NOTE:

1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (H)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (L) DO NOT EXCEED 70 PSI

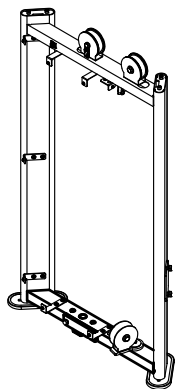
MBP-100 ASSEMBLY INSTRUCTIONS



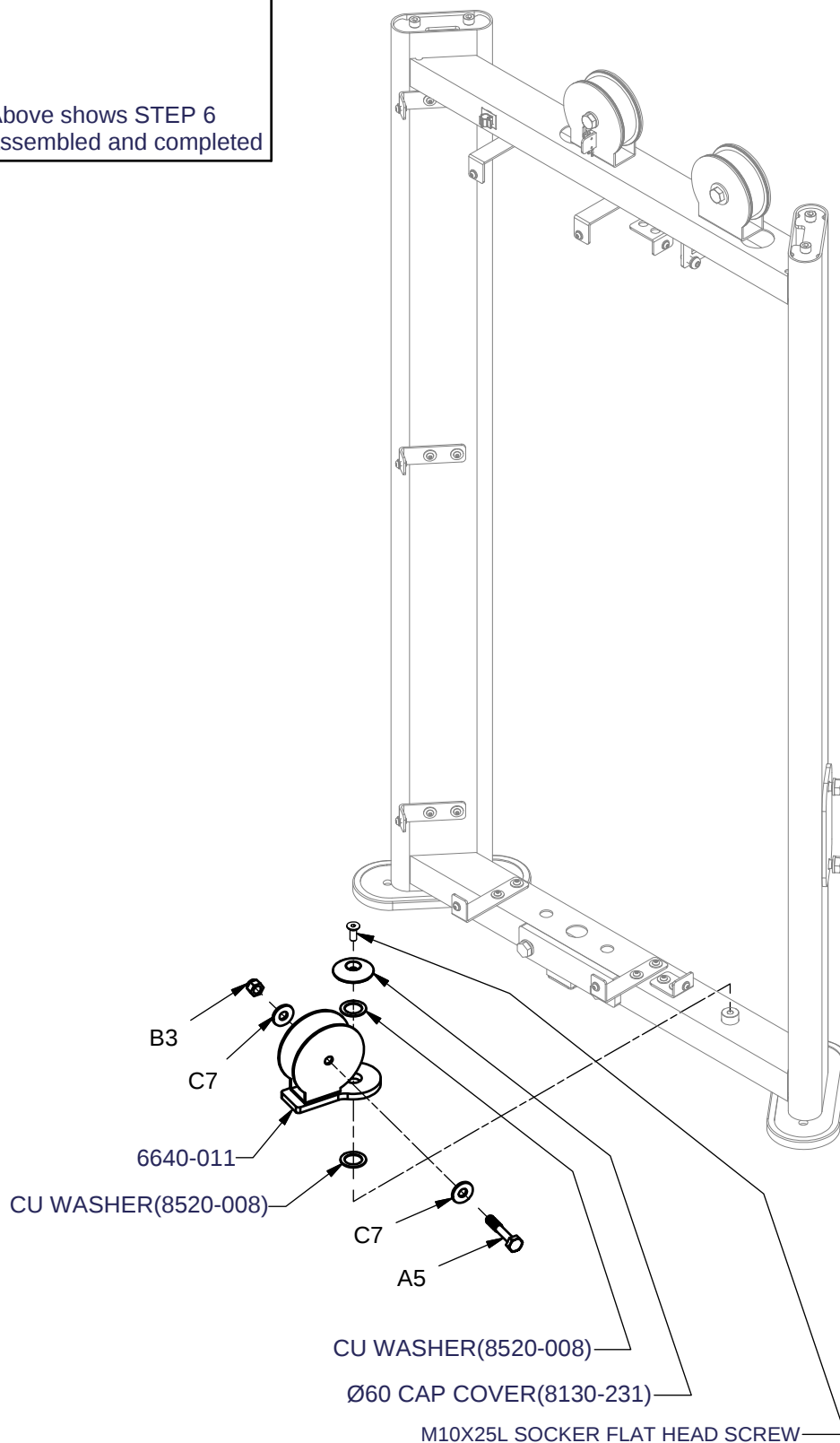
Above shows STEP 5
assembled and completed



MBP-100 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed



MBP-100 ASSEMBLY INSTRUCTIONS

NOTE:

1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (H)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (L) DO NOT EXCEED 70 PSI

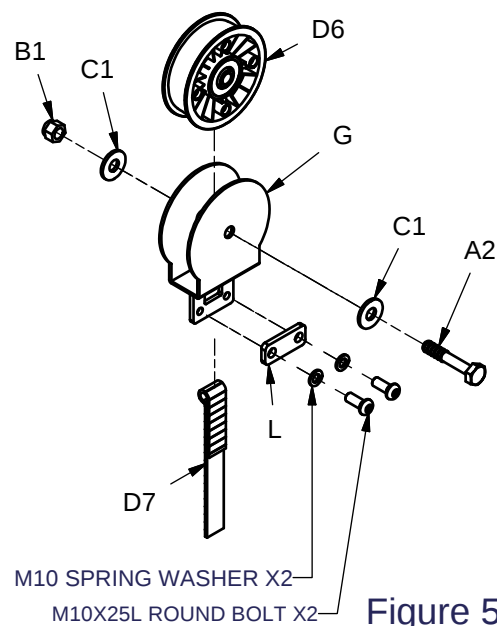
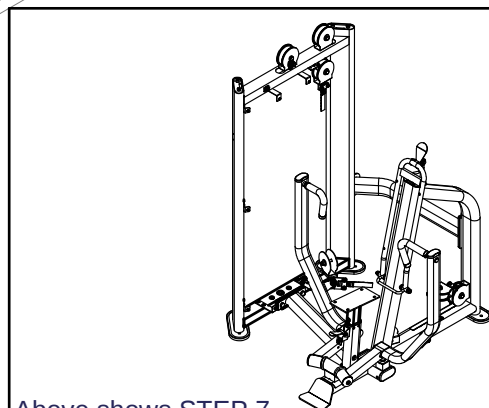
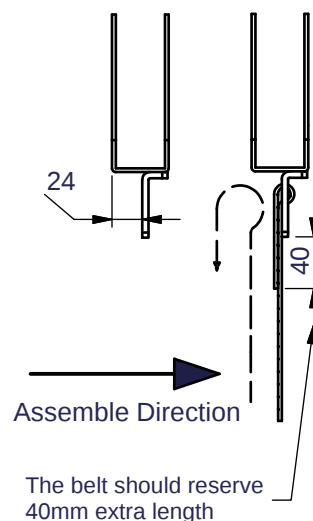
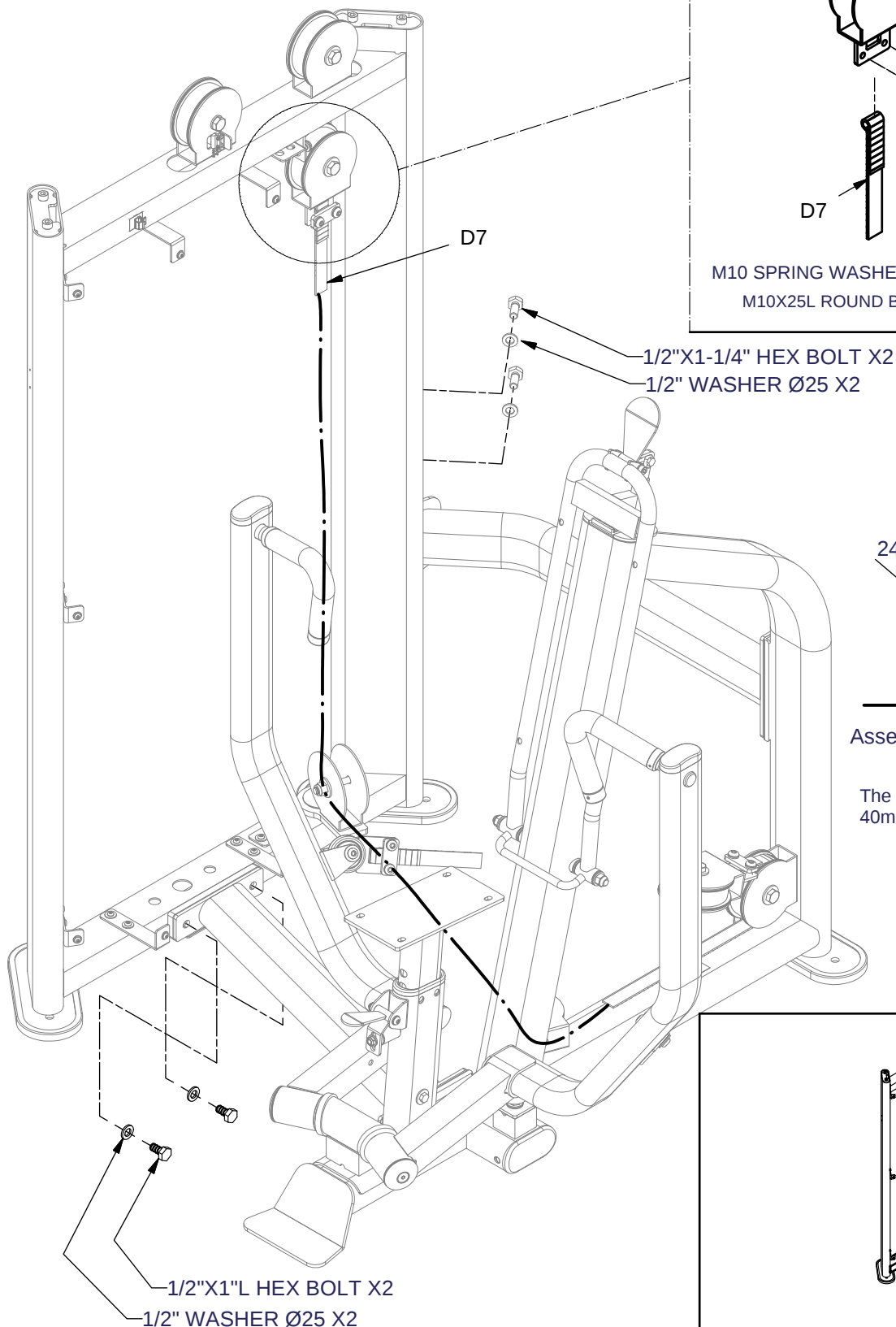
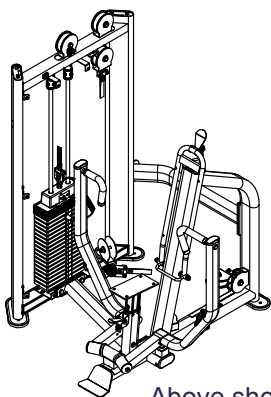


Figure 5

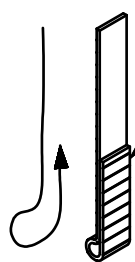


Above shows STEP 7
assembled and completed

MBP-100 ASSEMBLY INSTRUCTIONS

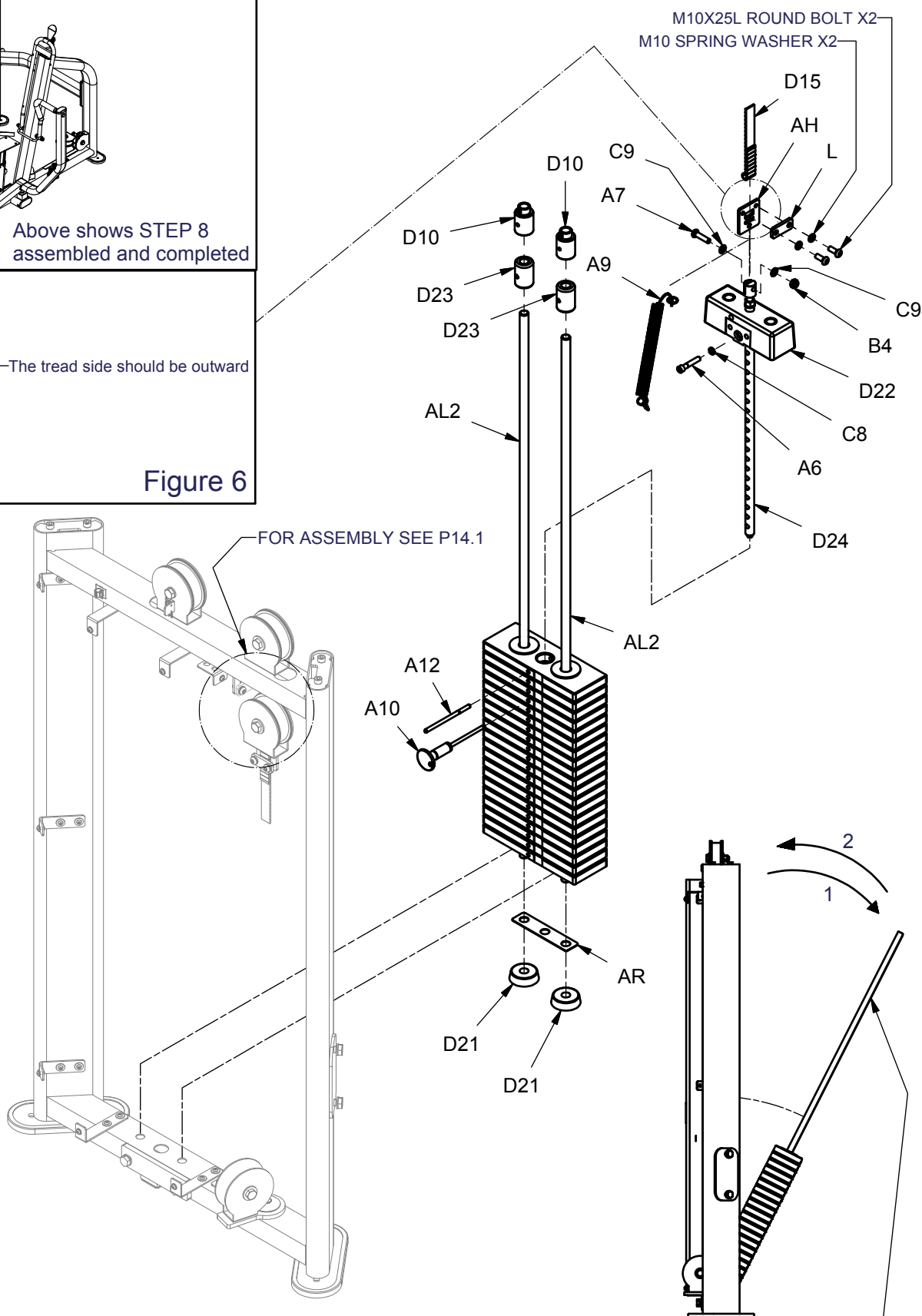


Above shows STEP 8
assembled and completed



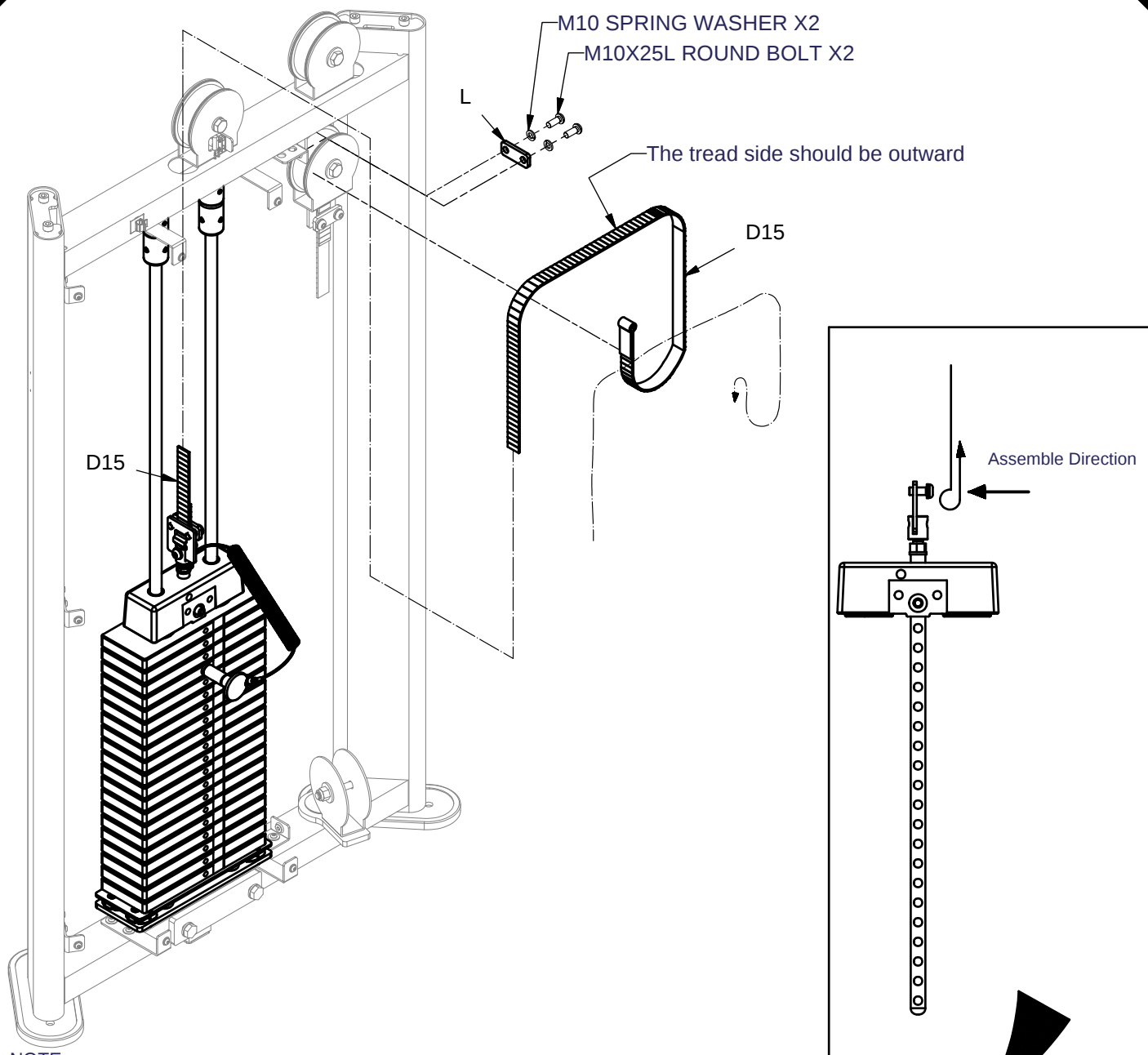
The tread side should be outward

Figure 6



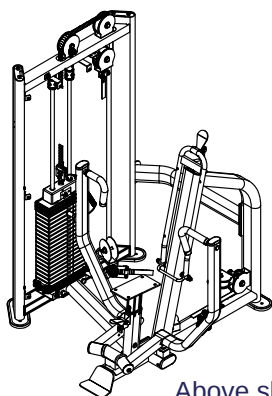
Push guide rods (AL2) to tilt one side and then install weight stacks.
Once finishing the weight stack installation, pull
guide rods (AL2) back and continue setup D21→D10

MBP-100 ASSEMBLY INSTRUCTIONS

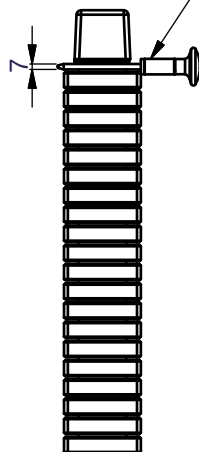


NOTE:

1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (H)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (L) DO NOT EXCEED 70 PSI



Above shows STEP 9 assembled and completed

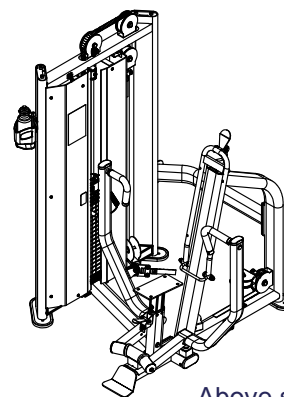


Adjust Belt Procedure:

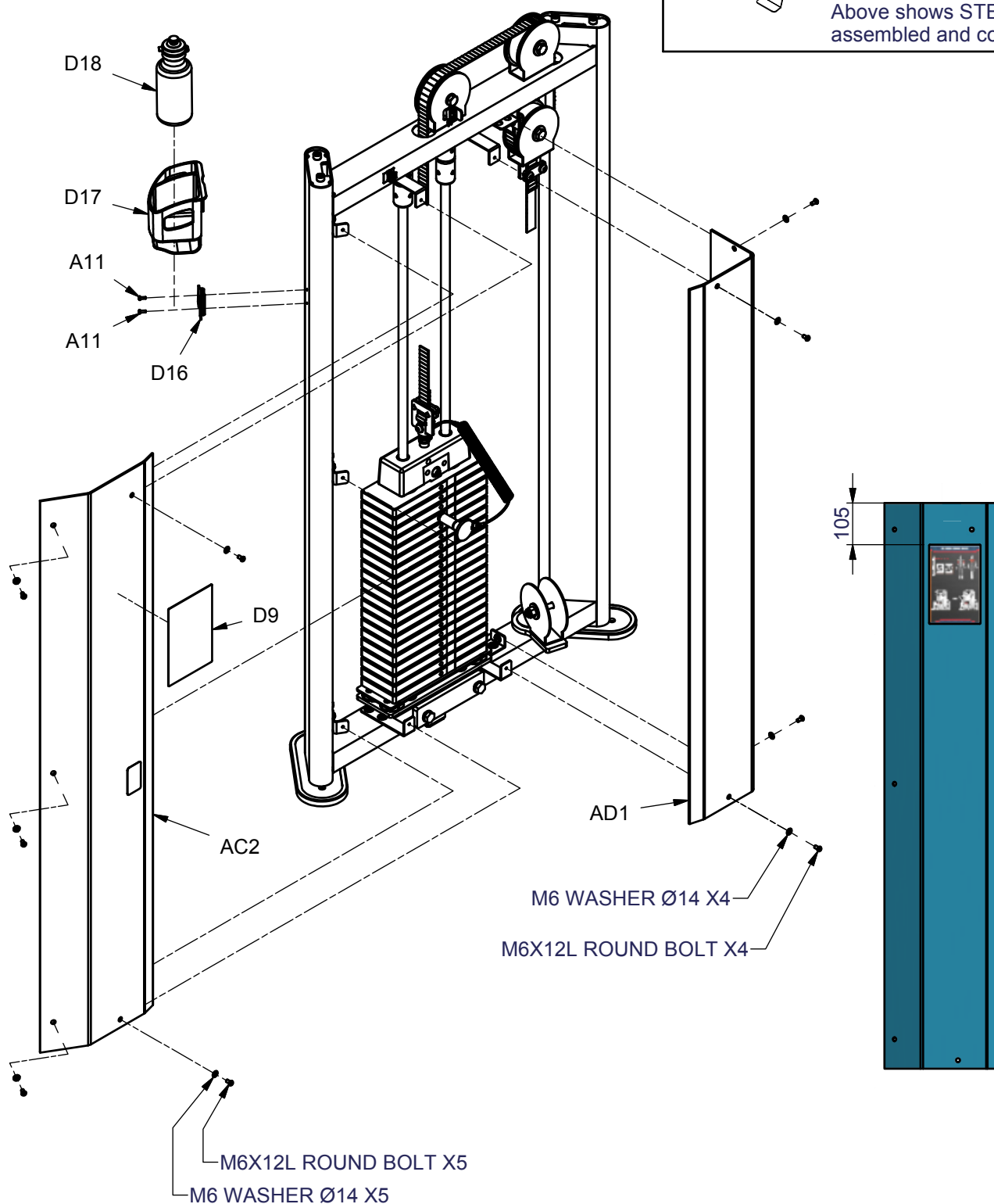
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert through the first hole of the rod), and there are 8 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the pin and let the top plate fall on the first weight plate.

Figure 7

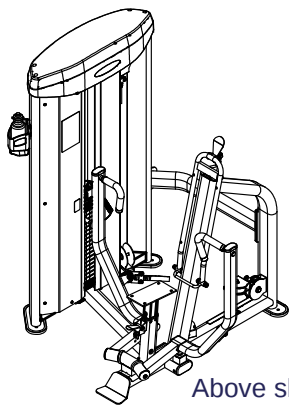
MBP-100 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed



MBP-100 ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

M10X12L ROUND BOLT X4

AF

EXTRUDING

AE

EXTRUDING

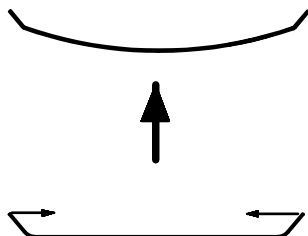
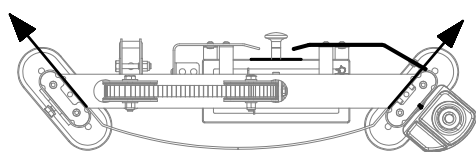
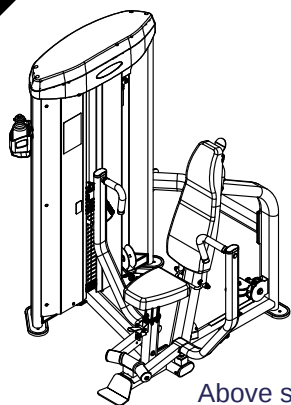


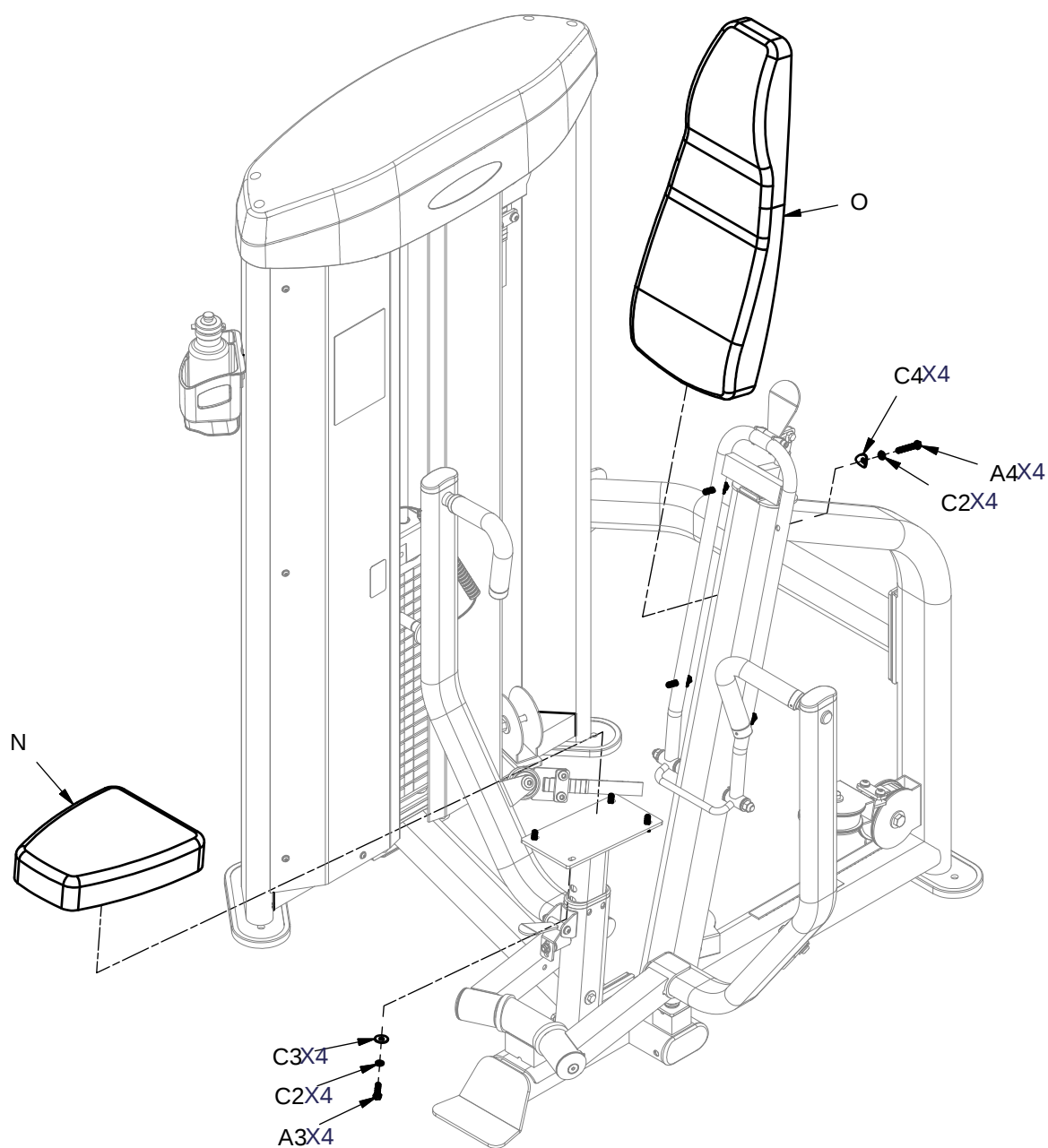
Figure 9

Note: When installing the shroud (AE), 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.

MBP-100 ASSEMBLY INSTRUCTIONS

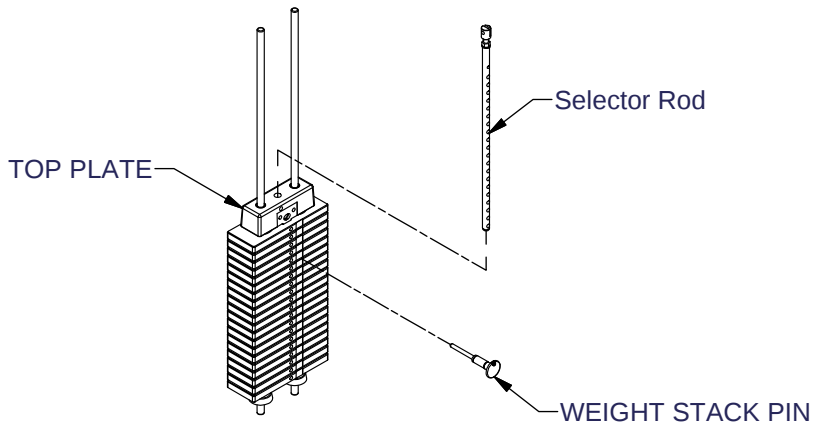


Above shows STEP 12
assembled and completed



Guide on Selector Rod Adjustment

STEP 1

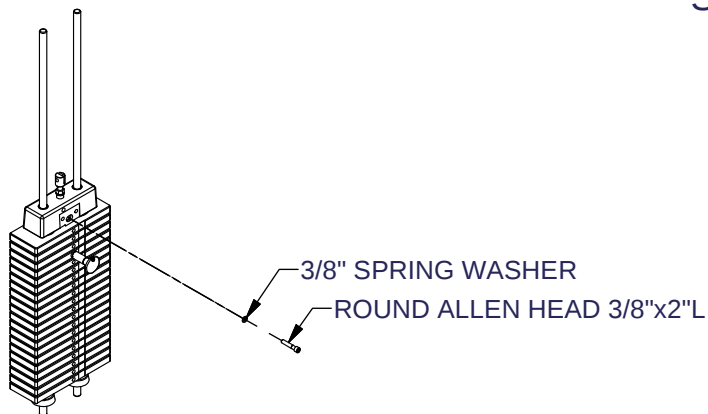


Step 1

Place Selector Rod into Top Plate.

Then put selector pin into the weight plate to fix the rod.

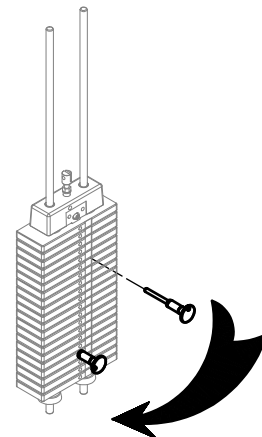
STEP 2



Step 2

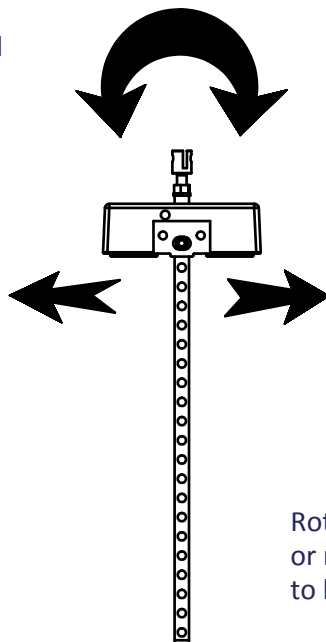
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

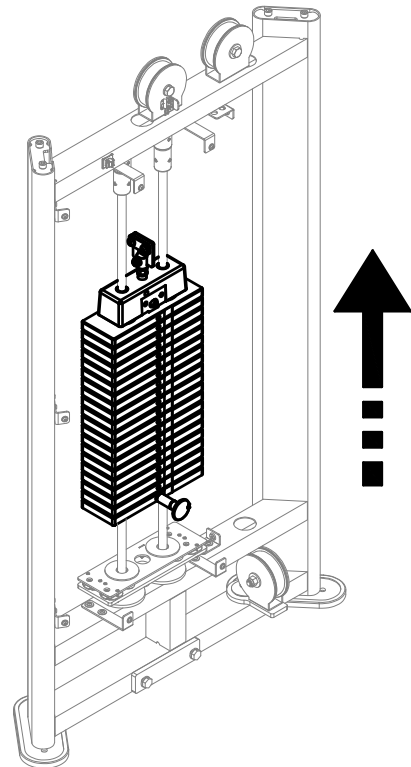
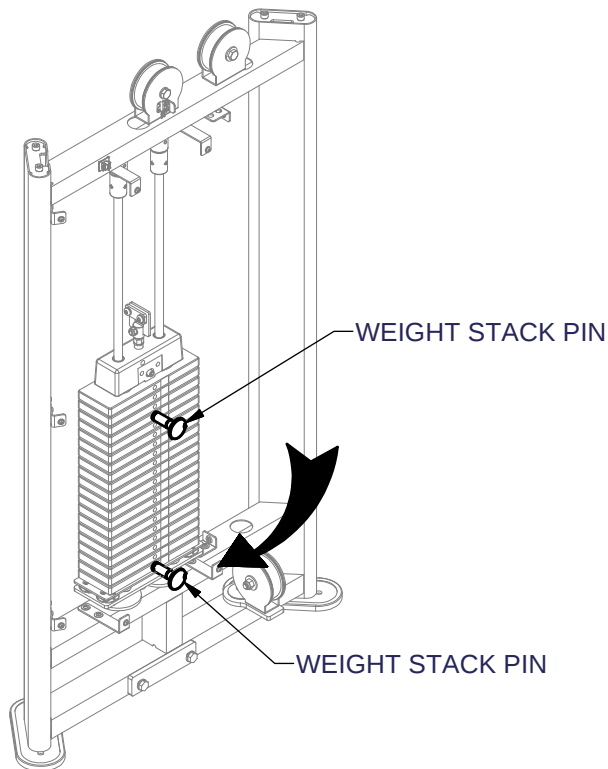
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



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

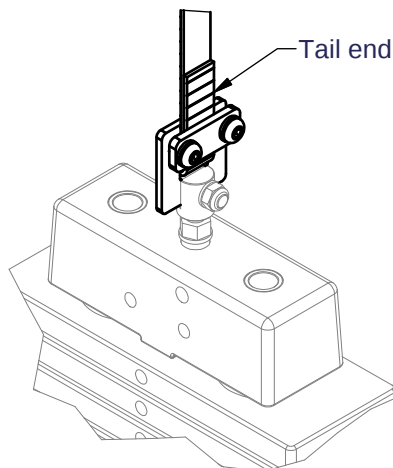
ASSEMBLY INSTRUCTIONS

Adjust Flat Belt Steps



1. When installing flat belt, please put the weight stack pin into 4th weight stack. After installing flat belt, please put the weight stack pin into 20th weight stack.

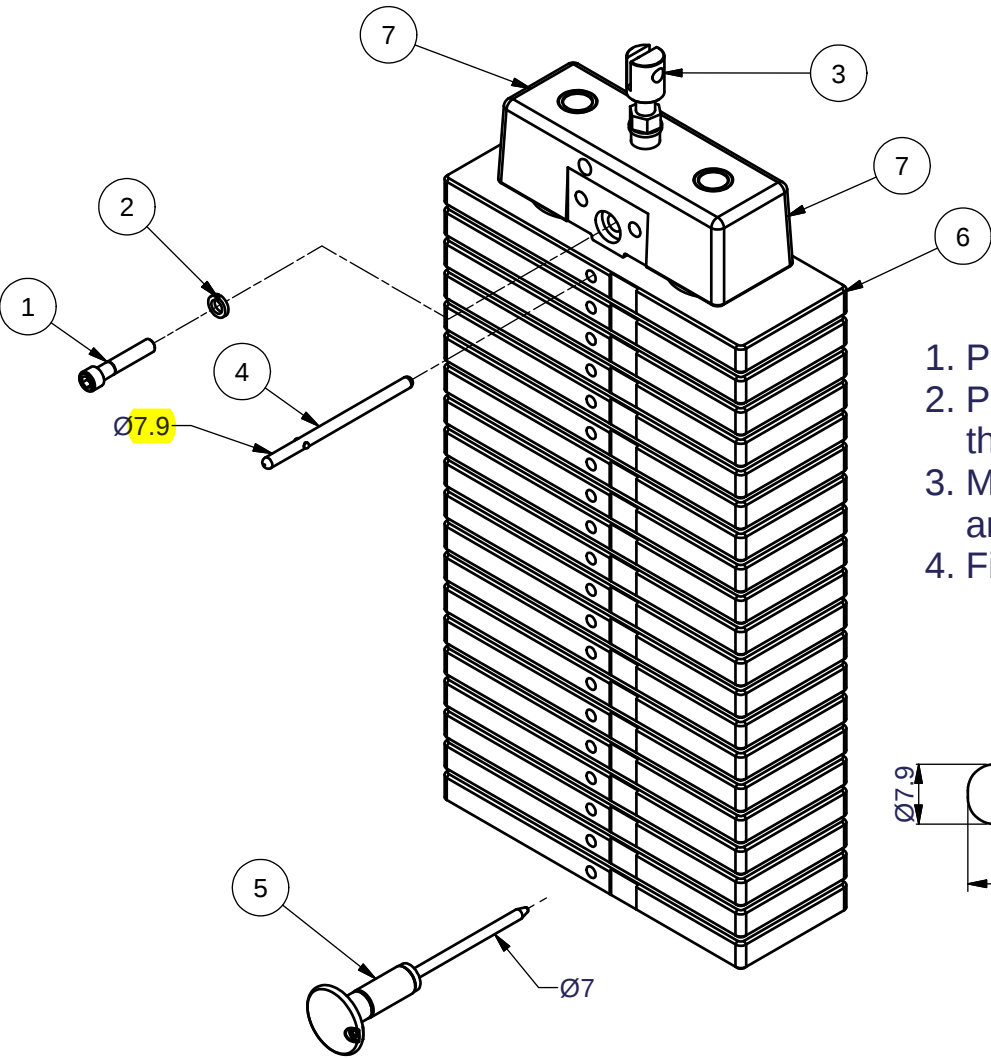
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



3. Pull end of flat belt as drawing showed to make the flat belt be tightened.
(After using the machine 3 months to 6 months, please check flat belt. If the flat belt is loosed, please follow this step to tighten the belt again.)

MEGA POWER series
JUNGLE GYM series

project	Part number	Name	Specification	Quantity	Remark
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	8210-216C	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	102x22x280L 10LB	20	
7	8400-033	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.

