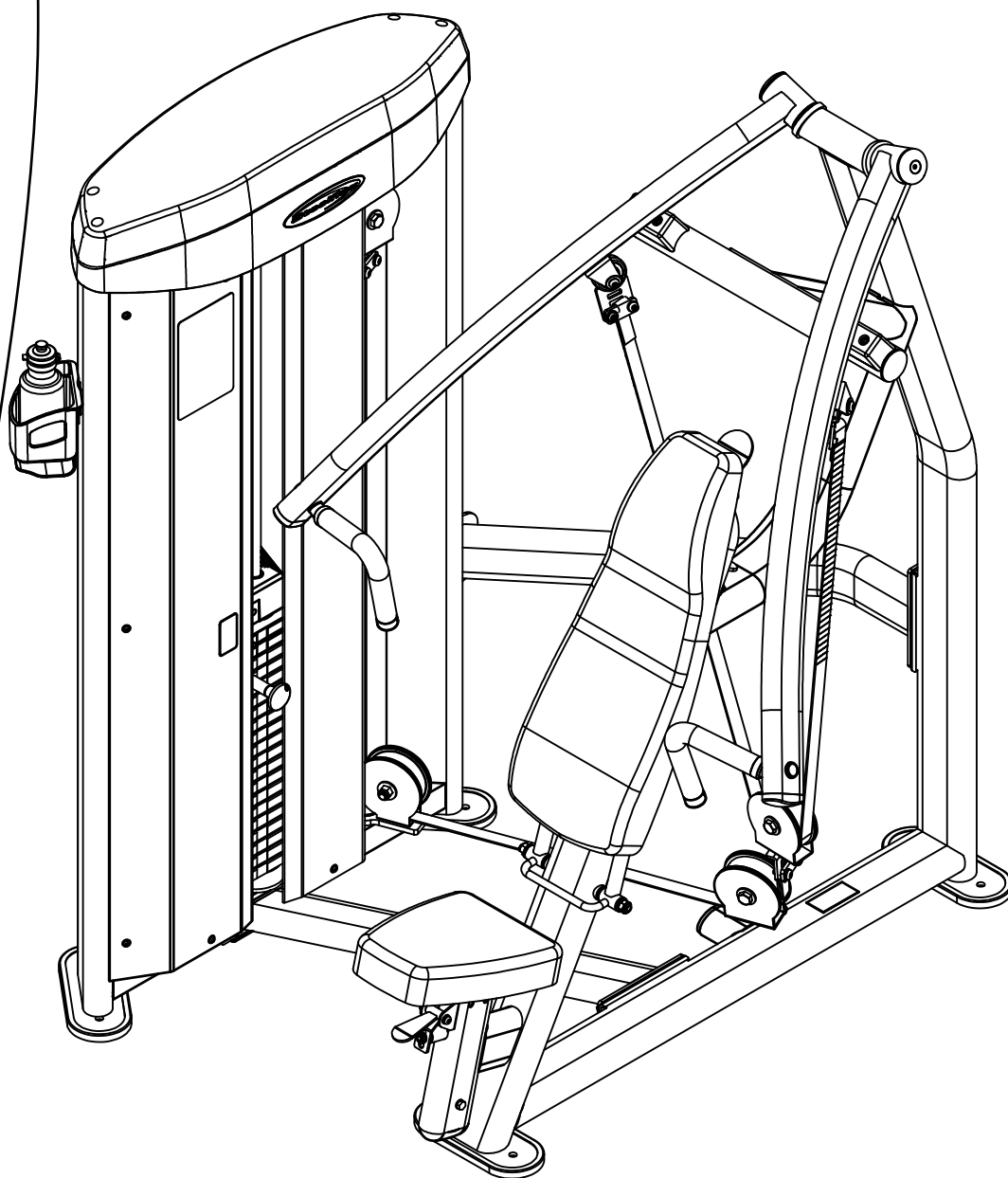


MEGA POWER



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

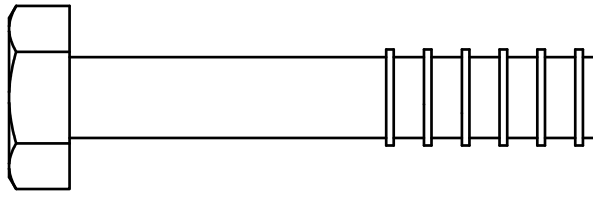
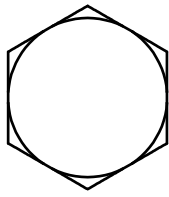
Fax: 886-2-27229750

www.steelflexfitness.com

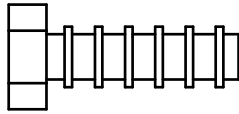
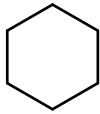
MIP-1400.5 OWNER'S MANUAL

MIP-1400 ASSEMBLY INSTRUCTIONS

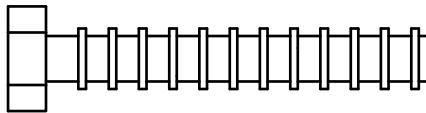
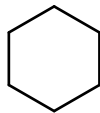
HARDWARE ILLUSTRATION



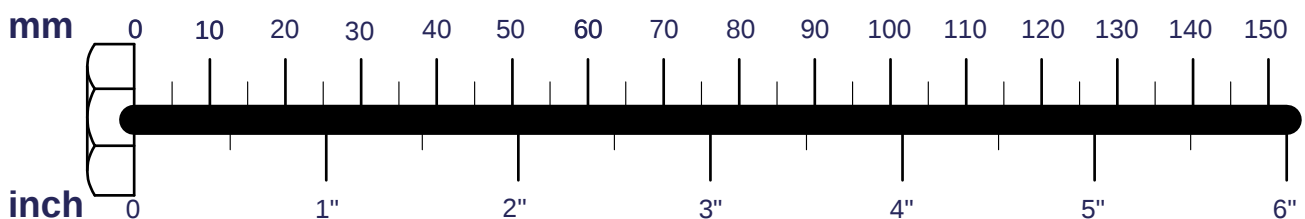
(A1)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



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

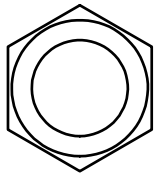


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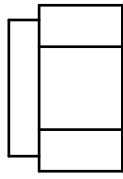


MIP-1400 ASSEMBLY INSTRUCTIONS

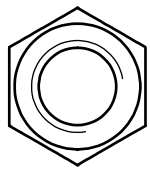
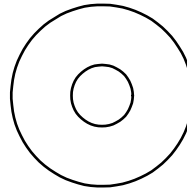
HARDWARE ILLUSTRATION



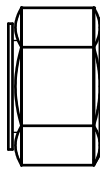
(B1)NYLON LOCK NUT 1/2" QTY.3



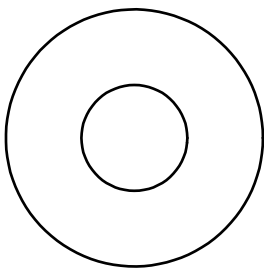
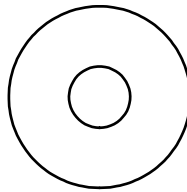
(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.4



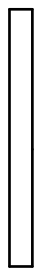
(B2)NYLON LOCK NUT M12 QTY.2



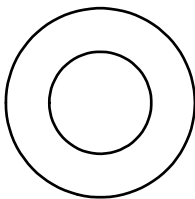
(C4)5/16"(I.D.)ARC WASHER R13 QTY.4



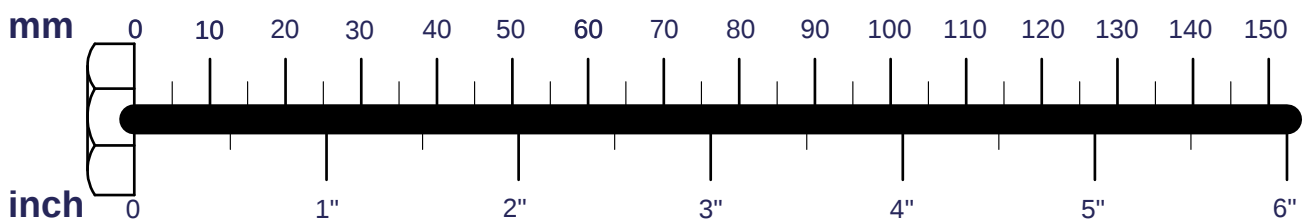
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.6



(C5)SPRING WASHER 5/16" QTY.8

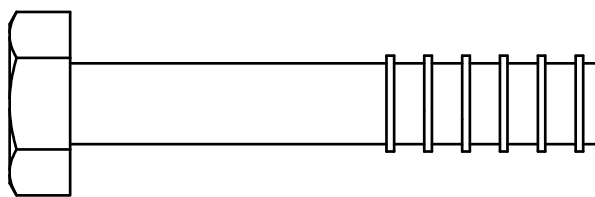
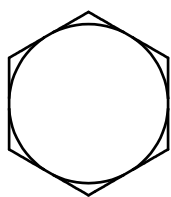


(C2)M12(I.D.)FLAT WASHER Ø25 QTY.2

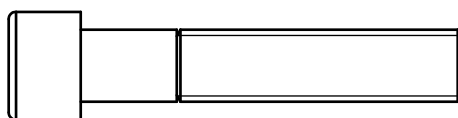
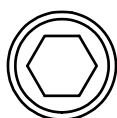


MIP-1400 ASSEMBLY INSTRUCTIONS

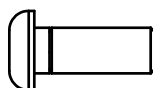
FRAME HARDWARE ILLUSTRATION FOR DOOR



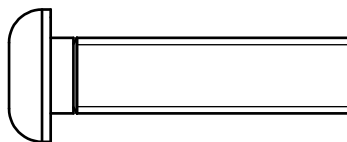
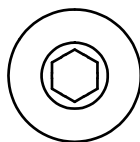
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



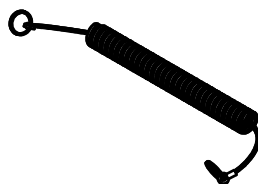
(AA2)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



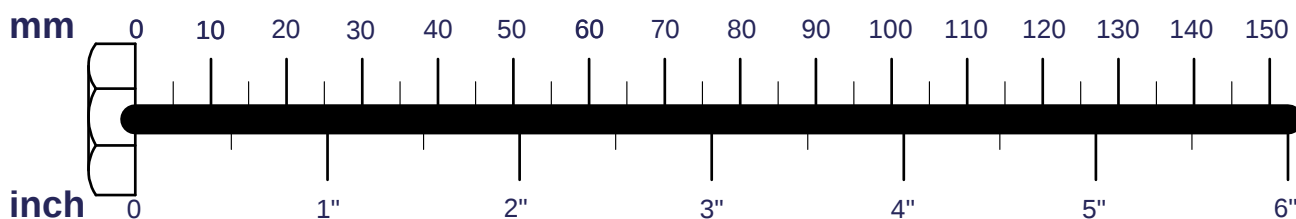
(AA3)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16



(AA4)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1

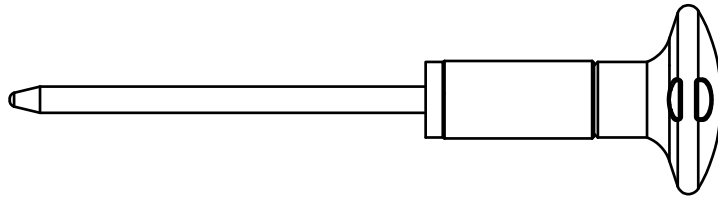


(AA5)ELASTIC BELT (F920003) QTY.1

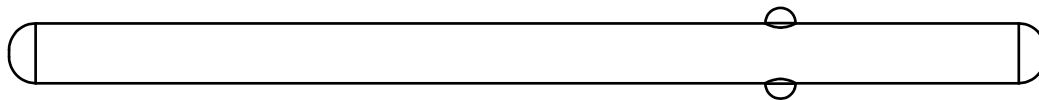


MIP-1400 ASSEMBLY INSTRUCTIONS

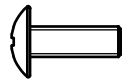
FRAME HARDWARE ILLUSTRATION FOR DOOR



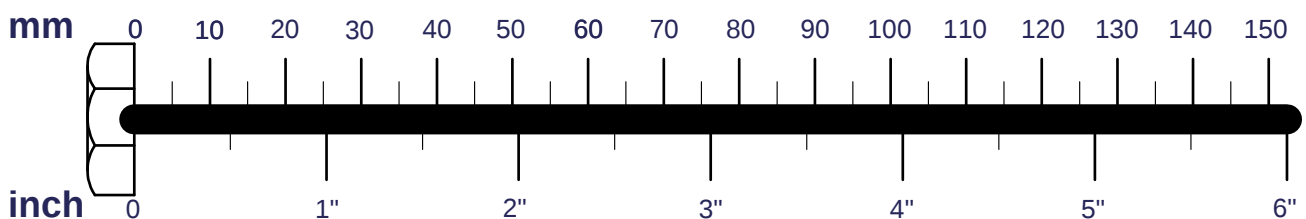
(AA6)10 、 15 、 20 LB PIN (8250-162) QTY.1



(AA7)Ø5/16" FIXED PIN (8250-166) QTY.1

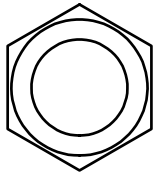


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

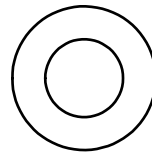
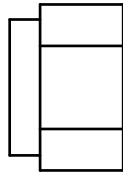


MIP-1400 ASSEMBLY INSTRUCTIONS

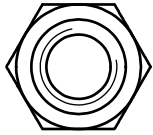
FRAME HARDWARE ILLUSTRATION FOR DOOR



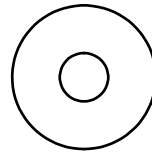
(BB1)NYLON LOCK NUT 1/2" QTY.3



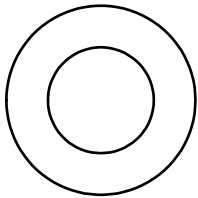
(CC4)M10 (I.D.)FLAT WASHER Ø19 QTY.2



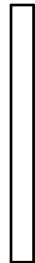
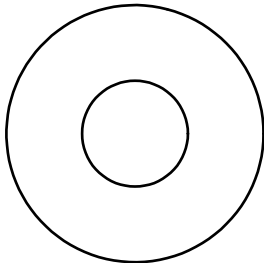
(BB2)NYLON LOCK NUT M10 QTY.1



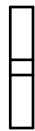
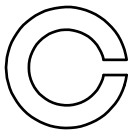
(CC5)M6 (I.D.)FLAT WASHER Ø19 QTY.16



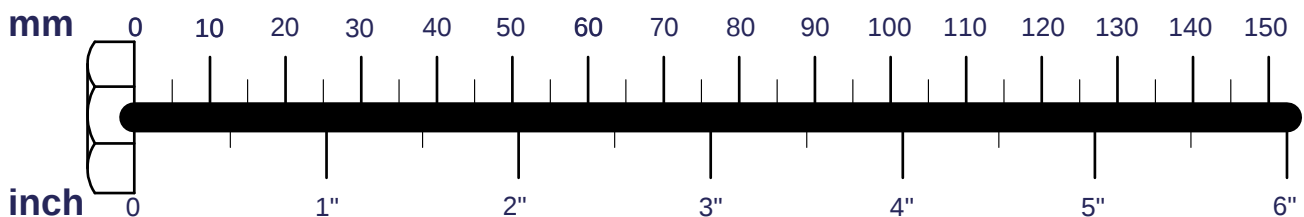
(CC1)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC2)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(CC3)3/8" SPRING WASHER QTY.1

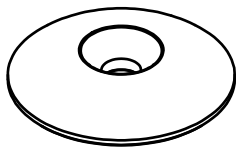


MIP-1400 ASSEMBLY INSTRUCTIONS

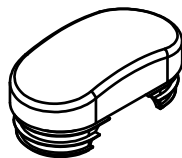
HARDWARE ILLUSTRATION

D1. Ø60 CAP COVER(8130-231)-----	[2PCS]
D2. 40X80X2t END CAP(9211-113)-----	[2PCS]
D3. Ø25 NYLON BUSHING (9211-151)-----	[4PCS]
D4. 50X100X56 RUBBER PAD(9214-038)-----	[2PCS]
D5. 108X15tX263L RUBBER PAD(9310-075)-----	[2PCS]
D6. Ø115X50L PULLEY(9213-042B)-----	[3PCS]
D7. 2210mm BELT (FMIP1400A) -----	[1PCS]
D8. 1890mm BELT (FMIP1400B) -----	[1PCS]
D9. 50X100X1.5t END CAP(9261-060)-----	[1PCS]

D1



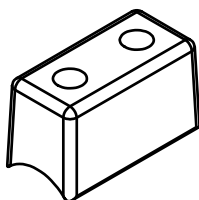
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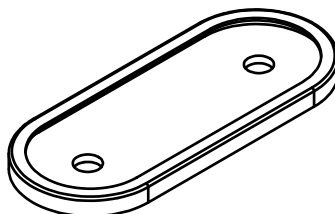
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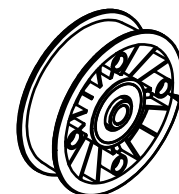
D4



D5

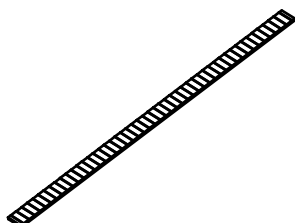


D6

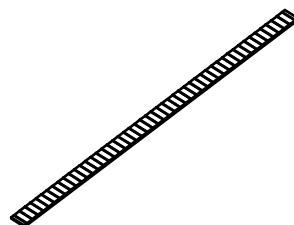


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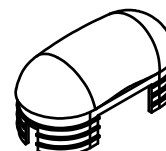
D7



D8



D9

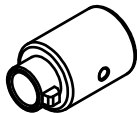


MIP-1400 ASSEMBLY INSTRUCTIONS

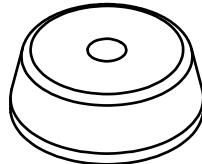
FRAME HARDWARE ILLUSTRATION FOR DOOR

DD1. 3/4" SHAFT COLLAR (9211-147)	-----[2PCS]
DD2. Ø4" RUBBER PAD (9310-017)	-----[2PCS]
DD3. 108X263 RUBBER PAD (9310-075)	-----[2PCS]
DD5. Ø115X50L PULLEY (9213-042B)	-----[3PCS]
DD6. BOTTLE BRACKET (8388-025)	-----[1PCS]
DD7. BOTTLE HOLDER (9260-320)	-----[1PCS]
DD8. BOTTLE (9260-123)	-----[1PCS]
DD11. 2270mm BELT (FMIP1400C1)	-----[1PCS]
DD12. TOP PLATE(8400-033)	-----[1PCS]
DD13. 3/4" SHAFT COLLAR (9211-167)	-----[2PCS]
DD14. WEIGHT SELECTOR ROD (8210-216C)	-----[1PCS]

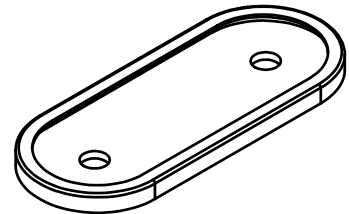
DD1



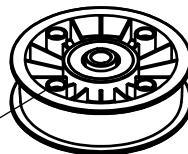
DD2



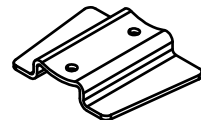
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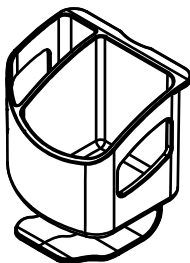
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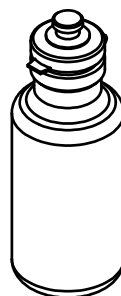
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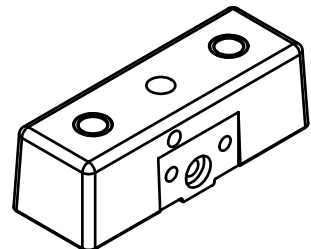
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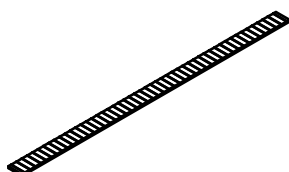
DD8



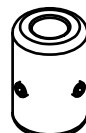
DD12



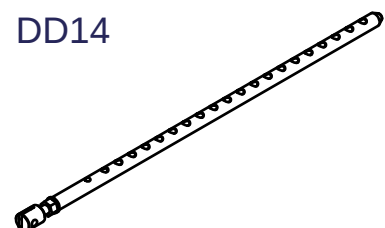
DD11



DD13

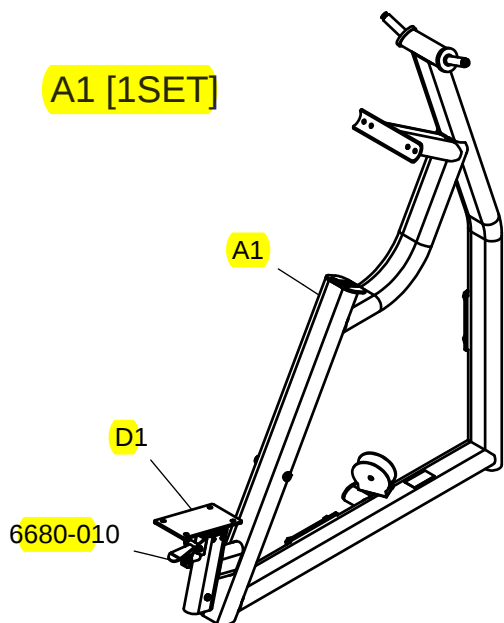


DD14

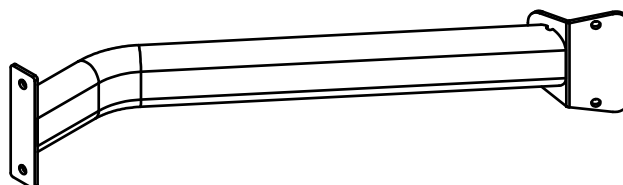


PARTS ILLUSTRATION SHEET

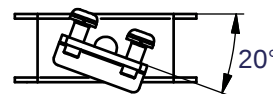
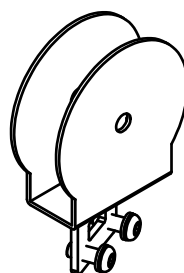
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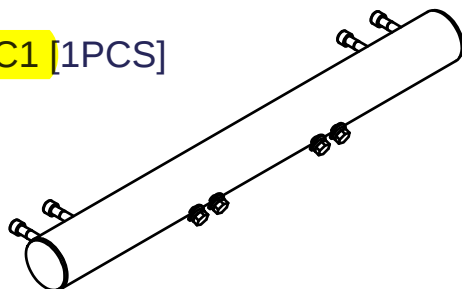
B [1PCS]



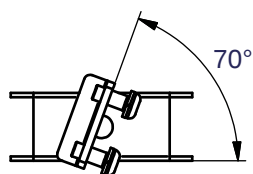
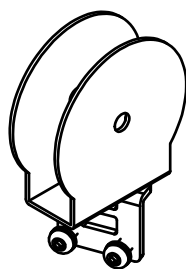
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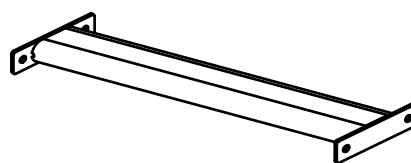
C1 [1PCS]



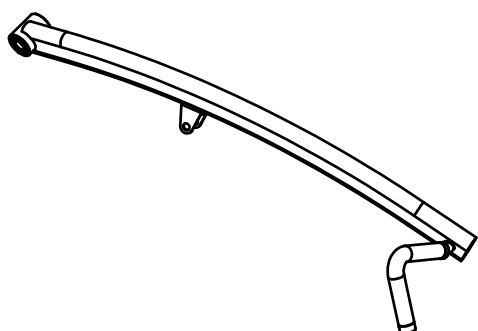
F1 [1SET]



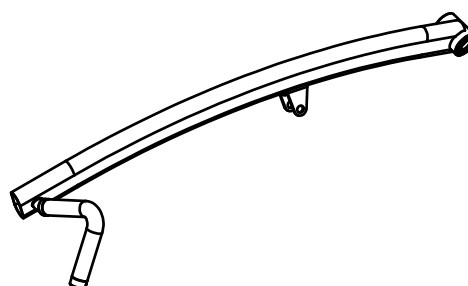
G [1SET]



H1 [1PCS]

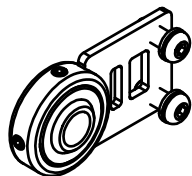


I1 [1SET]

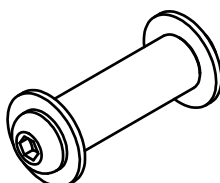


PARTS ILLUSTRATION SHEET

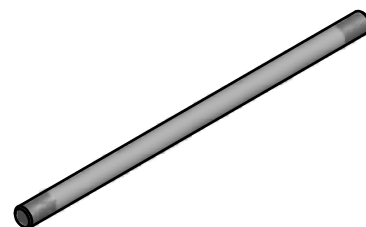
J [2SET]



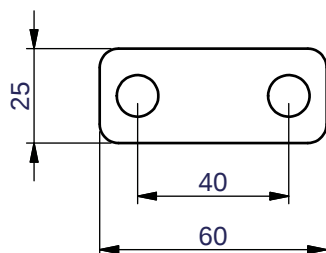
K[2SET]
8210-155
Ø5/8"X49L



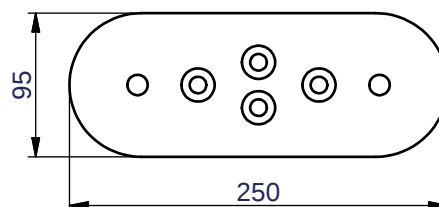
L [1PCS]
8260-069
Ø1/2"X255L



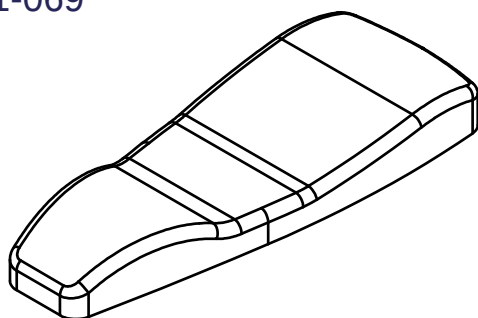
M [4PCS]
8311-117
60X25X6T



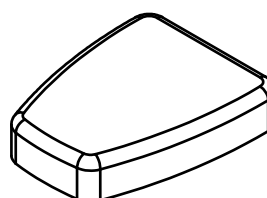
O [2PCS]
8313-144
95X6TX250L



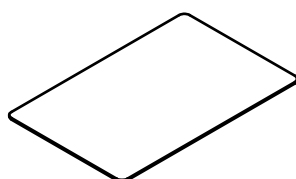
P [1PCS]
9111-069



Q [1PCS]
9121-070



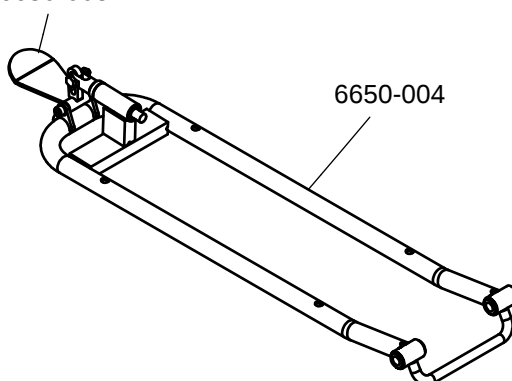
R [1PCS]
9420-110



S [1SET]

6680-005

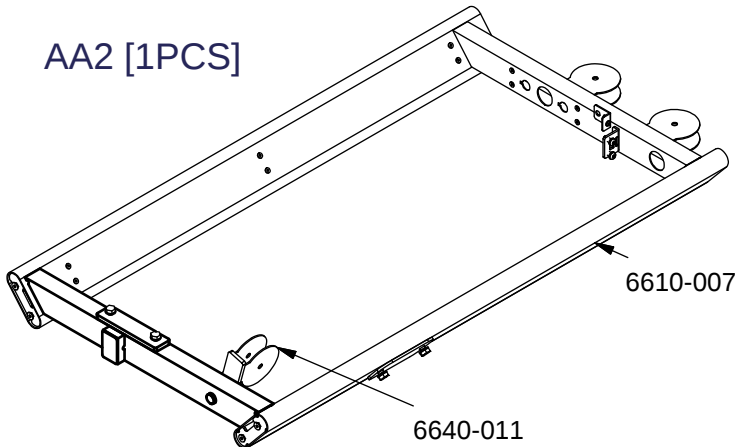
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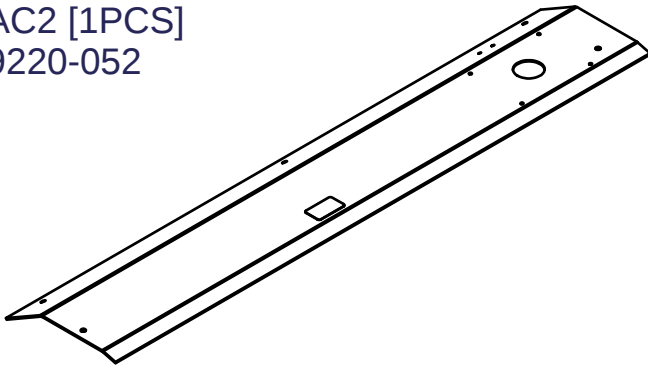
MIP-1400 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

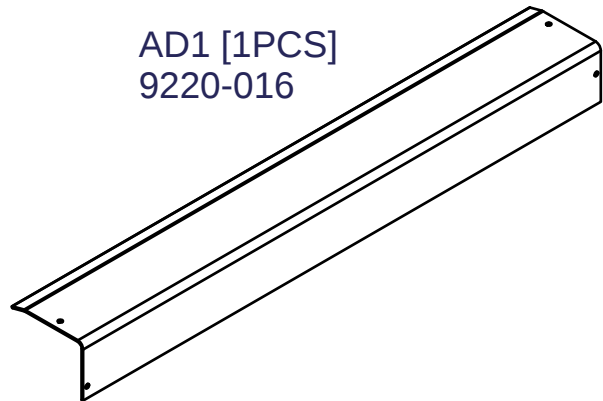
AA2 [1PCS]



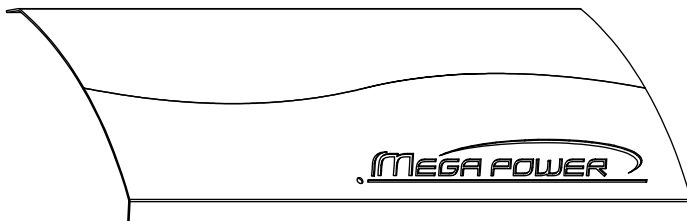
AC2 [1PCS]
9220-052



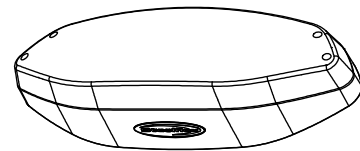
AD1 [1PCS]
9220-016



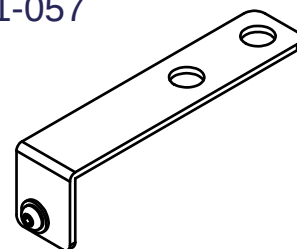
AE [1PCS]
9220-023



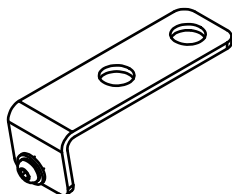
AF [1PCS]
9211-148



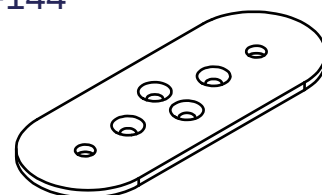
AH [4PCS]
8331-057



AI [3PCS]
8331-058



AJ [2PCS]
8313-144

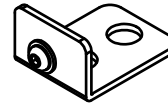


MIP-1400 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

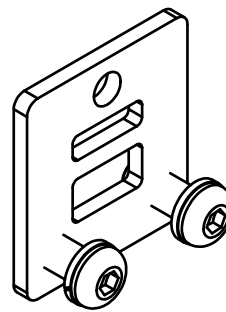
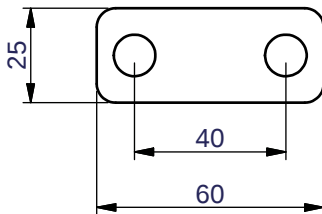
AK2[2PCS]
8280-042
Ø3/4"X1433L

AL [1SET]
8331-056

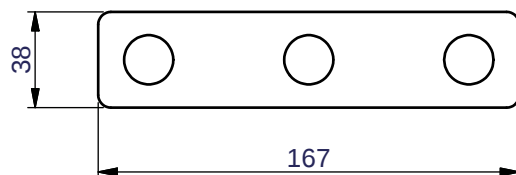
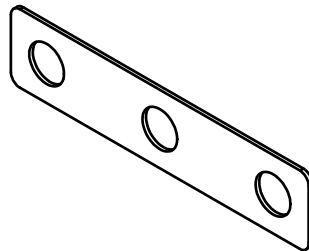


AO [2PCS]
8311-117

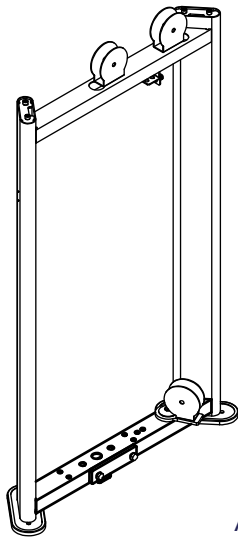
AP [1PCS]
8313-169



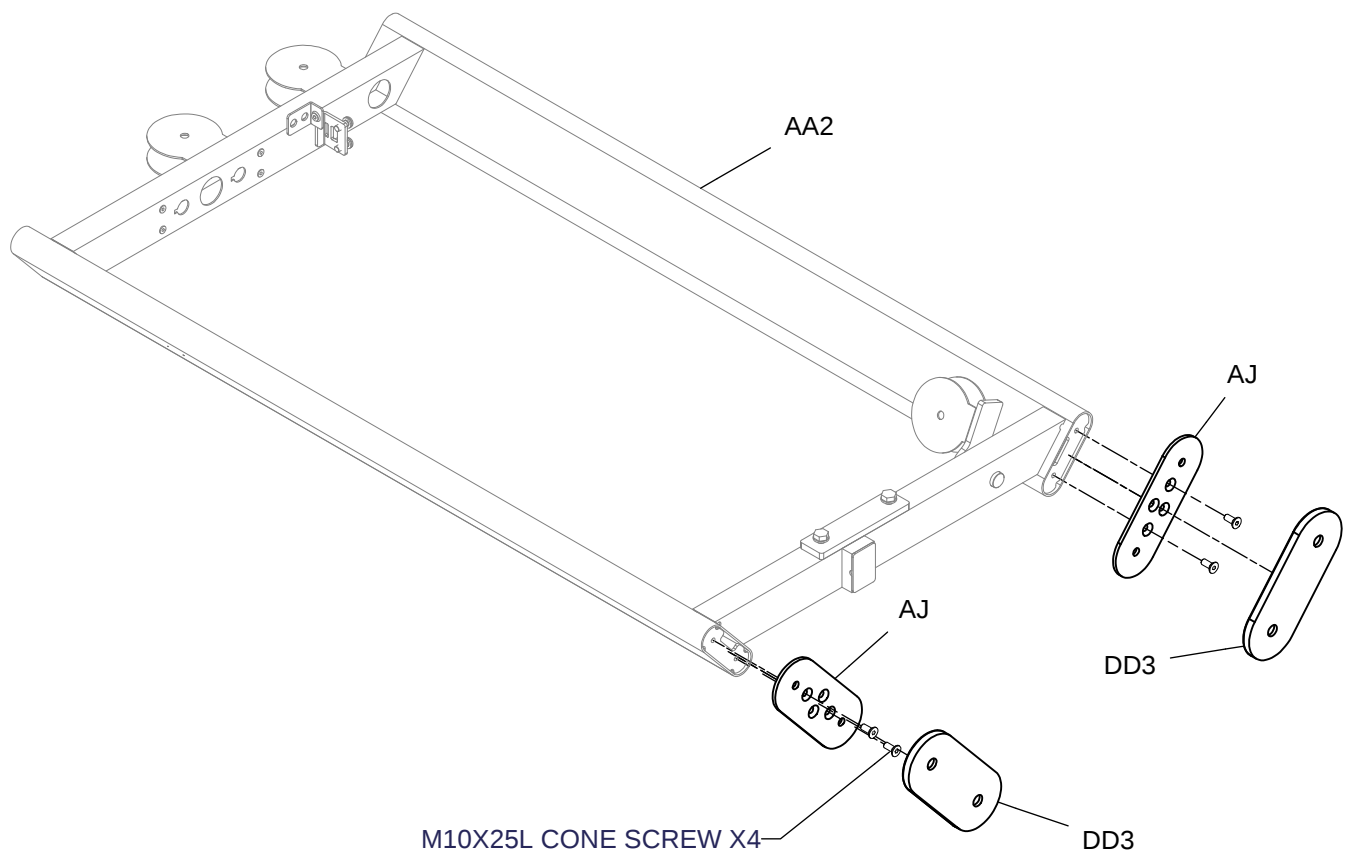
AR[1PCS]
8311-194



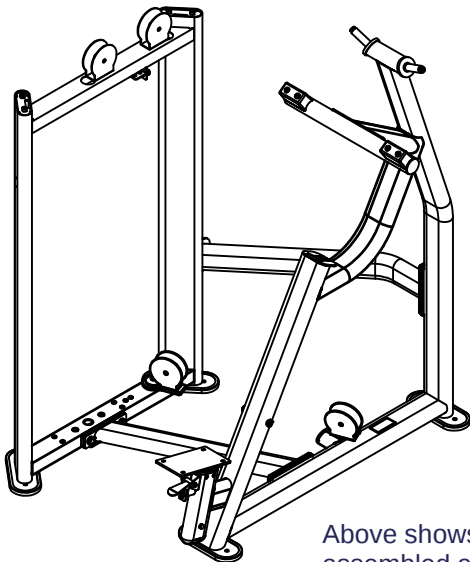
MIP-1400 ASSEMBLY INSTRUCTIONS



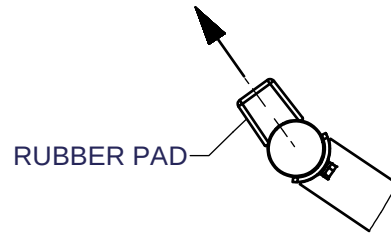
Above shows STEP 1
assembled and completed



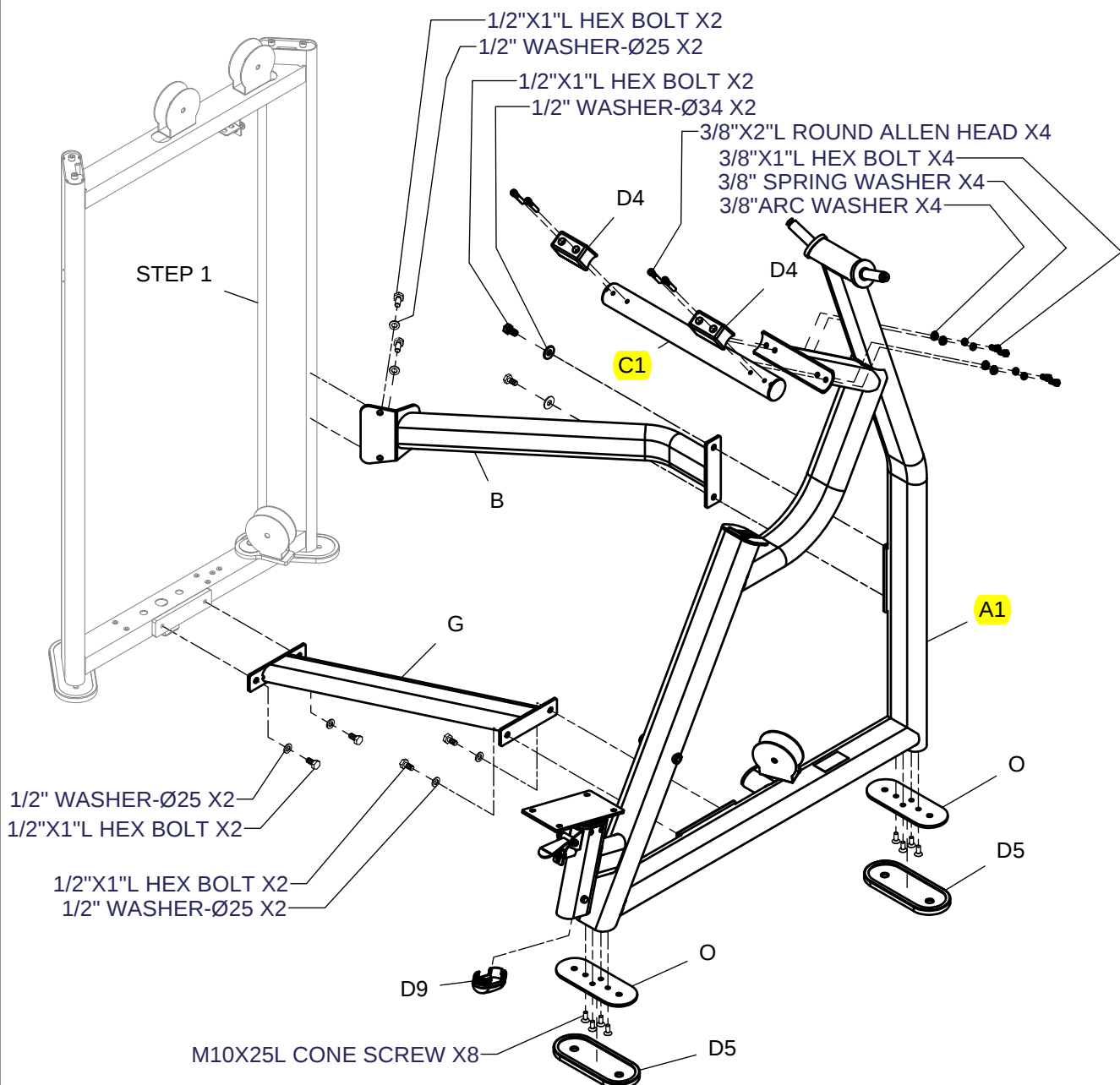
MIP-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

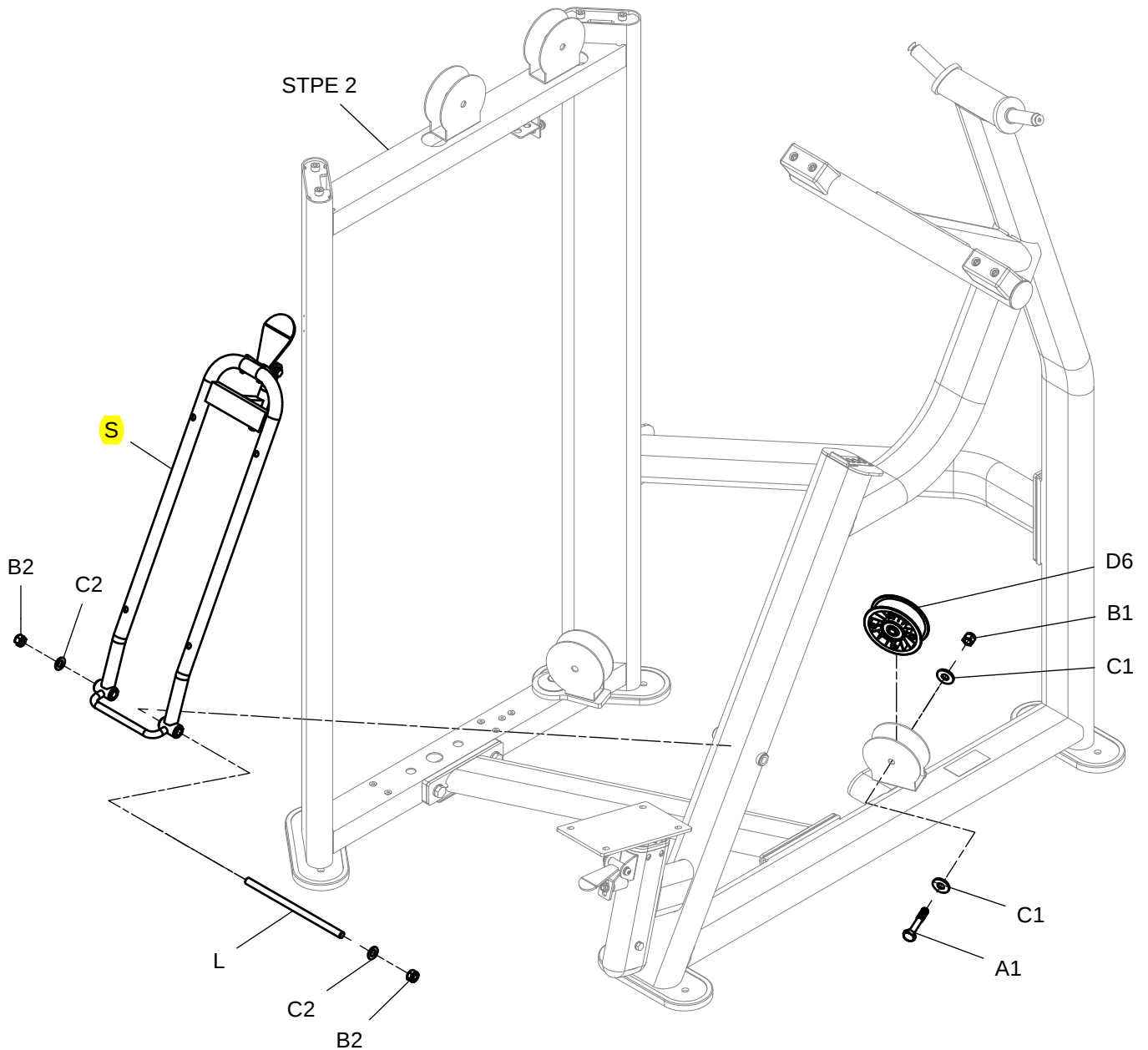


RUBBER PAD

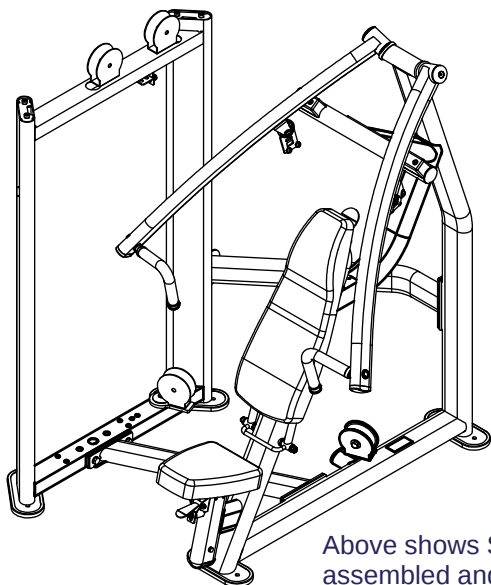


Above shows

STPE 2



MIP-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP 4 assembled and completed

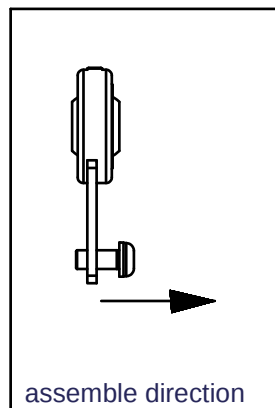


Figure 1

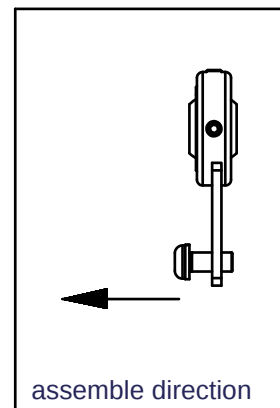
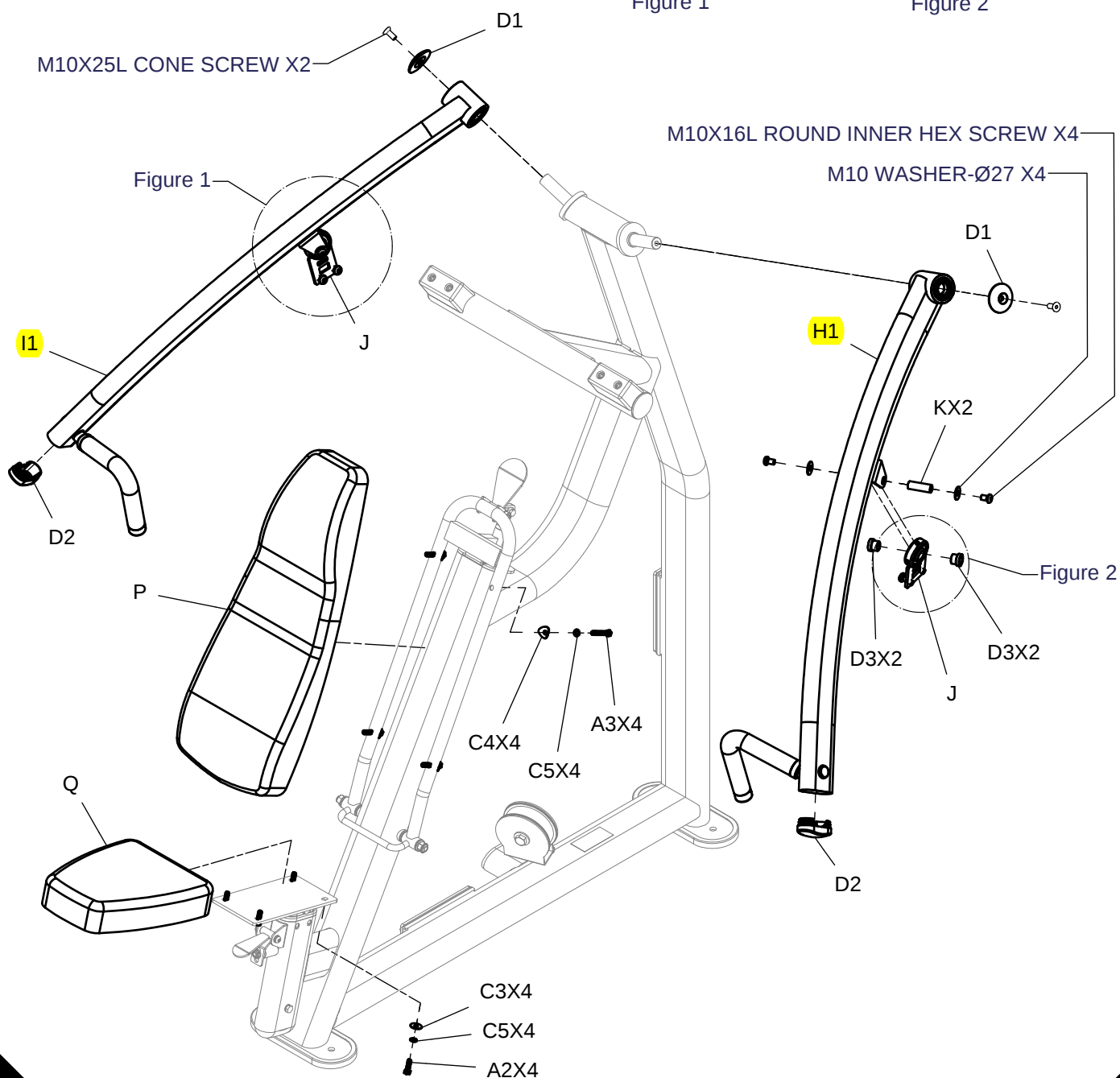
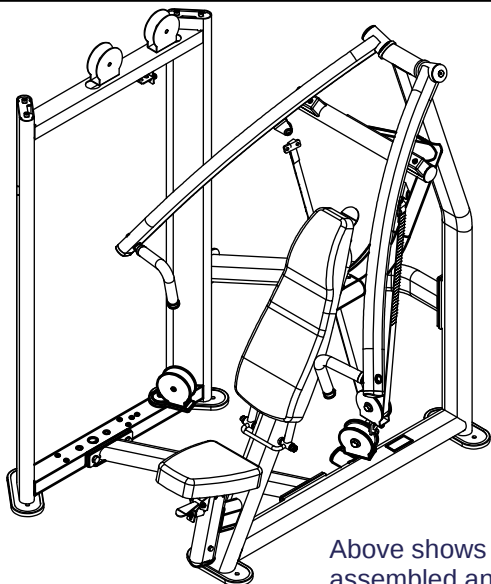


Figure 2



MIP-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP 5 assembled and completed

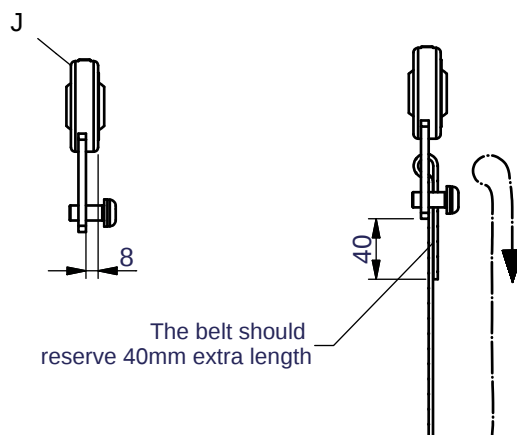
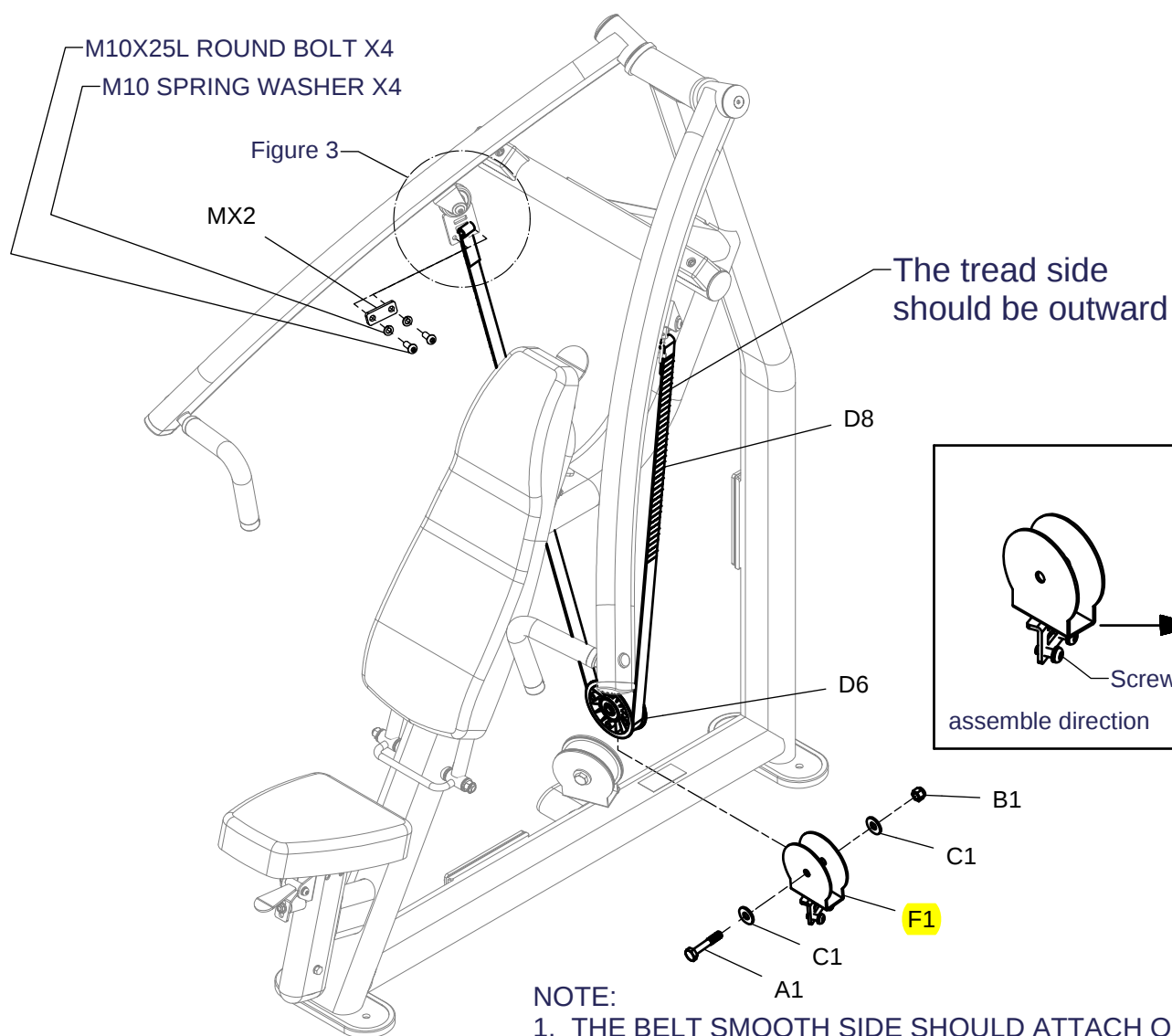


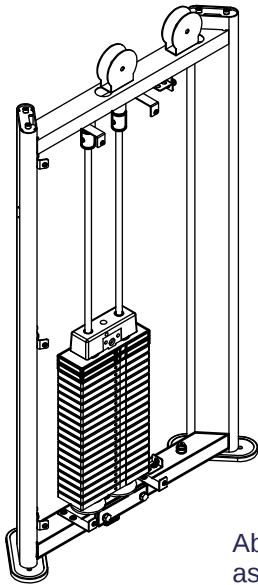
Figure 3



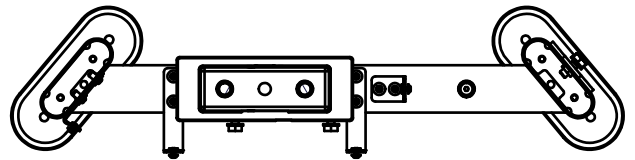
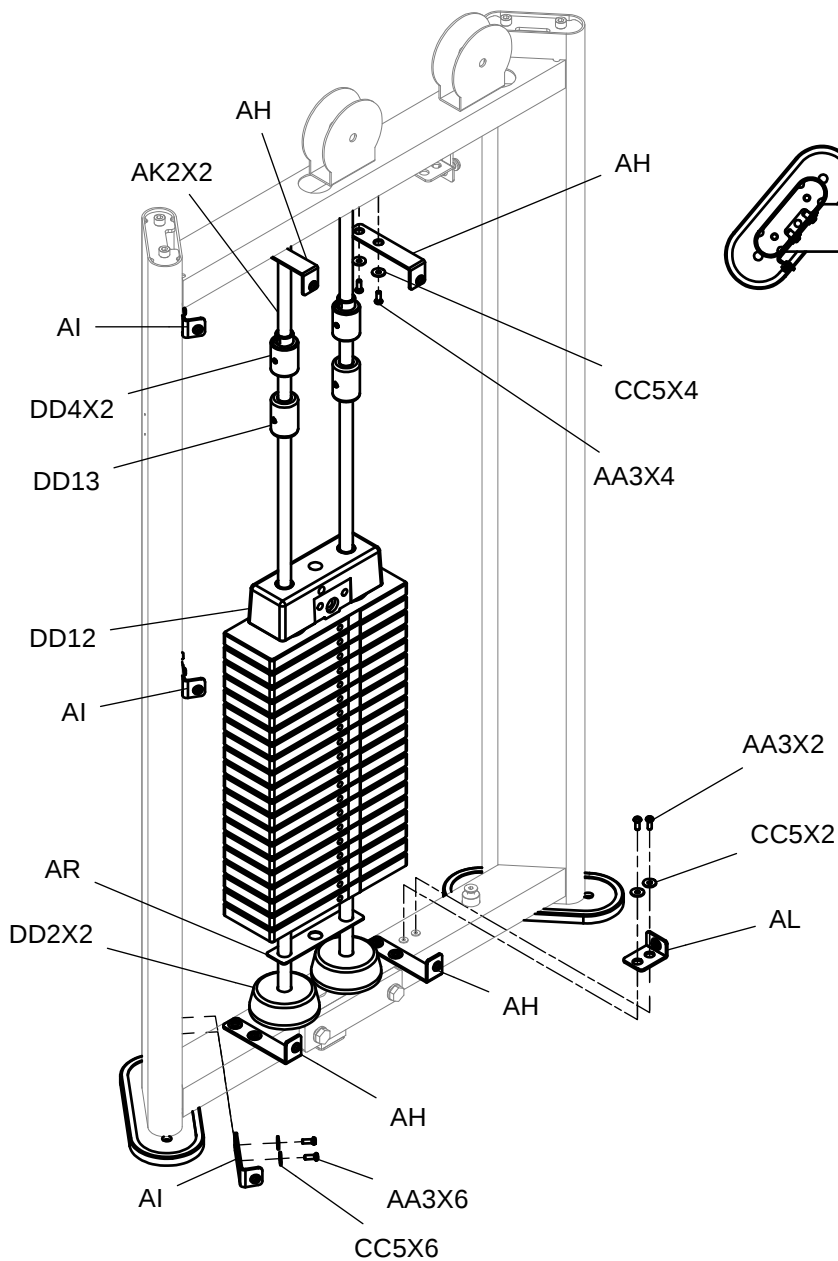
NOTE:

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

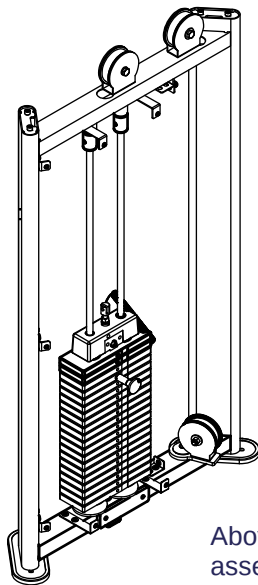
MIP-1400 ASSEMBLY INSTRUCTIONS



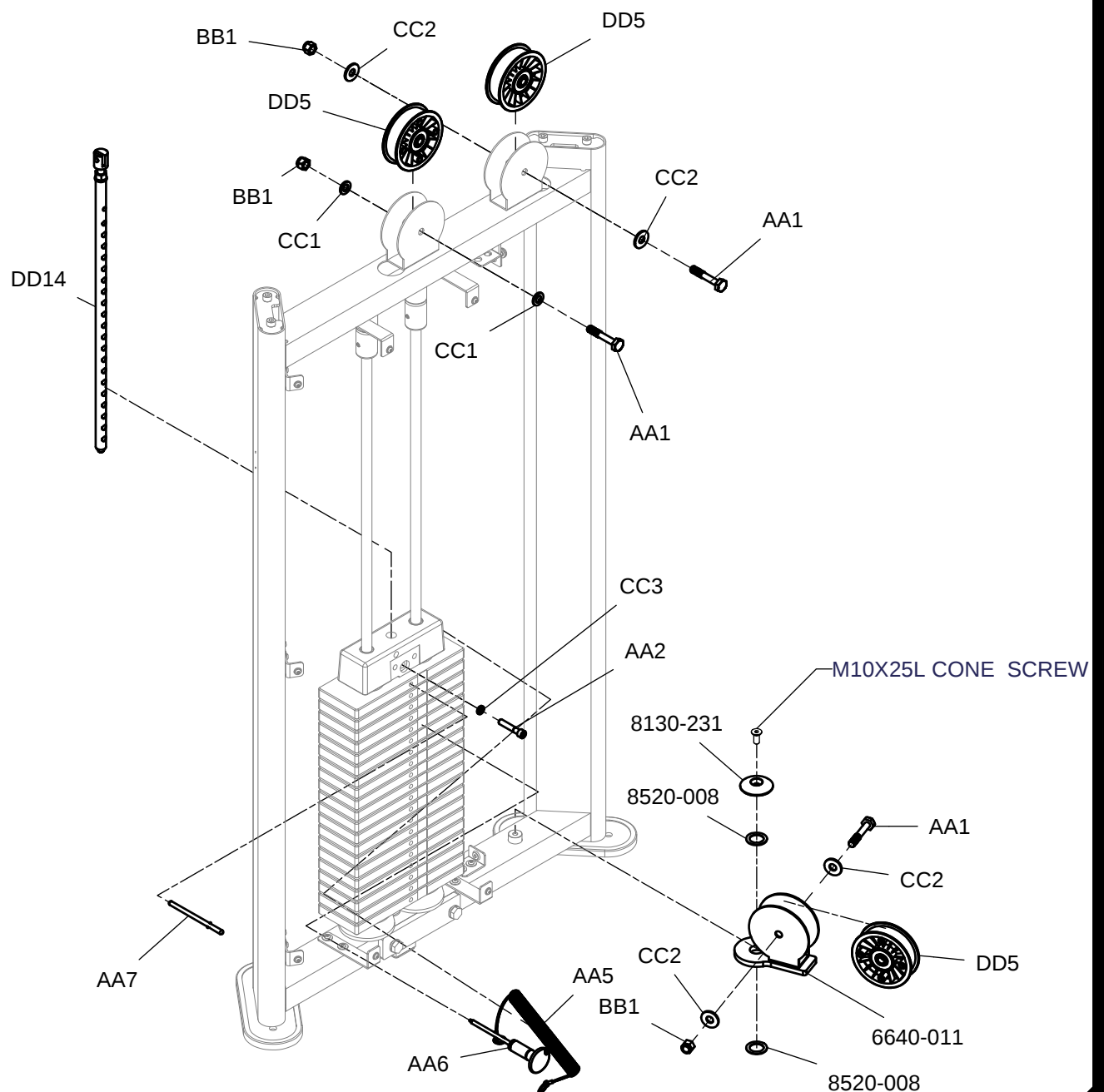
Above shows STEP 6
assembled and completed



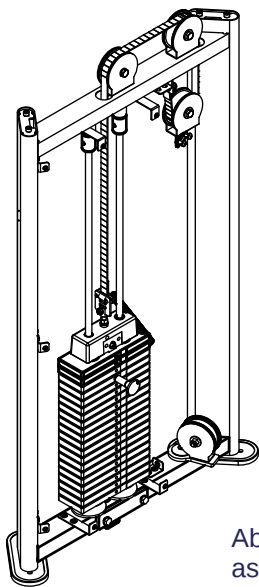
MIP-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed



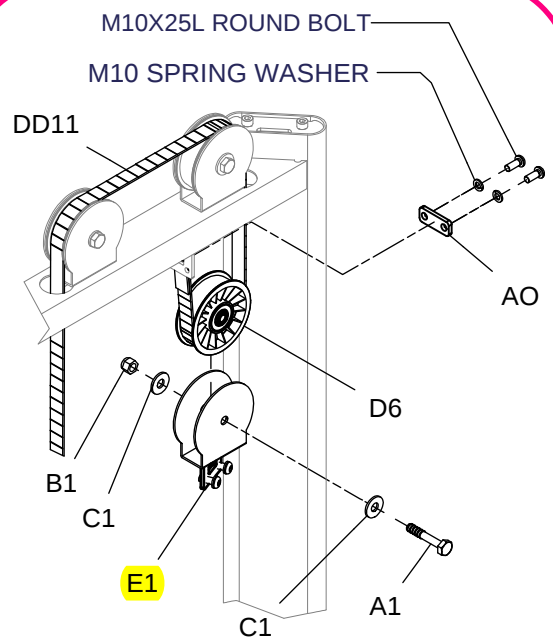
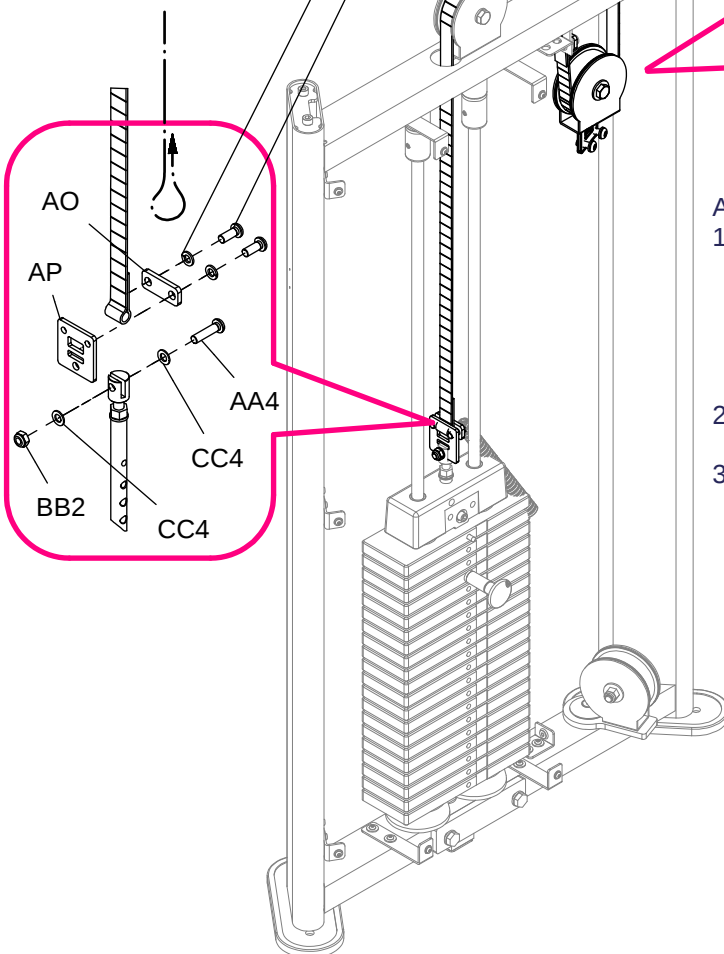
MIP-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed

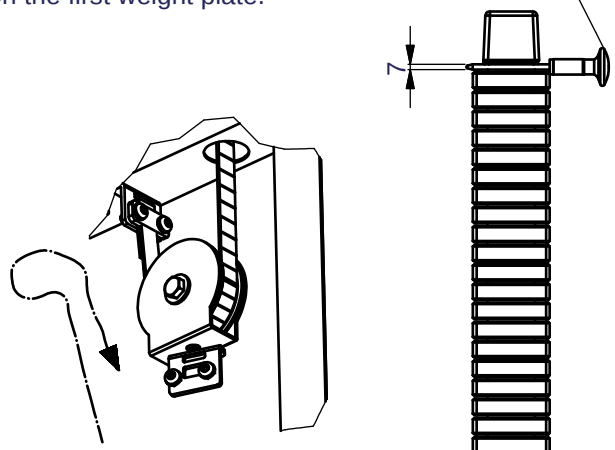
The tread side
should be outward

M10X25L ROUND BOLT
M10 SPRING WASHER

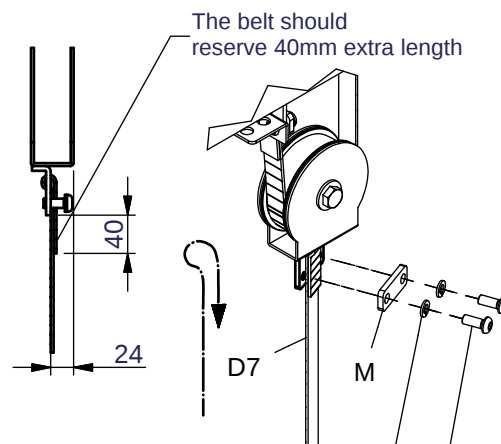
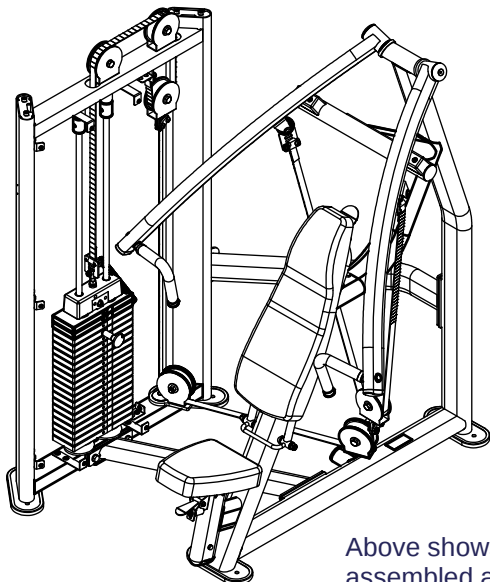


Adjust Belt Procedure:

1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 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.

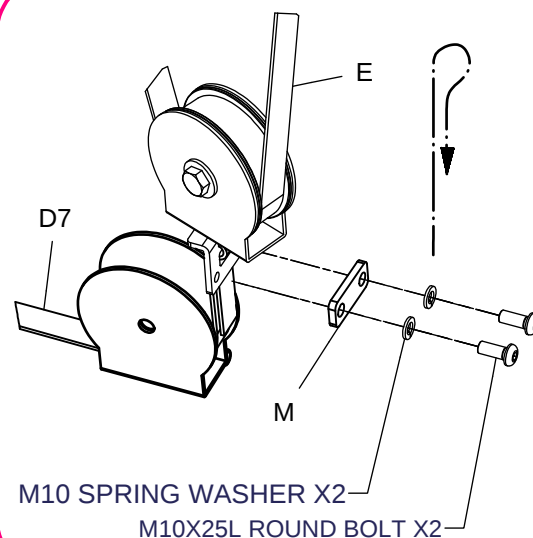
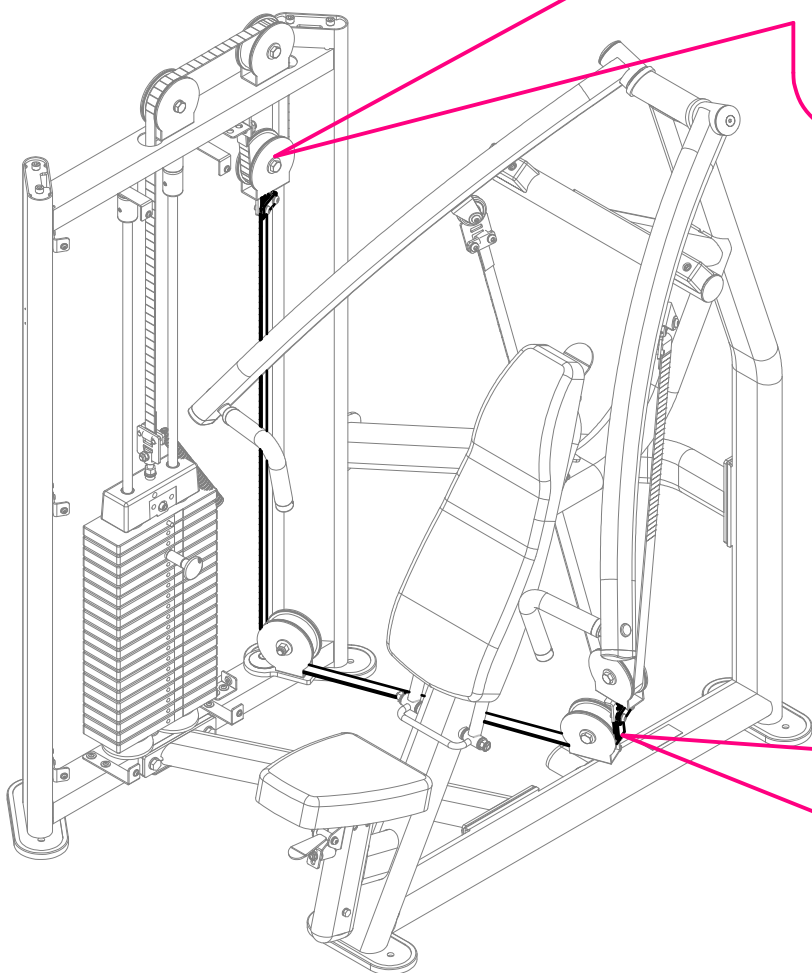


MIP-1400 ASSEMBLY INSTRUCTIONS



M10 SPRING WASHER X2

M10X25L ROUND BOLT X2



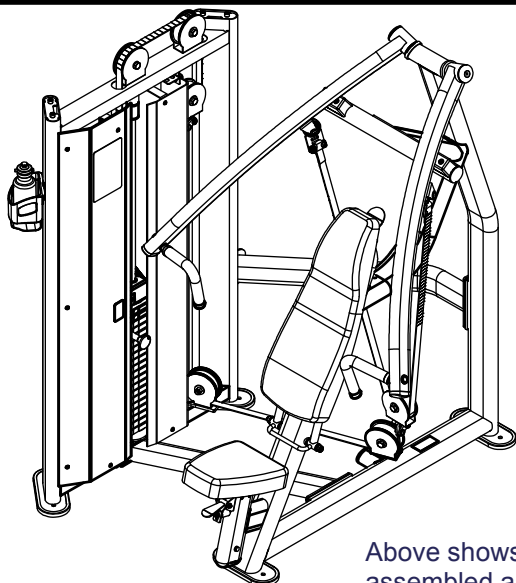
M10 SPRING WASHER X2

M10X25L ROUND BOLT X2

NOTE:

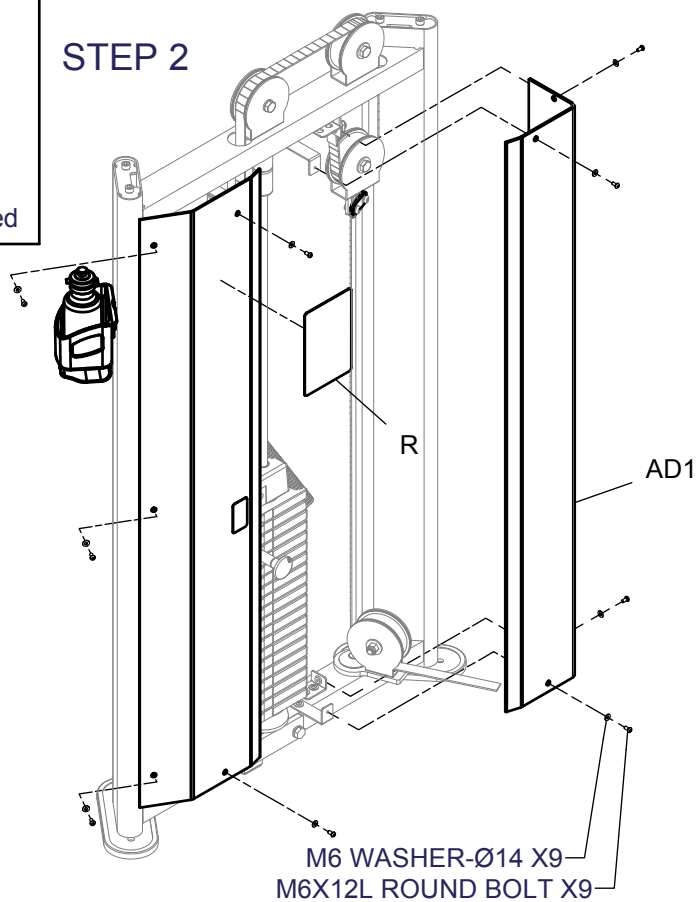
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (E1/F1)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (M) DO NOT EXCEED 70 PSI

MIP-1400 ASSEMBLY INSTRUCTIONS

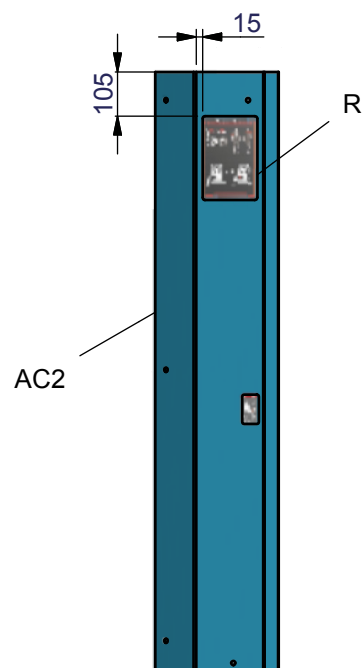
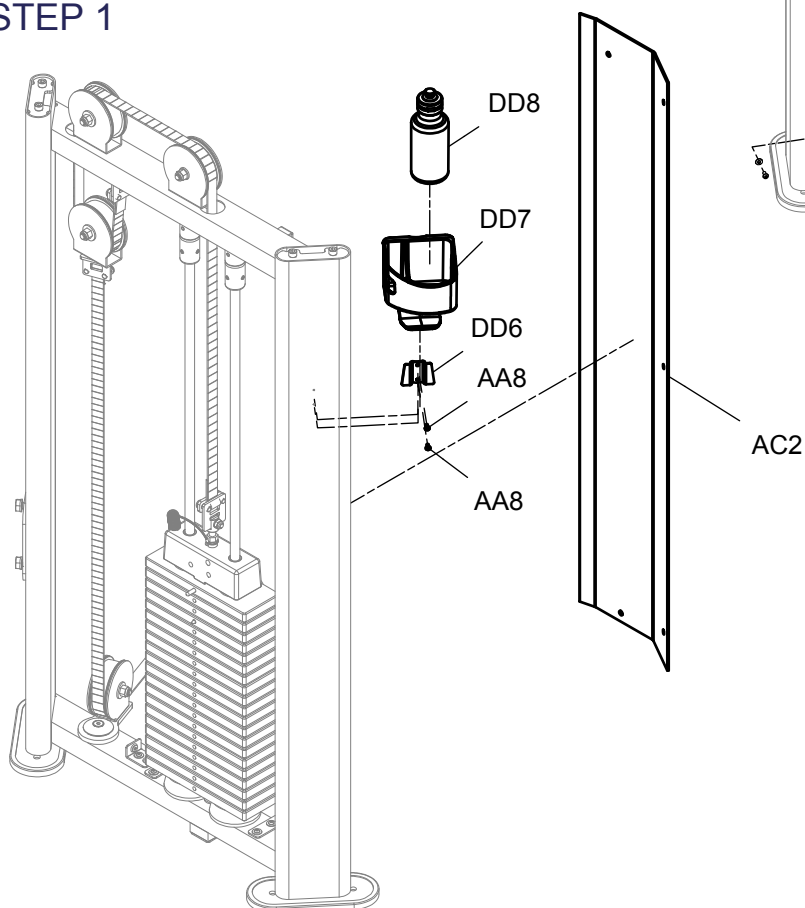


Above shows STEP 10 assembled and completed

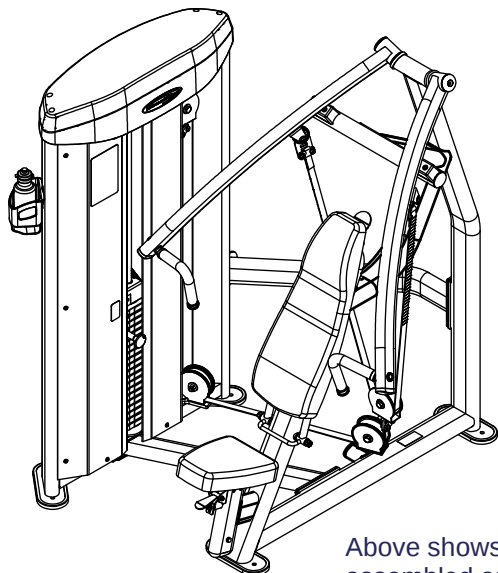
STEP 2



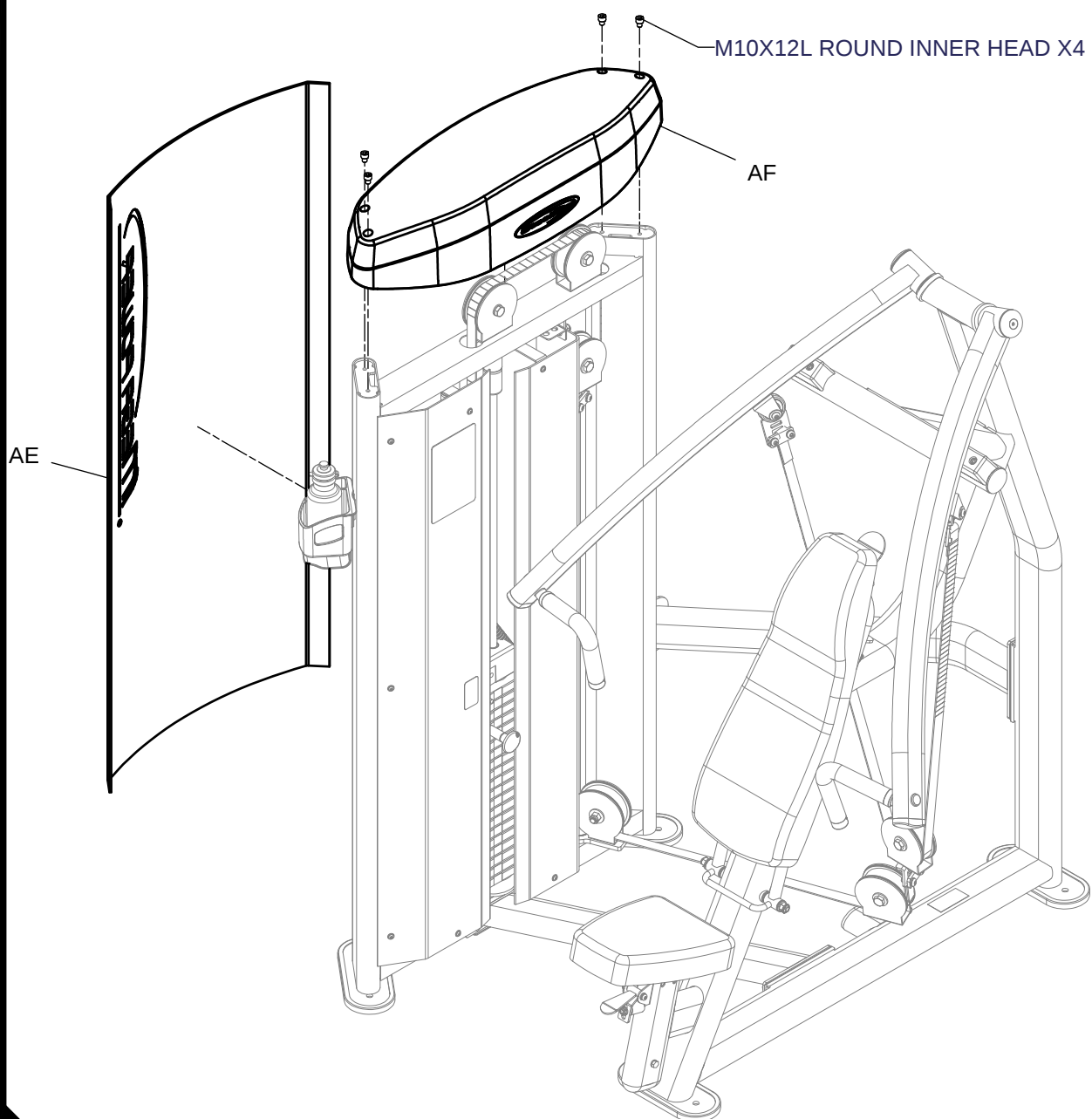
STEP 1



MIP-1400 ASSEMBLY INSTRUCTIONS

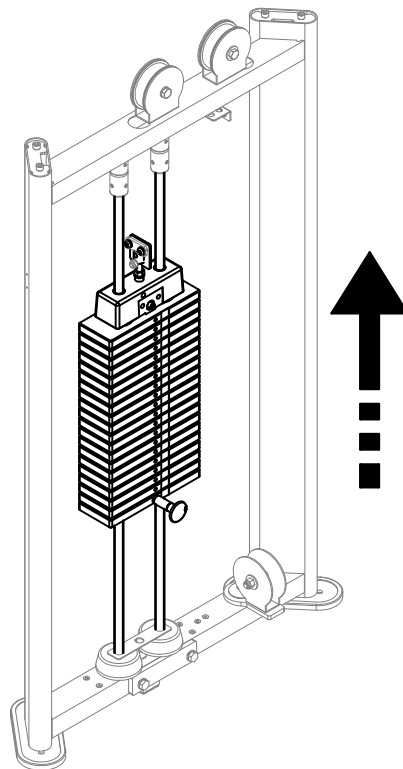
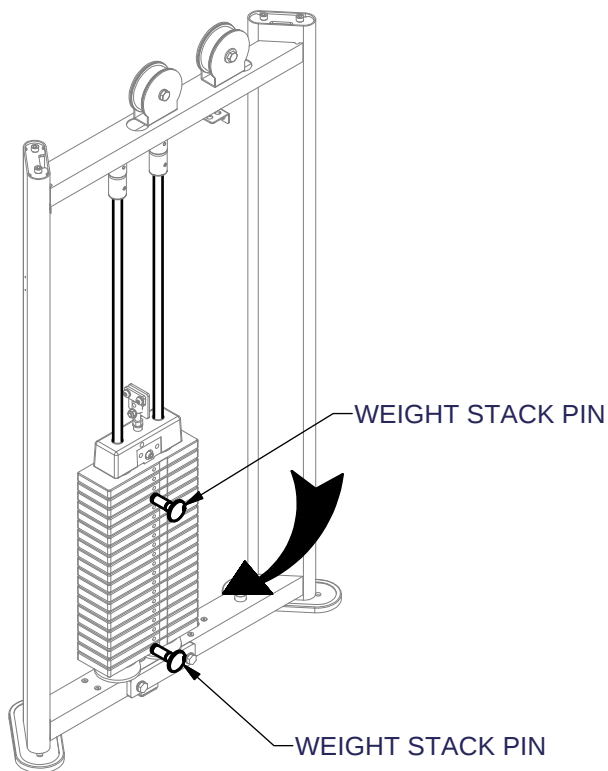


Above shows STEP 11
assembled and completed



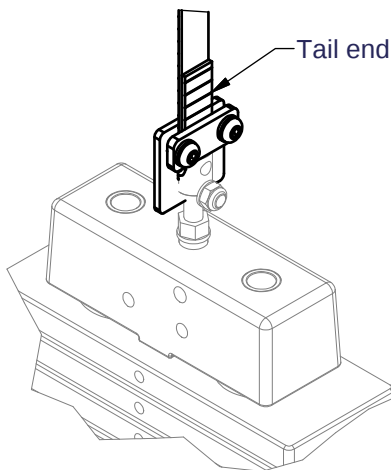
ASSEMBLY INSTRUCTIONS

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.

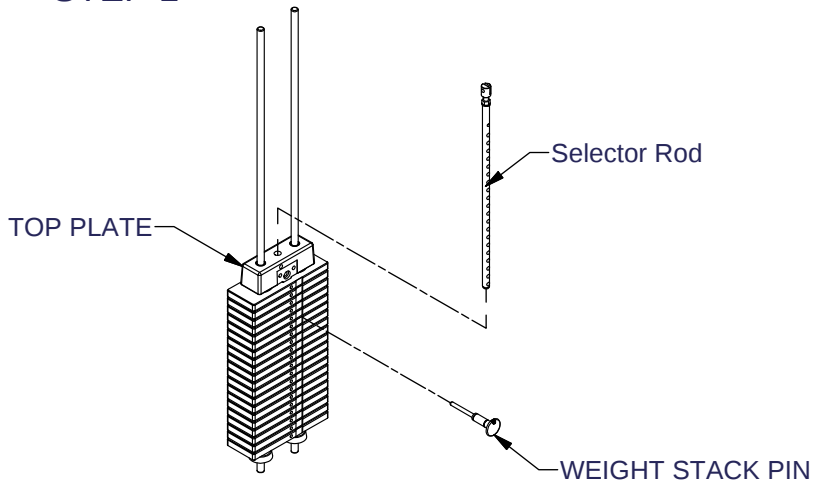
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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.)

Guide on Selector Rod Adjustment

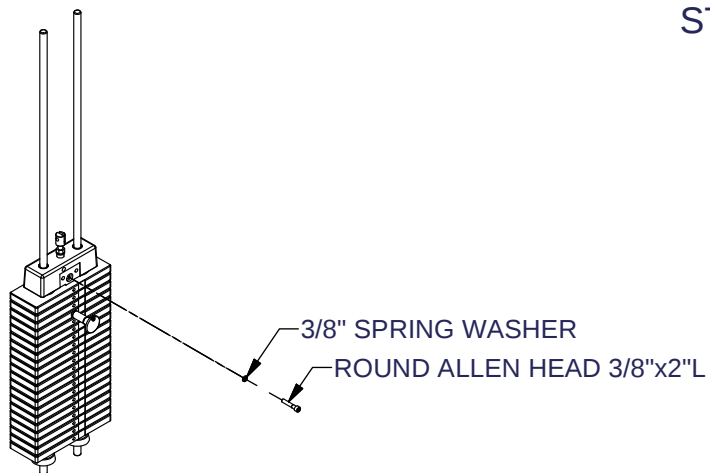
STEP 1



Step 1

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

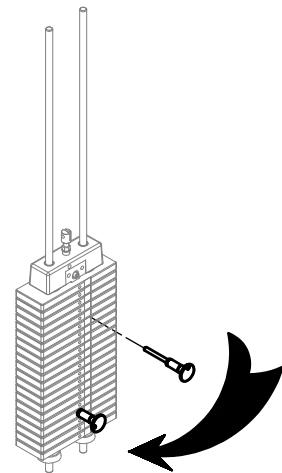
STEP 2



Step 2

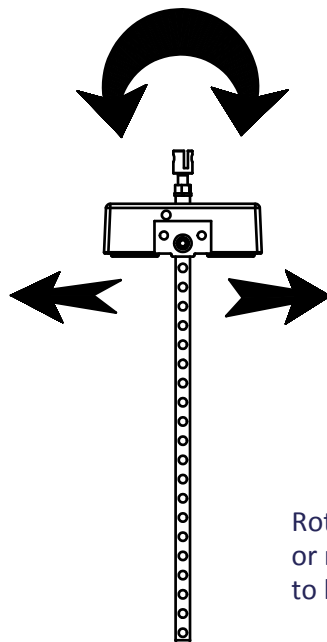
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



Step 3

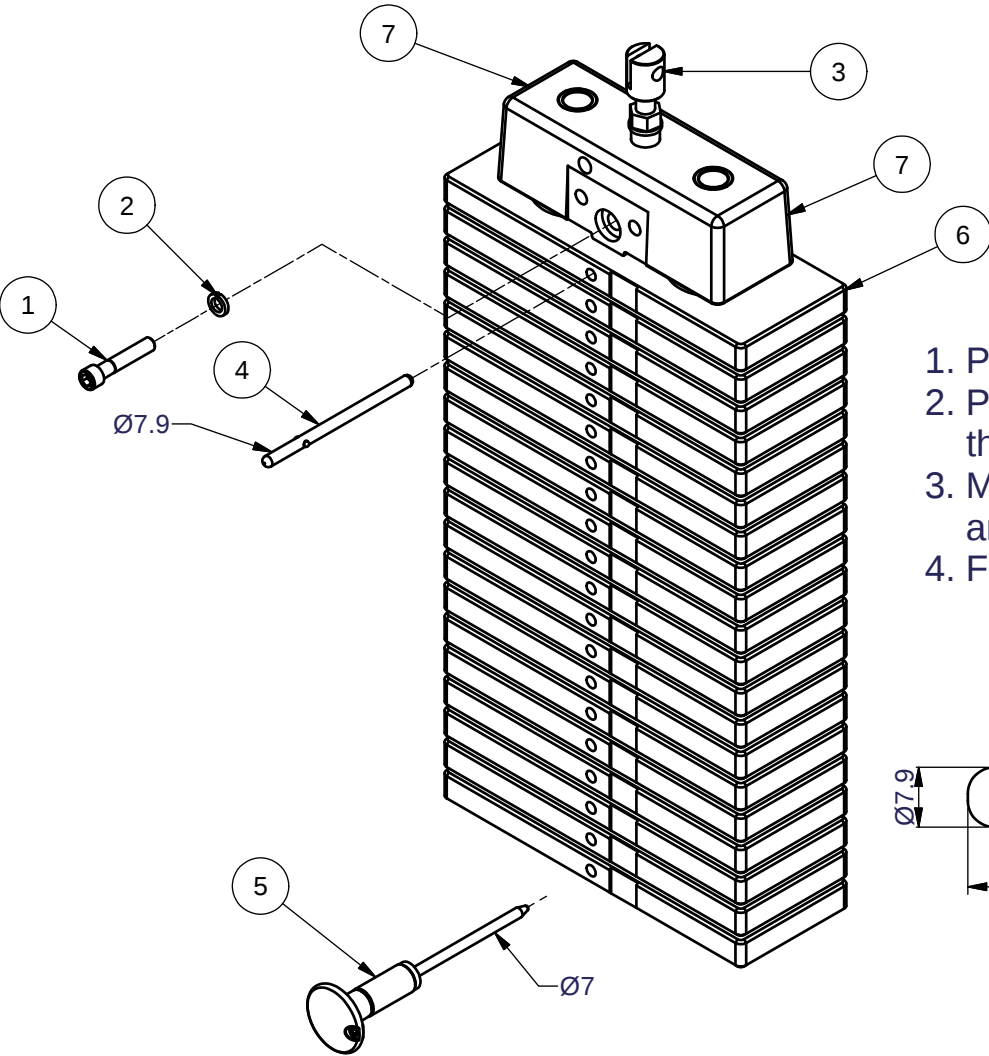
Place the selector pin to each weight plate
(5,10,15,20...) to check the smoothness.



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

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.

