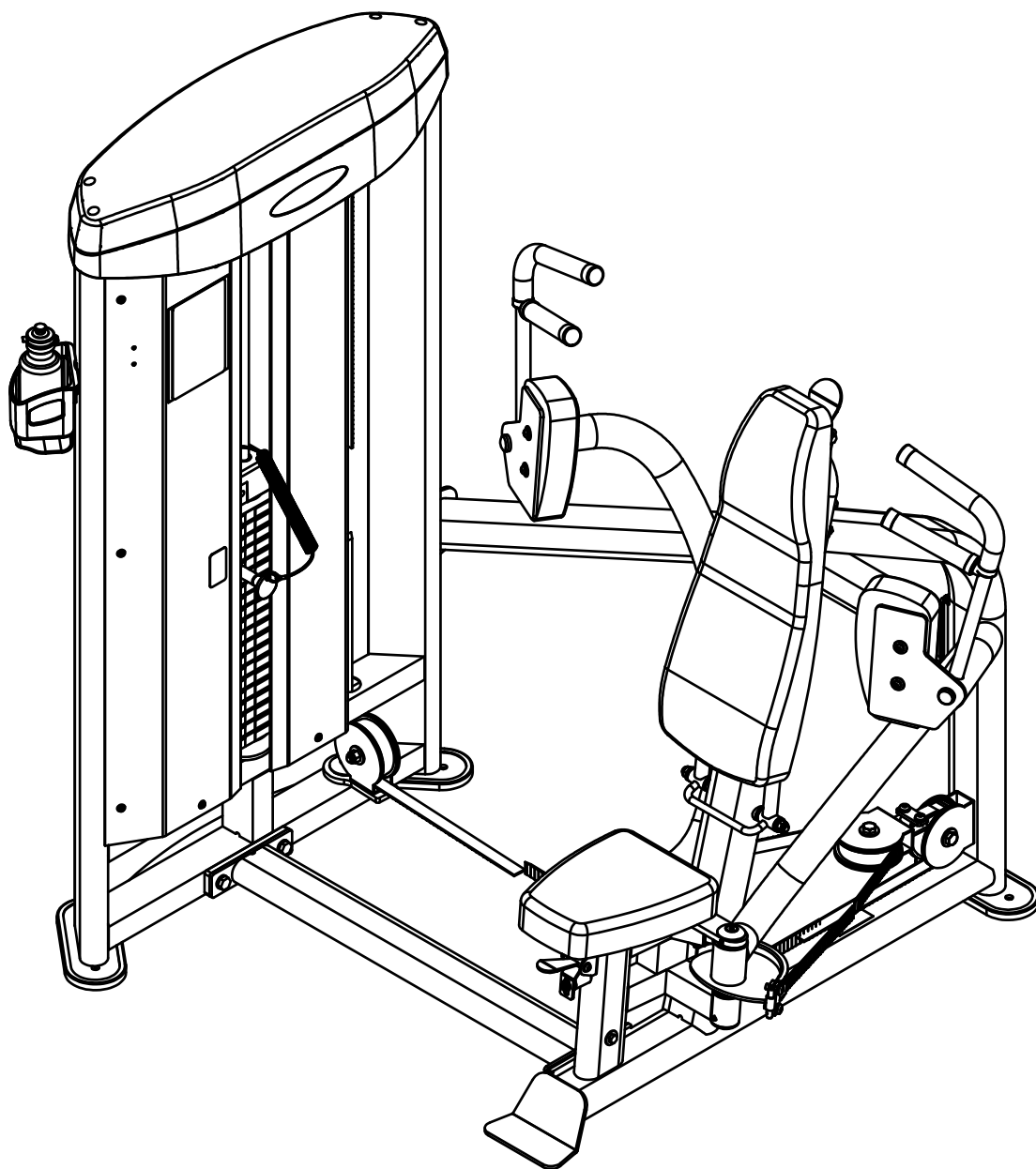


MEGA POWER



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

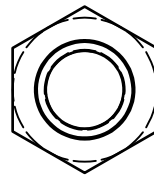
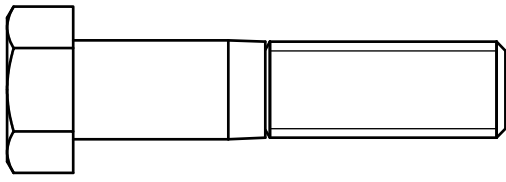
Fax: 886-2-27229750

www.steelflexfitness.com

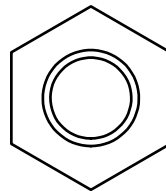
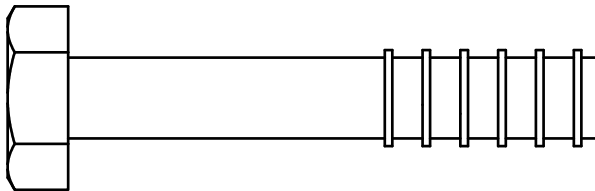
MPD-700.4 OWNER'S MANUAL

MPD-700 ASSEMBLY INSTRUCTIONS

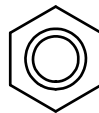
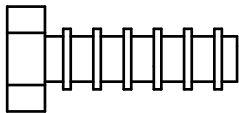
HARDWARE ILLUSTRATION



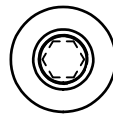
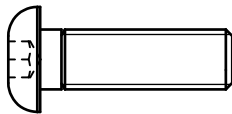
(A1)HEX BOLT 1/2"x2-1/4"L PARTIAL THREAD QTY.1



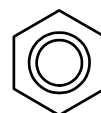
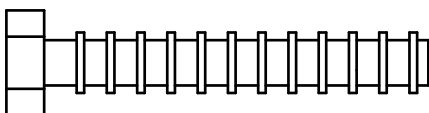
(A2)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.2



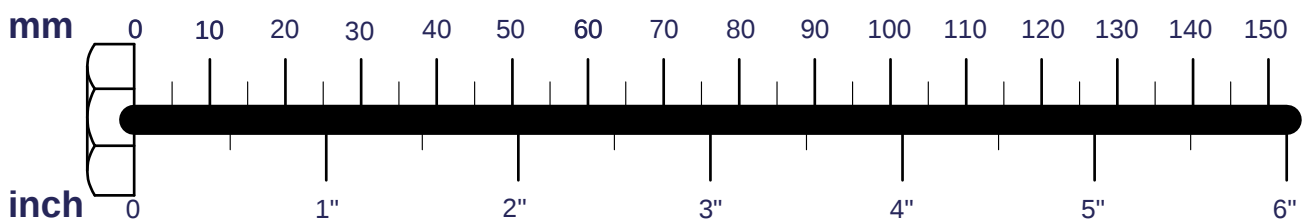
(A3)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4



(A4)ROUND ALLEN HEAD 5/16"X1"L PARTIAL THREAD QTY.4

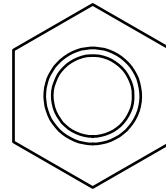
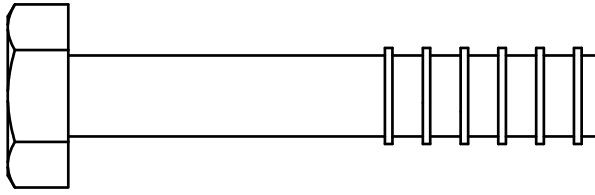


(A5)HEX BOLT 5/16"x2"L PARTIAL THREAD QTY.4

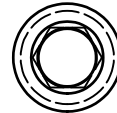
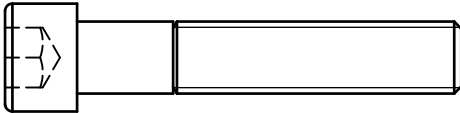


MPD-700 ASSEMBLY INSTRUCTIONS

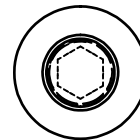
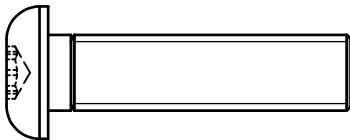
DOOR FRAME HARDWARE ILLUSTRATION



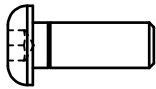
(A6)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



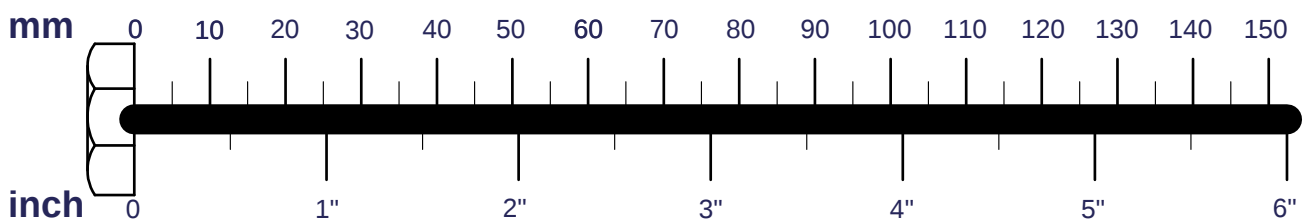
(A7)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



(A8)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1

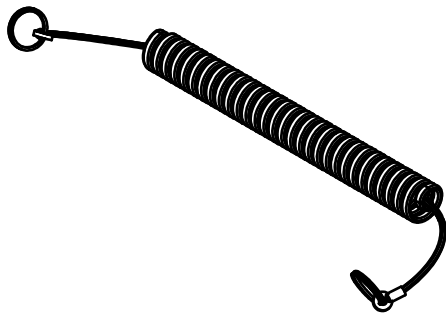


(A9)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16

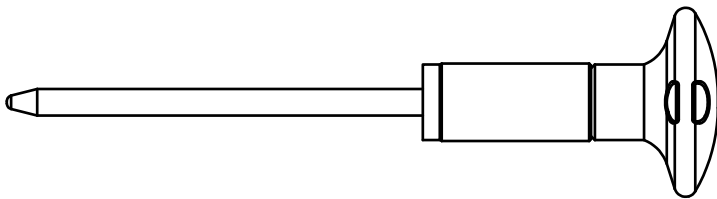


MPD-700 ASSEMBLY INSTRUCTIONS

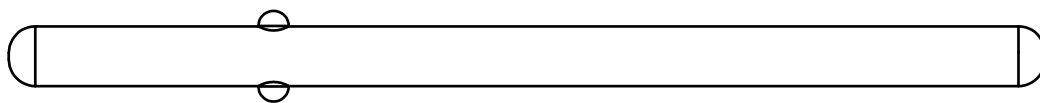
DOOR FRAME HARDWARE ILLUSTRATION



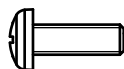
(A10)ELASTIC BELT (F920003) QTY.1



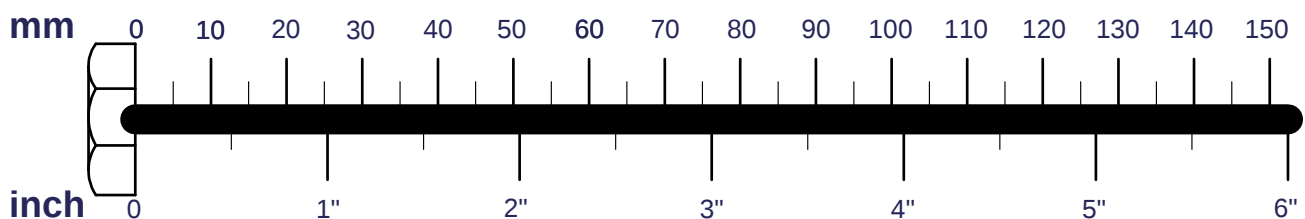
(A11)10 、 15 、 20LB PIN (8250-162) QTY.1



(A12)Ø5/16" FIXED PIN (8250-166) QTY.1

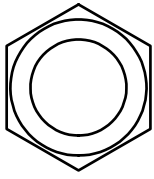


(A13)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

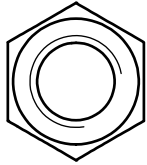
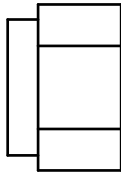


MPD-700 ASSEMBLY INSTRUCTIONS

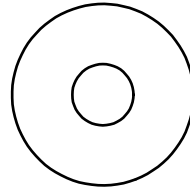
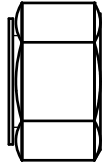
HARDWARE ILLUSTRATION



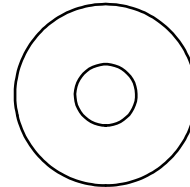
(B1)NYLON LOCK NUT 1/2" QTY.2



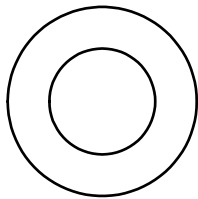
(B2)NYLON LOCK NUT M12 QTY.2



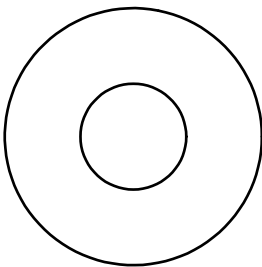
(C4)5/16"(I.D.)FLAT WASHER Ø24 QTY.8



(C5)5/16"(I.D.)ARC WASHER R13 QTY.4



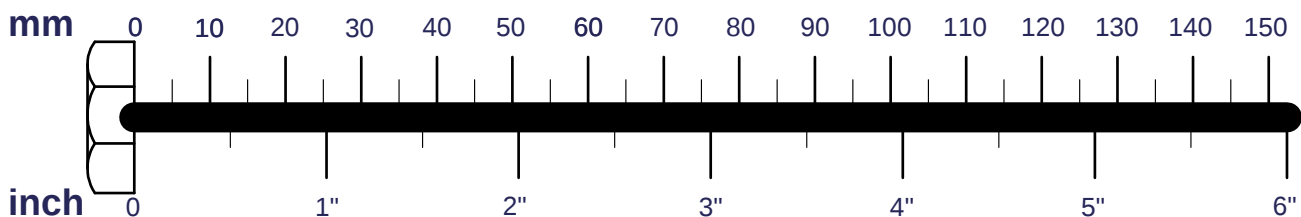
(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.4



(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.5

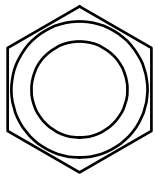


(C3)5/16" SPRING WASHER QTY.12

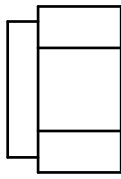


MPD-700 ASSEMBLY INSTRUCTIONS

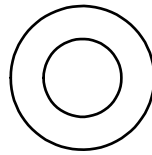
DOOR FRAME HARDWARE ILLUSTRATION



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



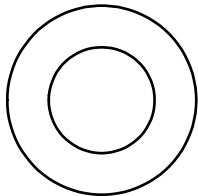
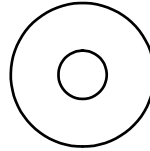
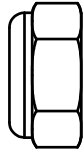
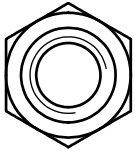
(B4)NYLON LOCK NUT M10 QTY.1



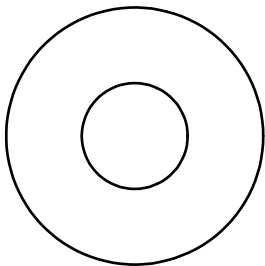
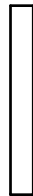
(C9)M10(I.D.)FLAT WASHER Ø19 QTY.2



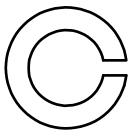
(C10)M6 (I.D.)FLAT WASHER Ø19 QTY.16



(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



mm

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

inch

0 1" 2" 3" 4" 5" 6"

MPD-700 ASSEMBLY INSTRUCTIONS

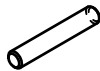
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[4PCS]
D2.Ø10X60 SHAFT(8210-156)-----	[2PCS]
D3.Ø1" CU WASHER(8520-008)-----	[2PCS]
D4.Ø30X27L STOPPER(9310-021)-----	[2PCS]
D5.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D6.Ø115 PULLEY(9213-42B)-----	[3PCS]
D7.4470mm BELT(FMPD700A2)-----	[1PCS]
D8.1500mm BELT(FMPD700B)-----	[1PCS]
D9.EXERCISE CHART (9420-103)-----	[1PCS]
D10.ROLLER THRUST BEARING(8510-008)-----	[2PCS]

D1



D2



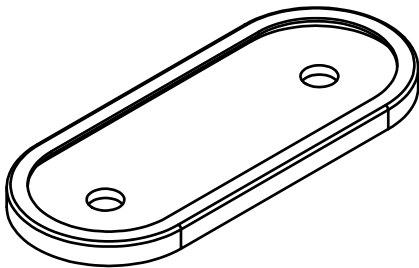
D3



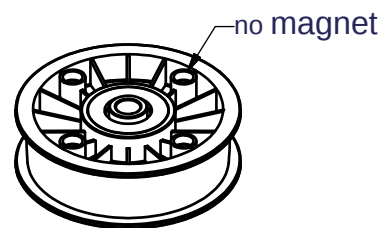
D4



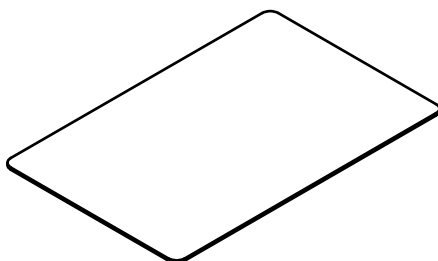
D5



D6



D9



D10

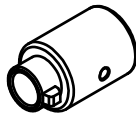


MPD-700 ASSEMBLY INSTRUCTIONS

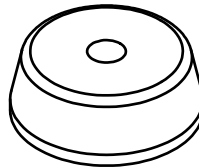
DOOR FRAME HARDWARE ILLUSTRATION

D11.3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D12.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
D13.108X263 RUBBER PAD(9310-075)-----	[2PCS]
D15.Ø115 PULLEY(9213-42B)-----	[3PCS]
D16.BOTTLE BRACKET(8388-025)-----	[1PCS]
D17.BOTTLE RACK(9260-320)-----	[1PCS]
D18.BOTTLE(9260-123)-----	[1PCS]

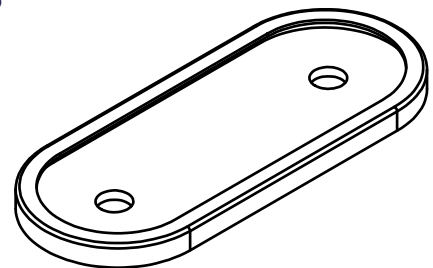
D11



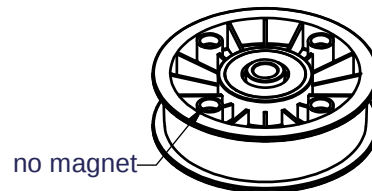
D12



D13



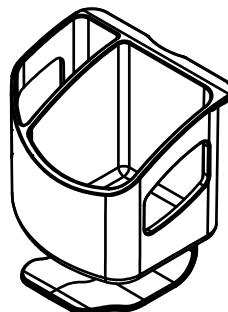
D15



D16



D17



D18

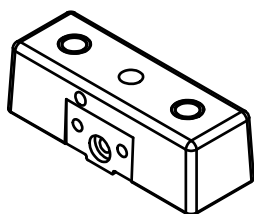


MPD-700 ASSEMBLY INSTRUCTIONS

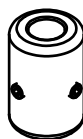
FRAME HARDWARE ILLUSTRATION FOR MDAG

D21.TOP PLATE(8400-033)-----[1PCS]
D22.3/4" SHAFT COLLAR(9211-167)-----[2PCS]
D23.Selector Rod(8210-216C)-----[1PCS]

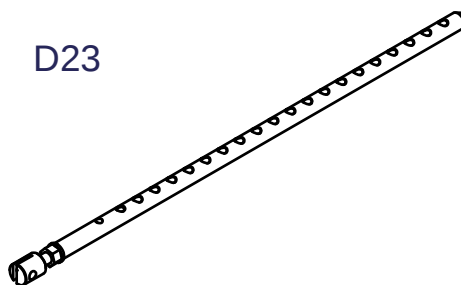
D21



D22



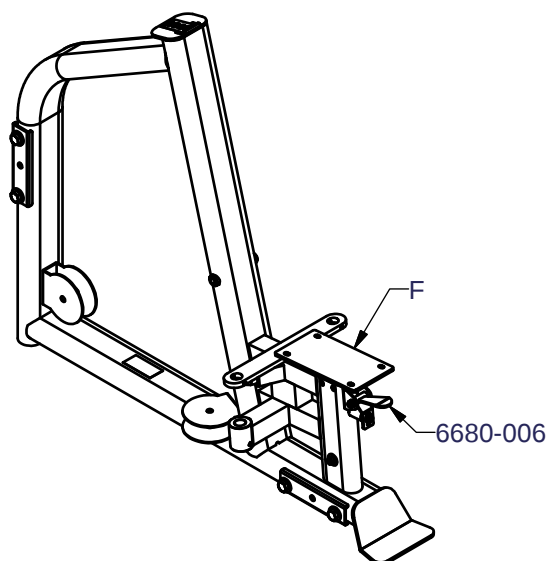
D23



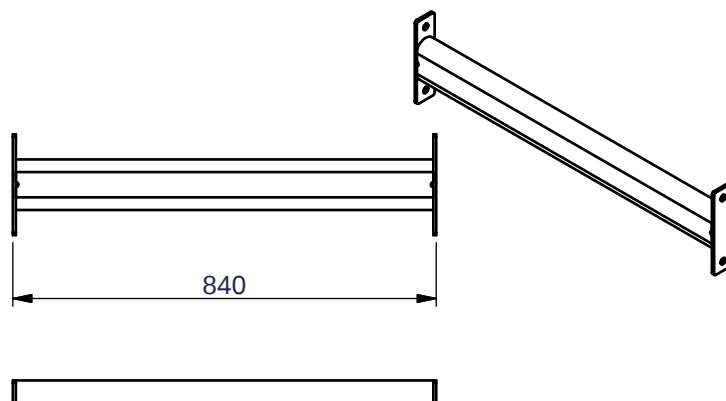
MPD-700 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

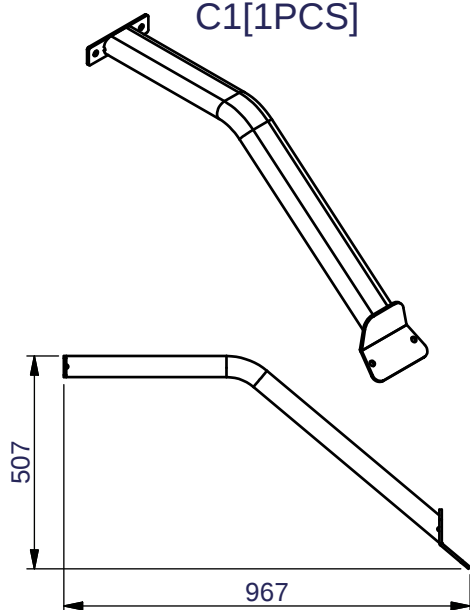
A[1PCS]



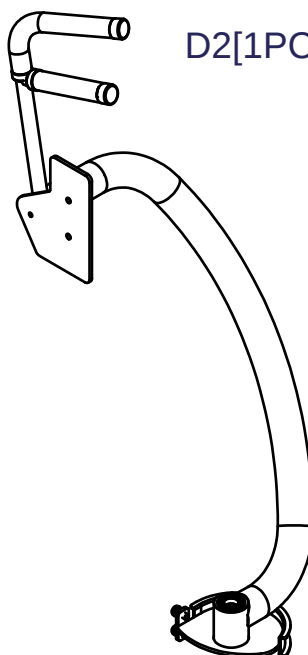
B1[1PCS]



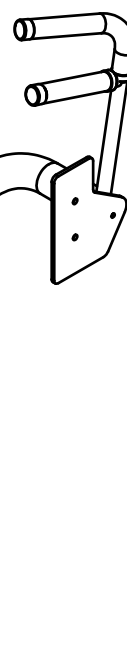
C1[1PCS]



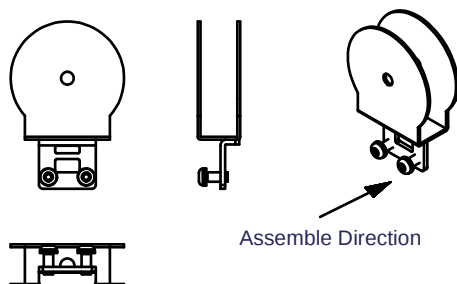
D2[1PCS]



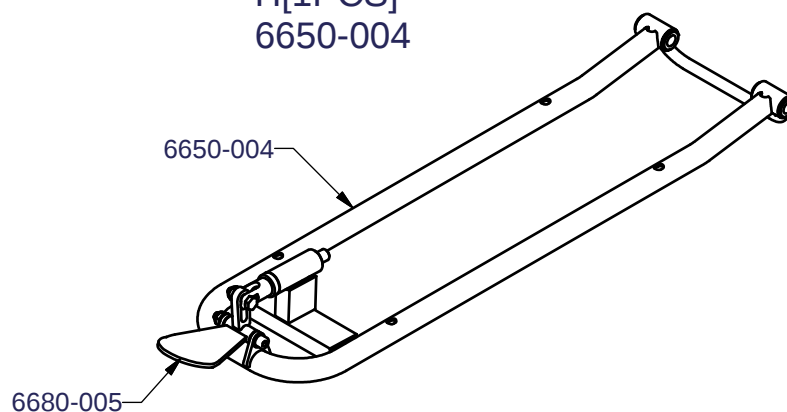
E2[1PCS]



G[1PCS]
6640-009



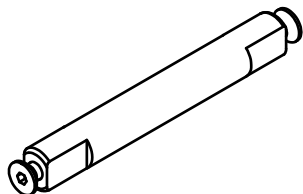
H[1PCS]
6650-004



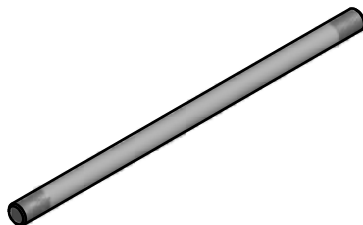
MPD-700 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

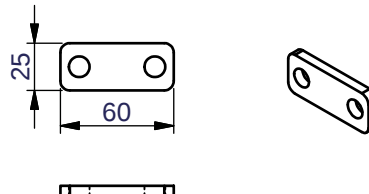
I[2PCS]
8220-182
Ø25x179L



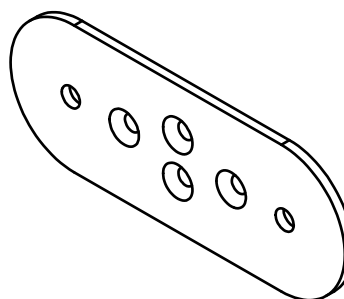
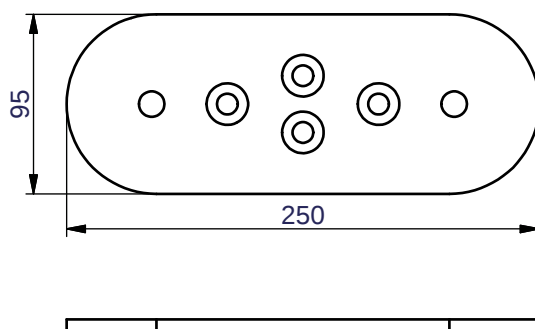
J[1PCS]
8260-069



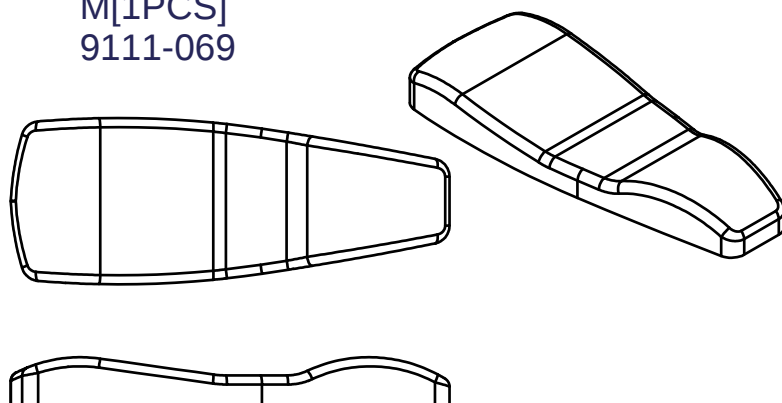
K[3PCS]
8311-117
60X25X6T



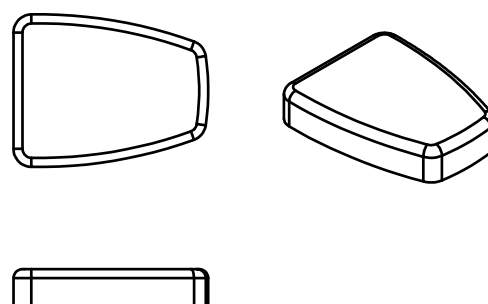
L[1PCS]
8313-144
95X6TX250



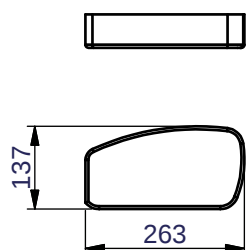
M[1PCS]
9111-069



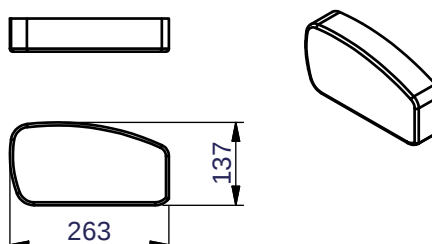
N[1PCS]
9121-070



O[1PCS]
9131-024



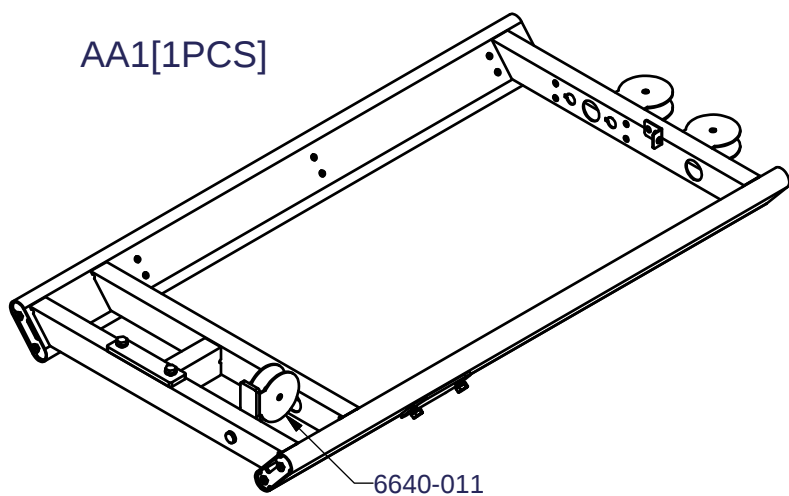
P[1PCS]
9131-027



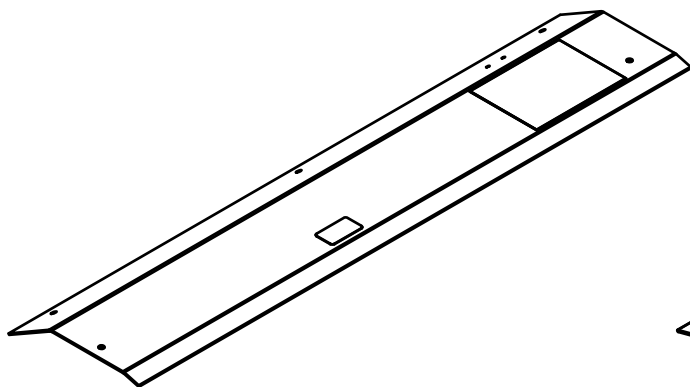
MPD-700 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

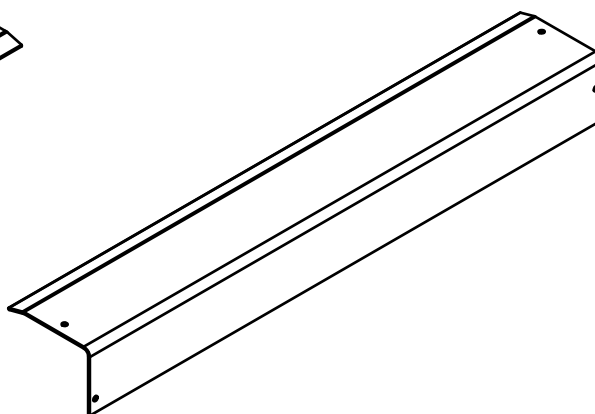
AA1[1PCS]



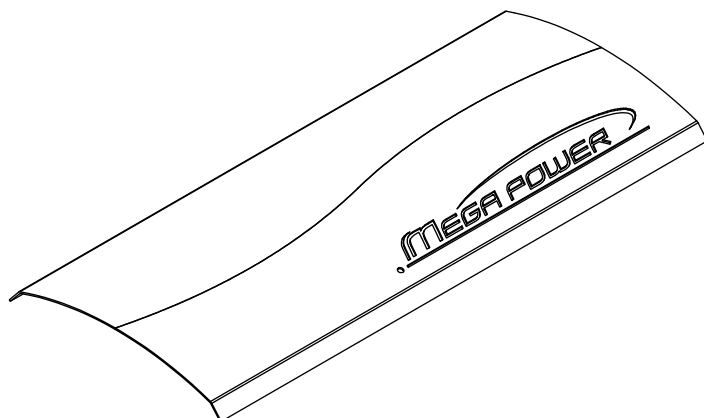
AC1[1PCS]
9220-017



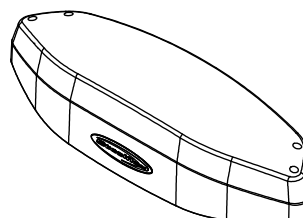
AD[1PCS]
9220-018



AE[1PCS]
9220-023



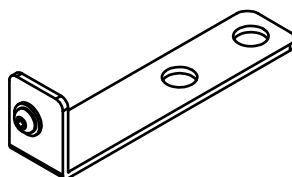
AF[1PCS]
9211-148



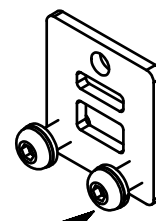
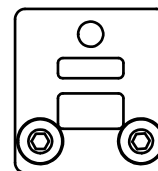
MPD-700 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

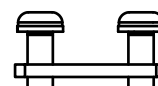
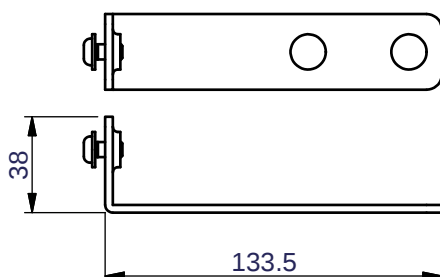
AH[4PCS]
8331-057



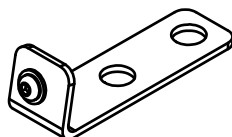
AI[1PCS]
8313-169



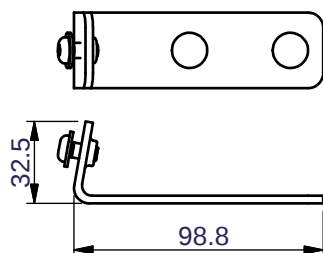
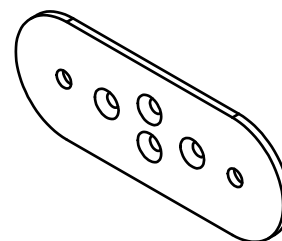
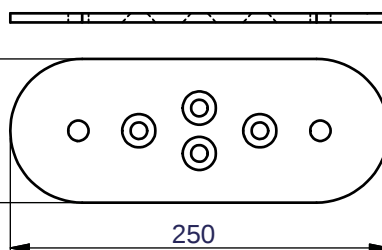
Assemble Direction



AJ[3PCS]
8331-058

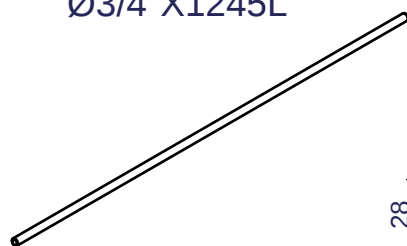
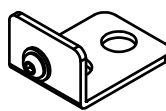
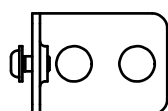


AK[2PCS]
8313-144

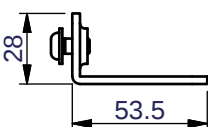


AL1[2PCS]
8280-041
Ø3/4"X1245L

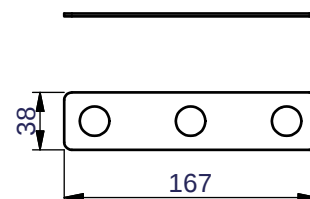
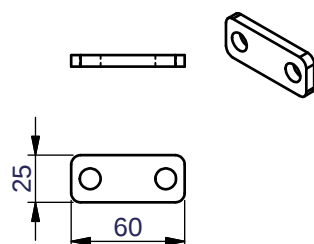
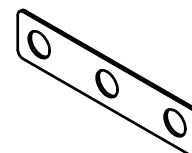
AM[1PCS]
8331-056



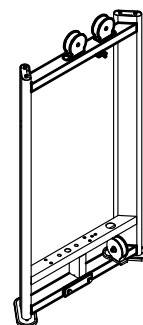
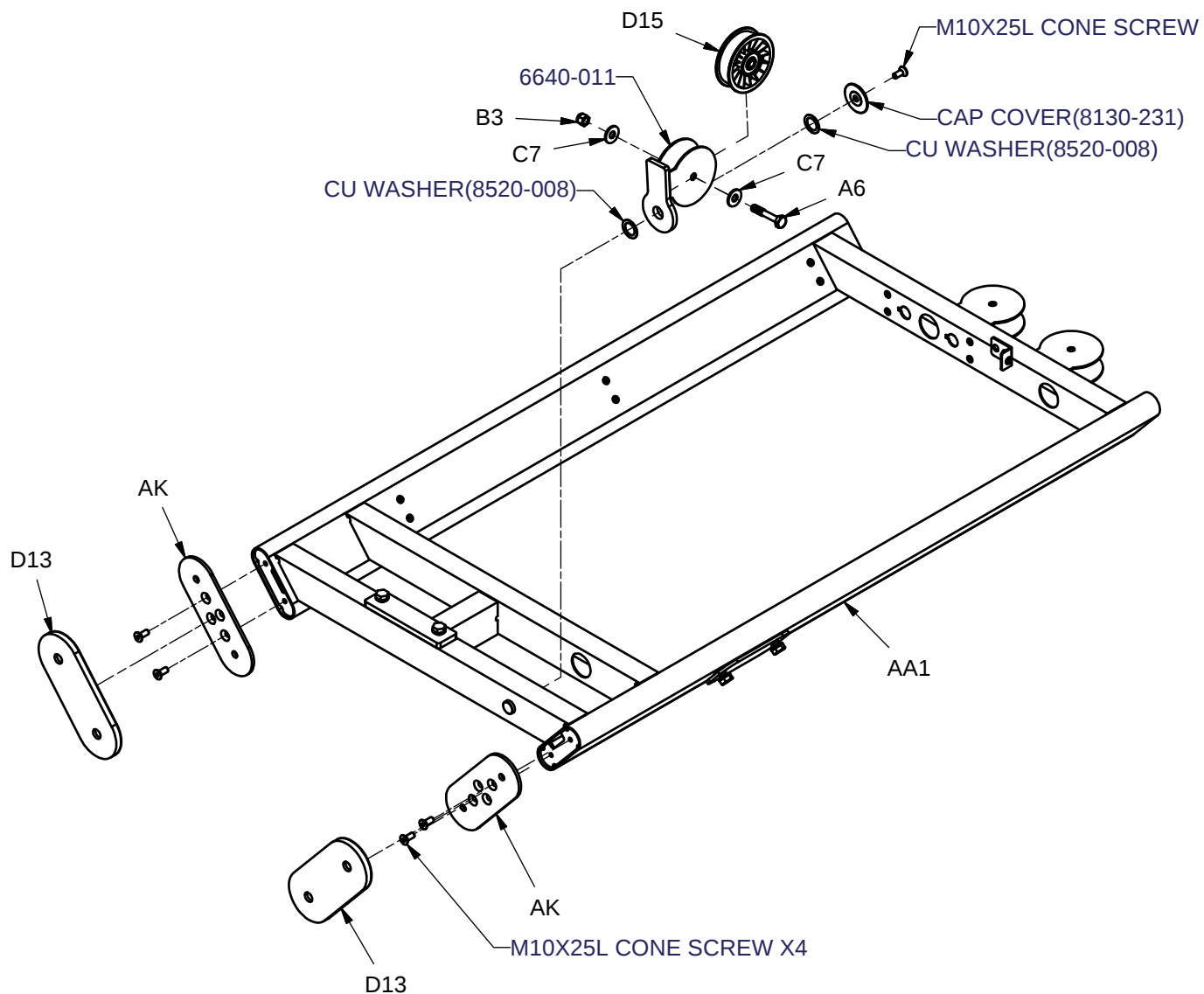
AP[1PCS]
8311-117



AR[1PCS]
8311-194

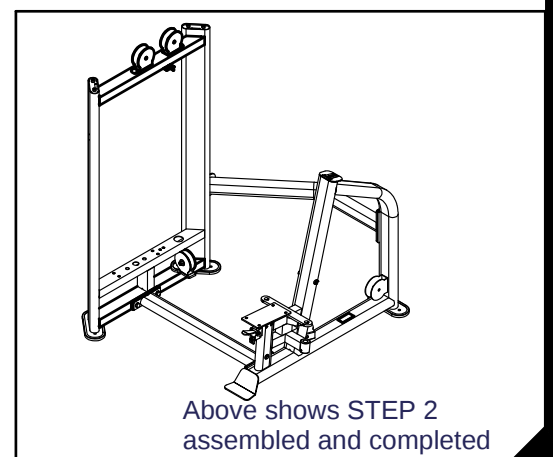
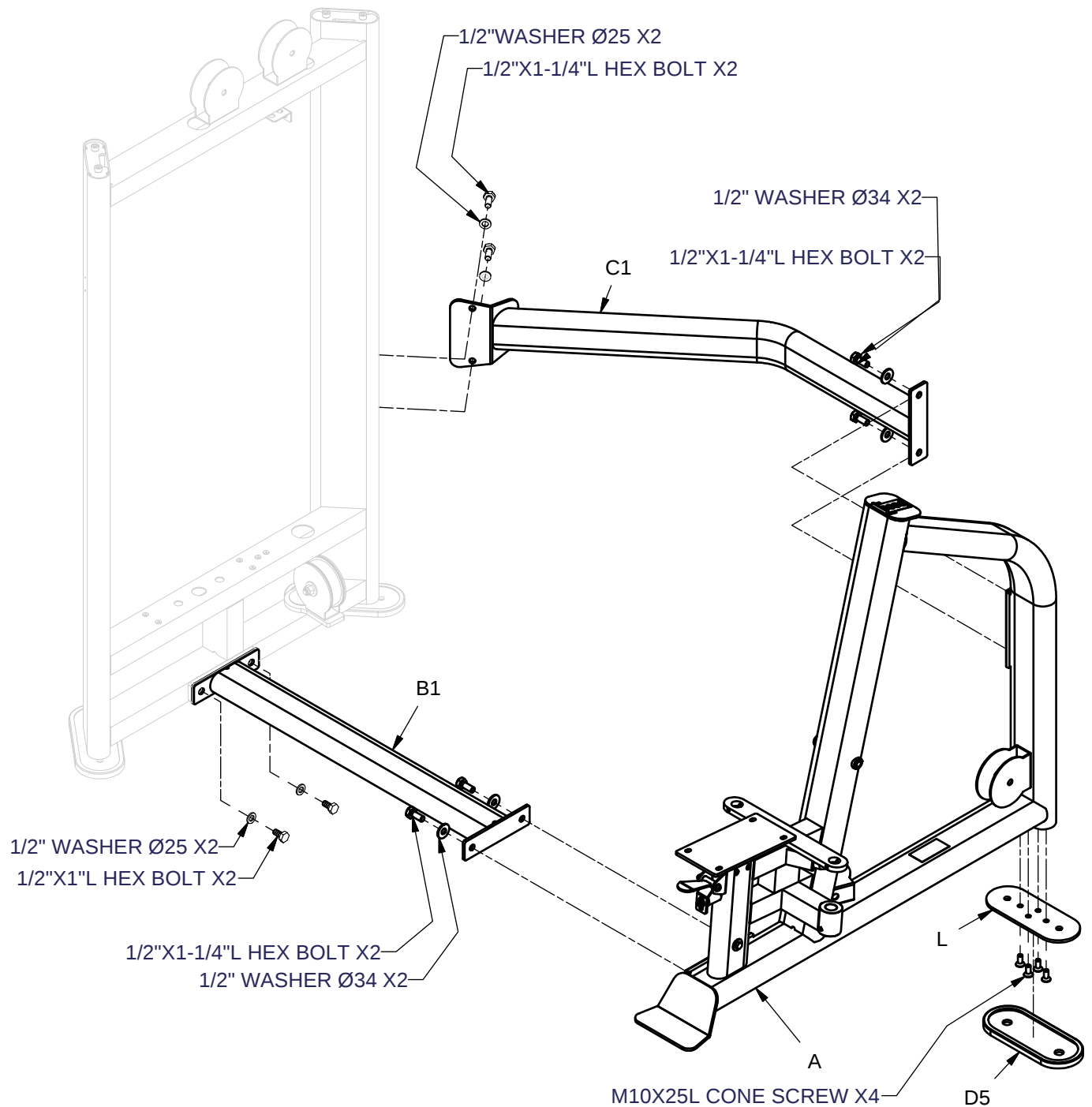


MPD-700 ASSEMBLY INSTRUCTIONS

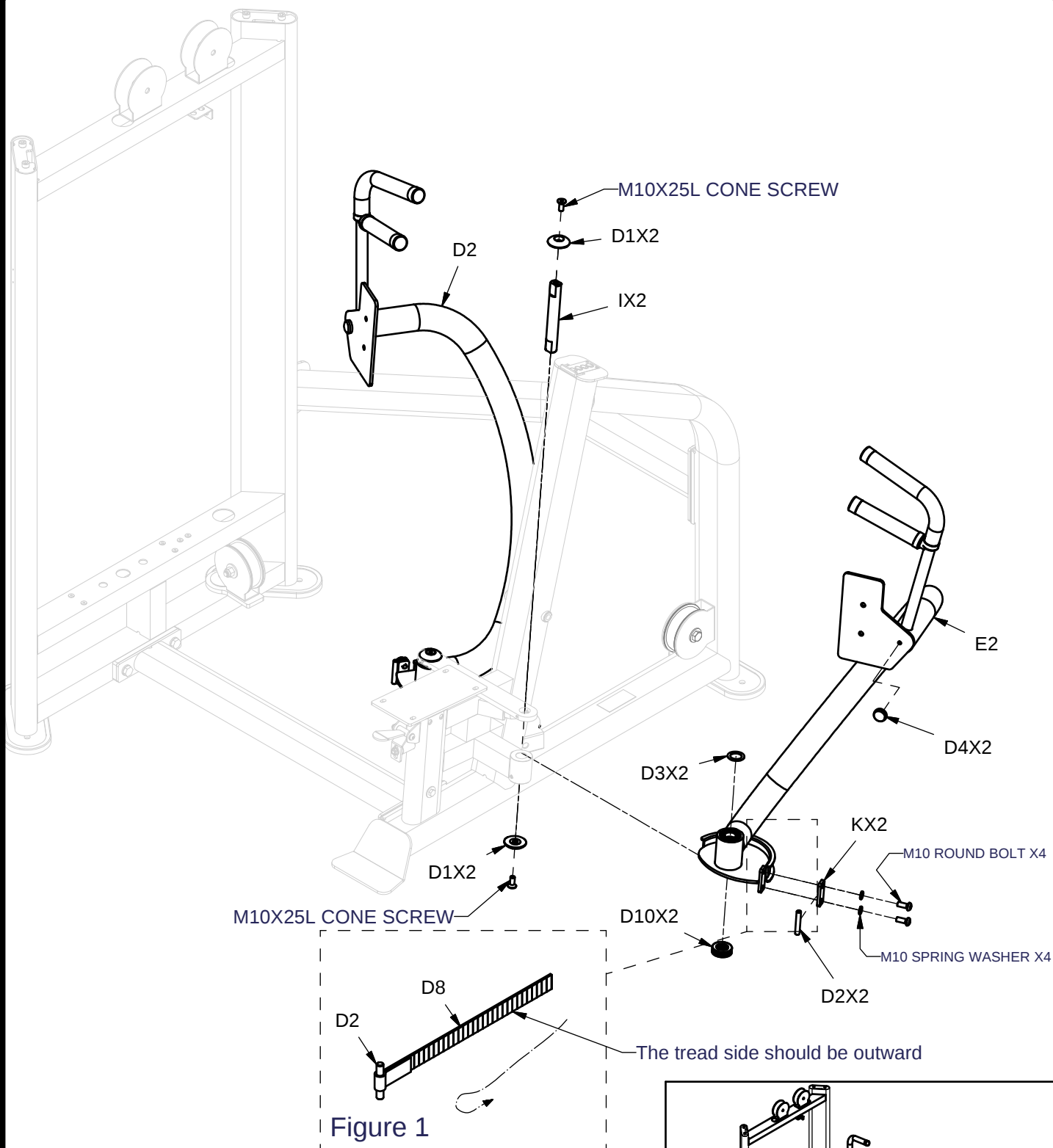


Above shows STEP 1
assembled and completed

MPD-700 ASSEMBLY INSTRUCTIONS

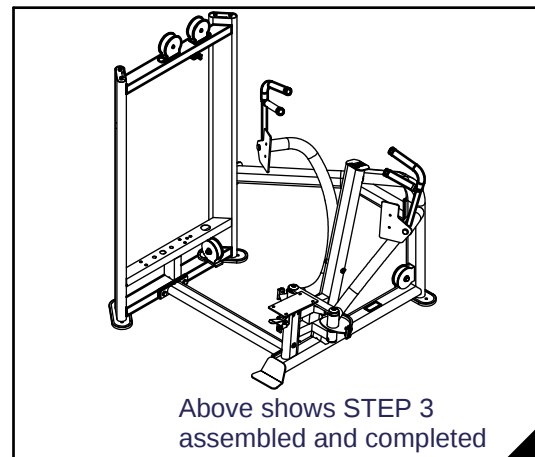


MPD-700 ASSEMBLY INSTRUCTIONS

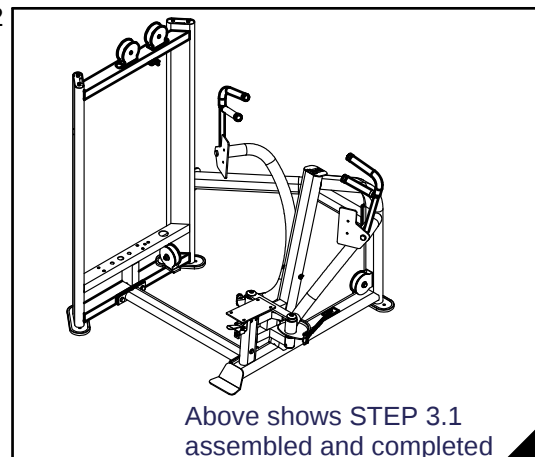
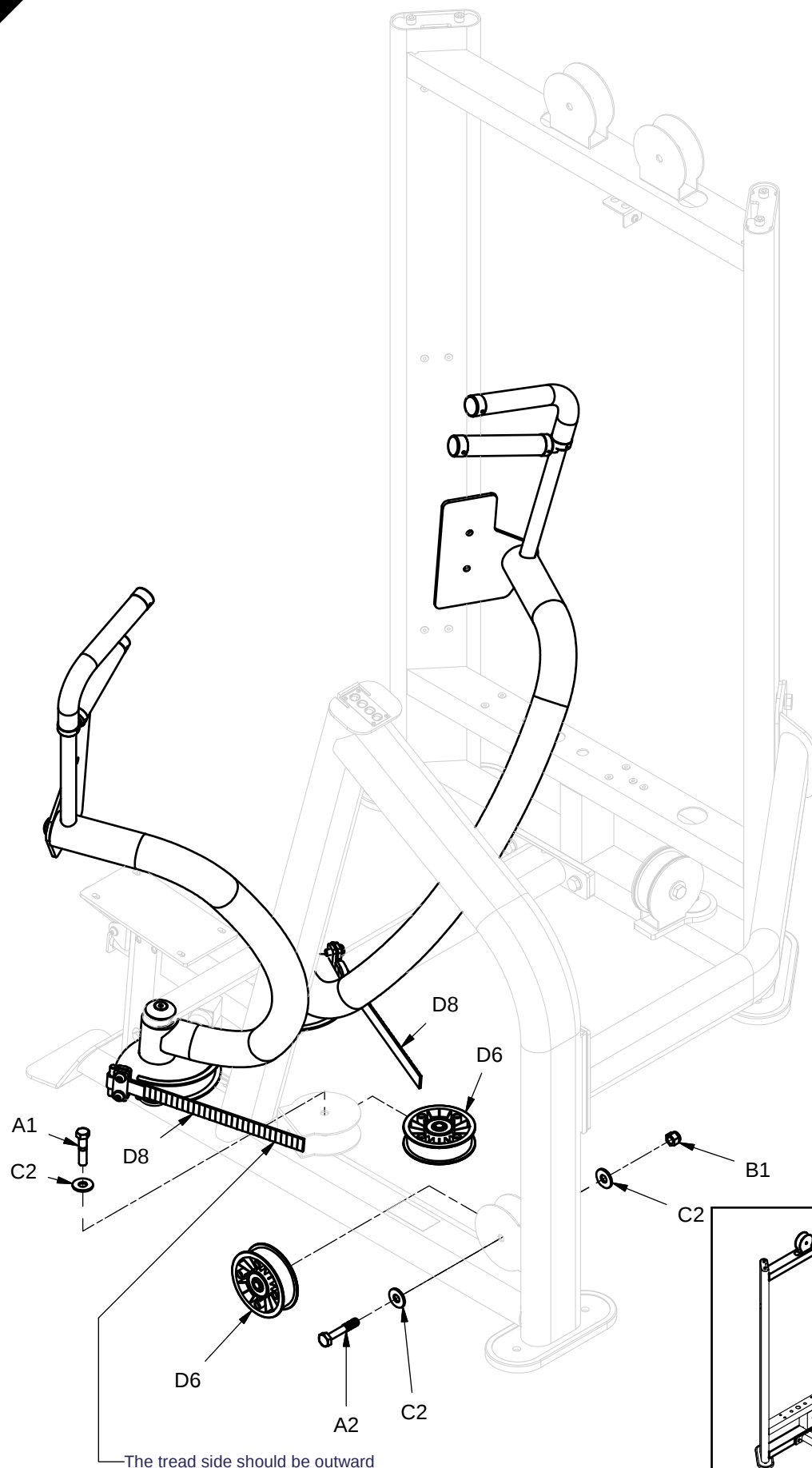


NOTE:

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



MPD-700 ASSEMBLY INSTRUCTIONS



MPD-700 ASSEMBLY INSTRUCTIONS

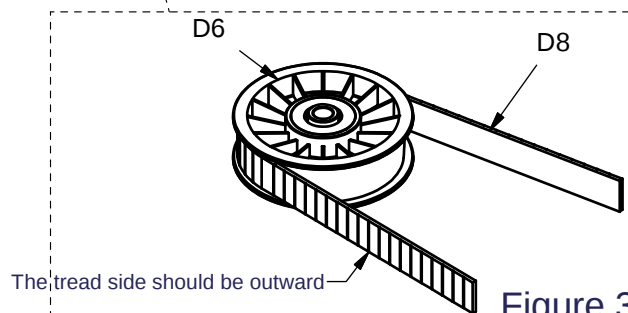
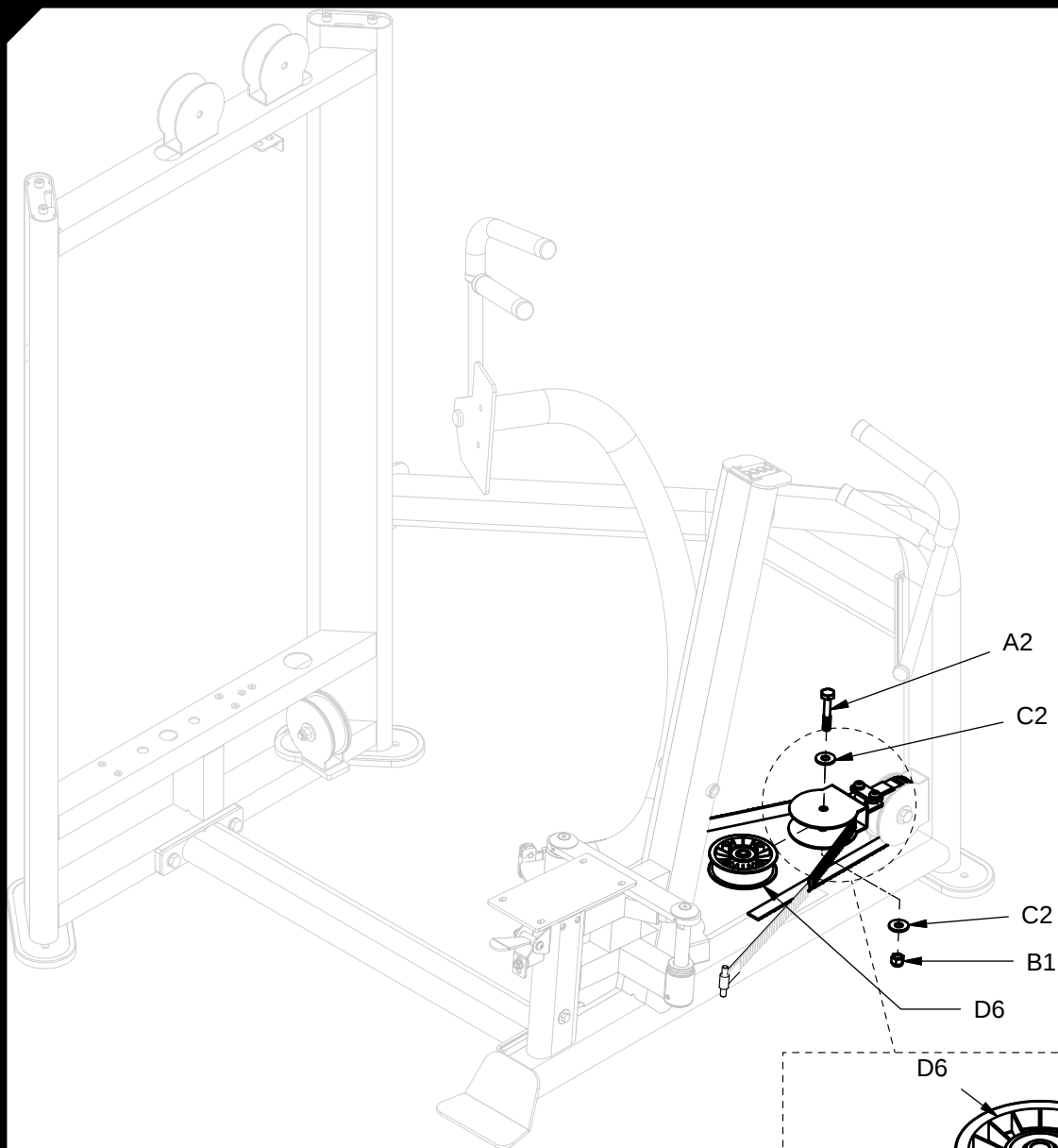


Figure 3

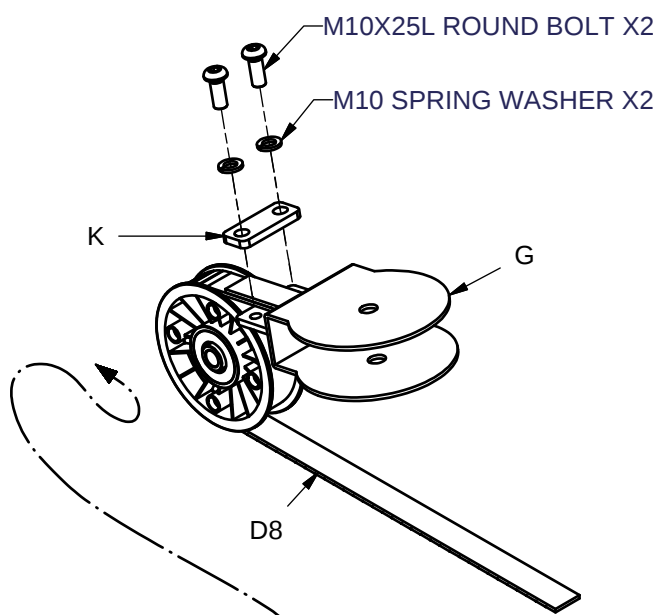
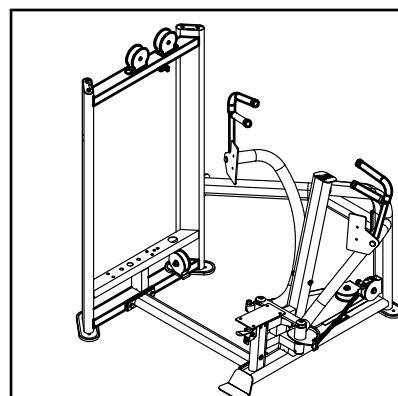
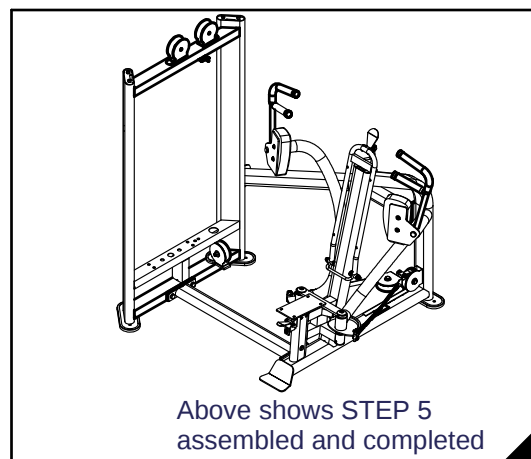
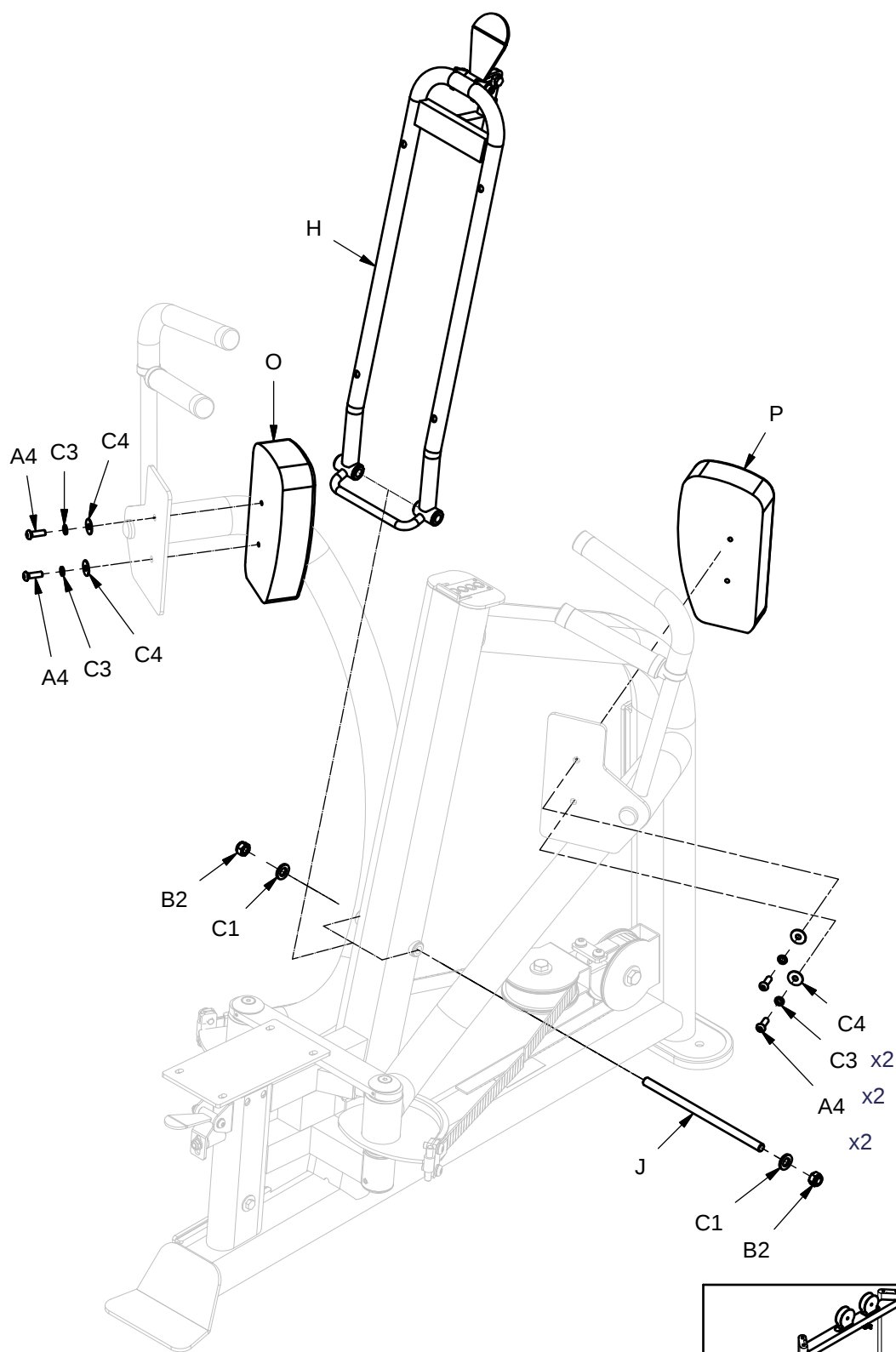


Figure 2

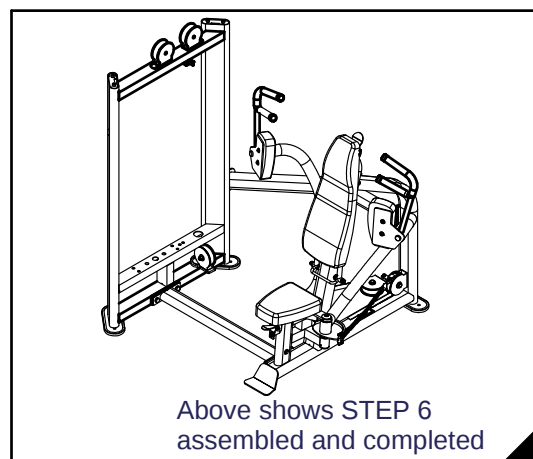
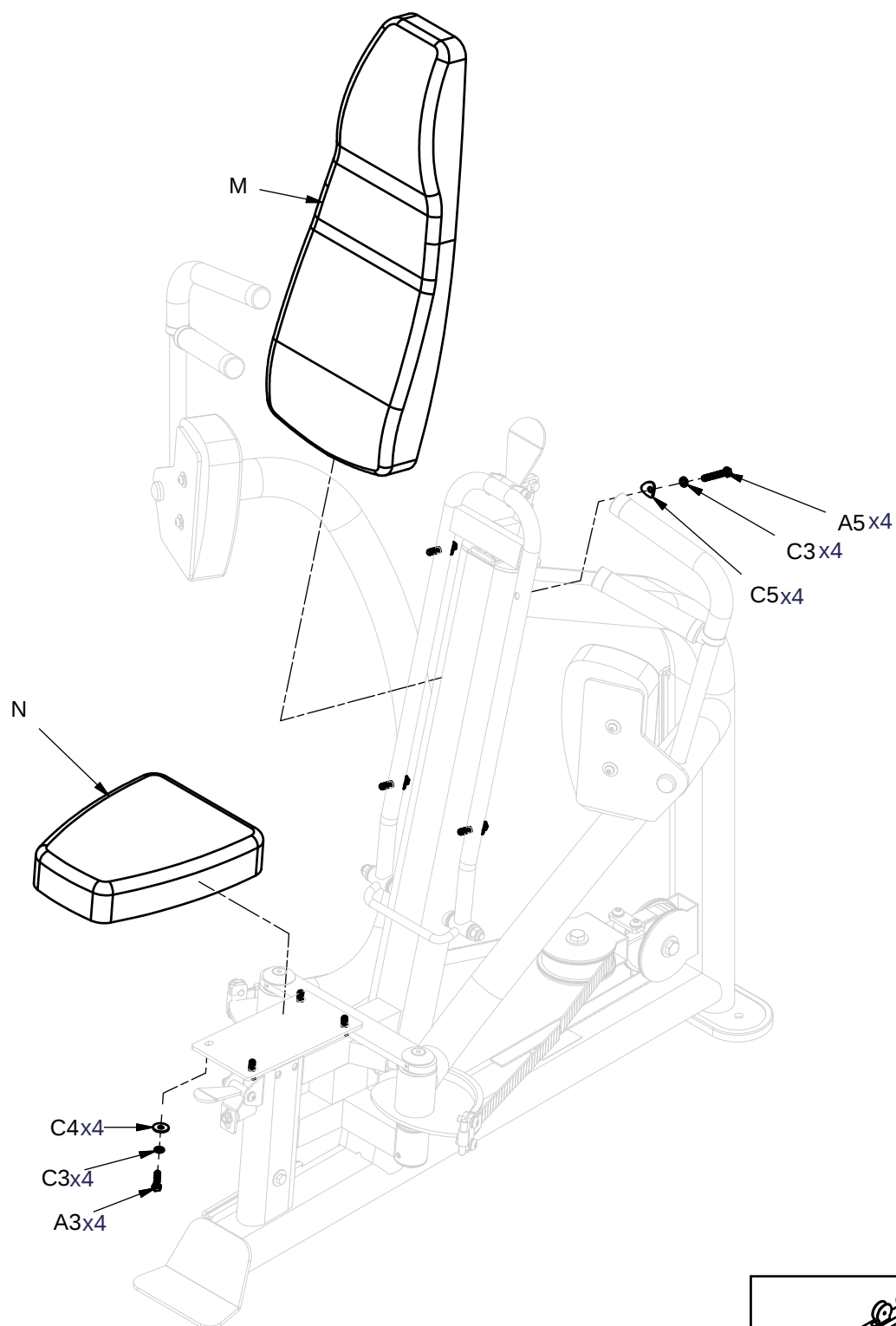


Above shows STEP 4
assembled and completed

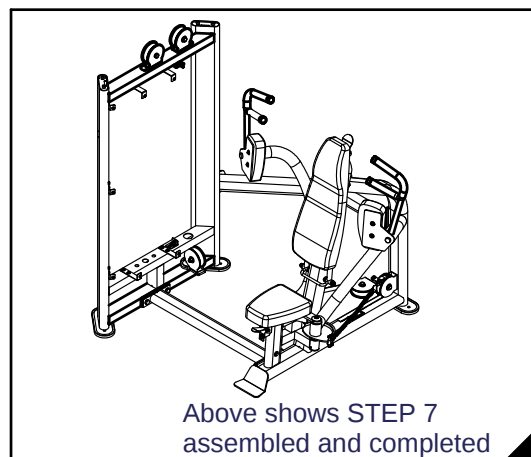
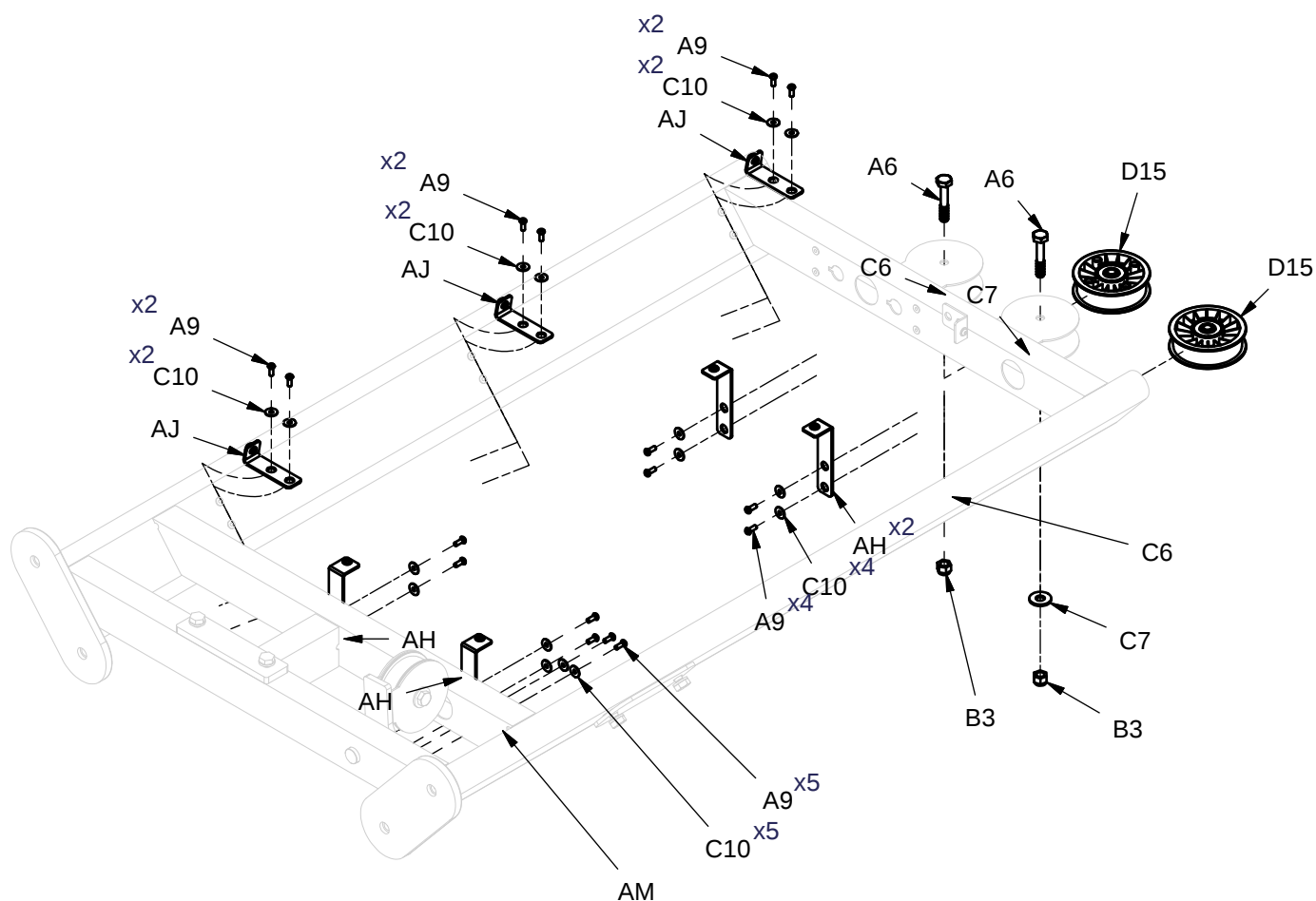
MPD-700 ASSEMBLY INSTRUCTIONS



MPD-700 ASSEMBLY INSTRUCTIONS



MPD-700 ASSEMBLY INSTRUCTIONS



MPD-700 ASSEMBLY INSTRUCTIONS

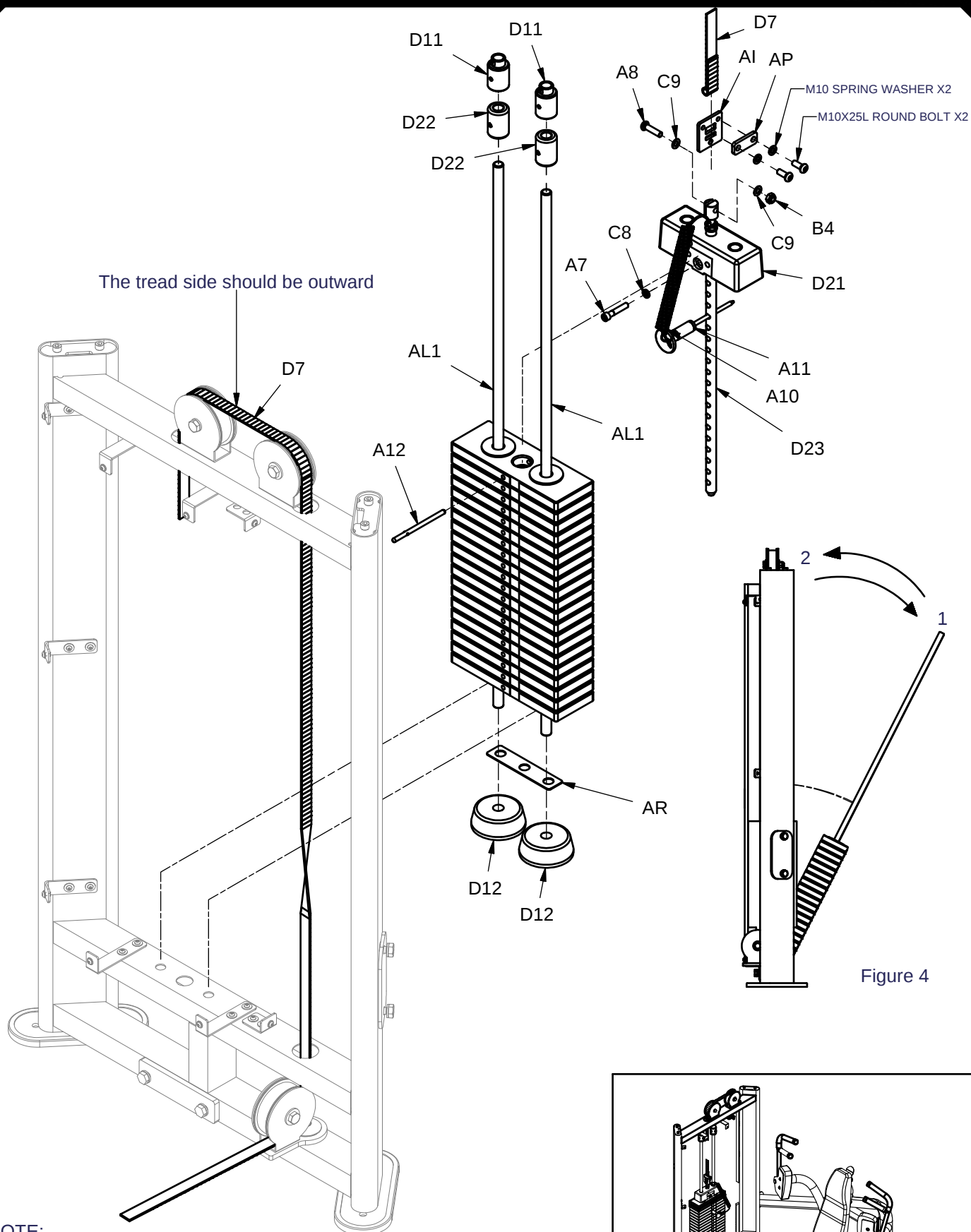
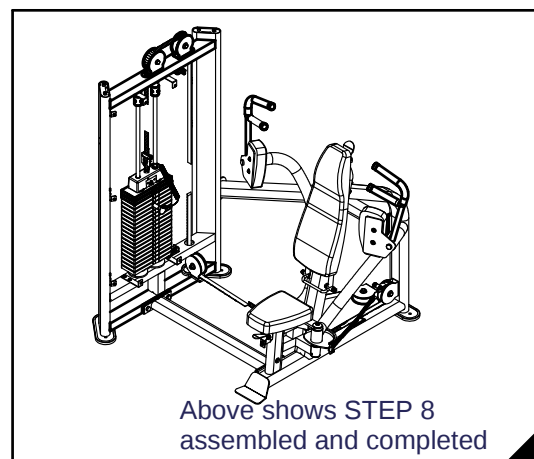


Figure 4

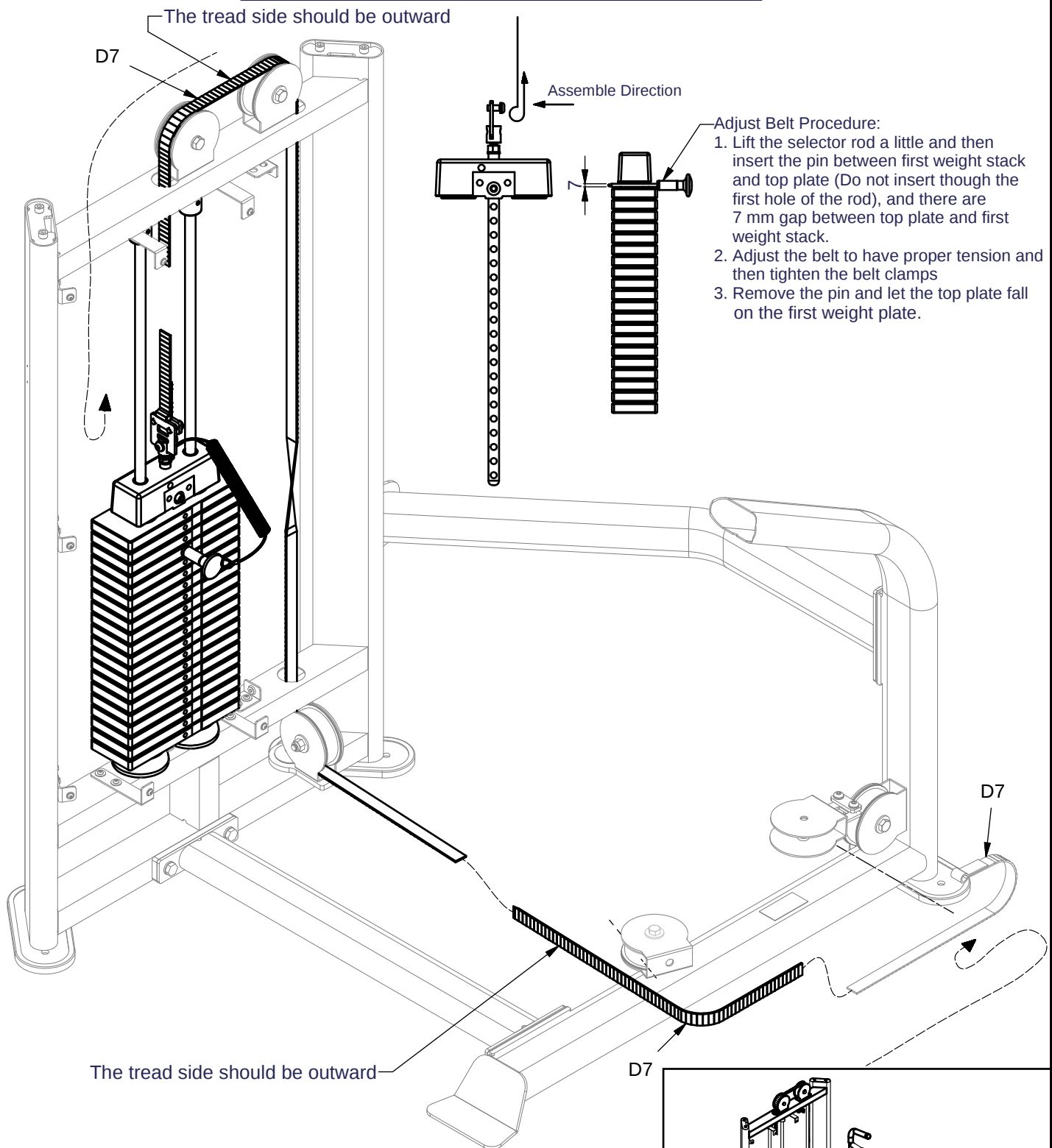
NOTE:

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



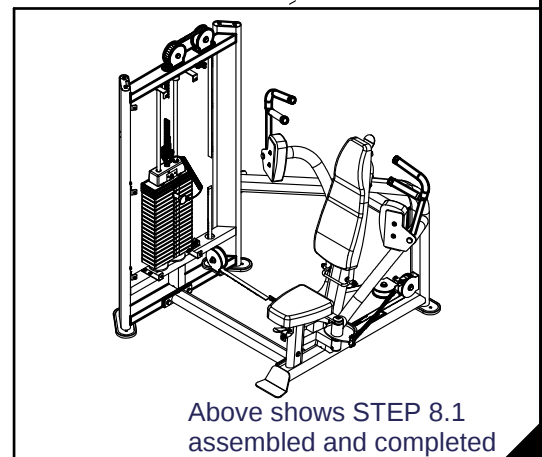
MPD-700 ASSEMBLY INSTRUCTIONS

CAM BELT CONSTITUTE ILLUSTRATION

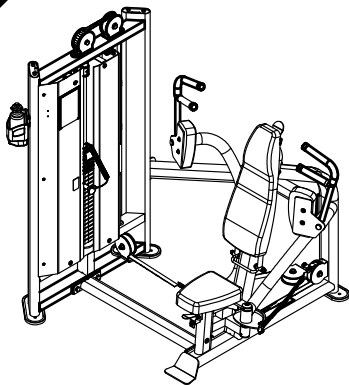


NOTE:

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

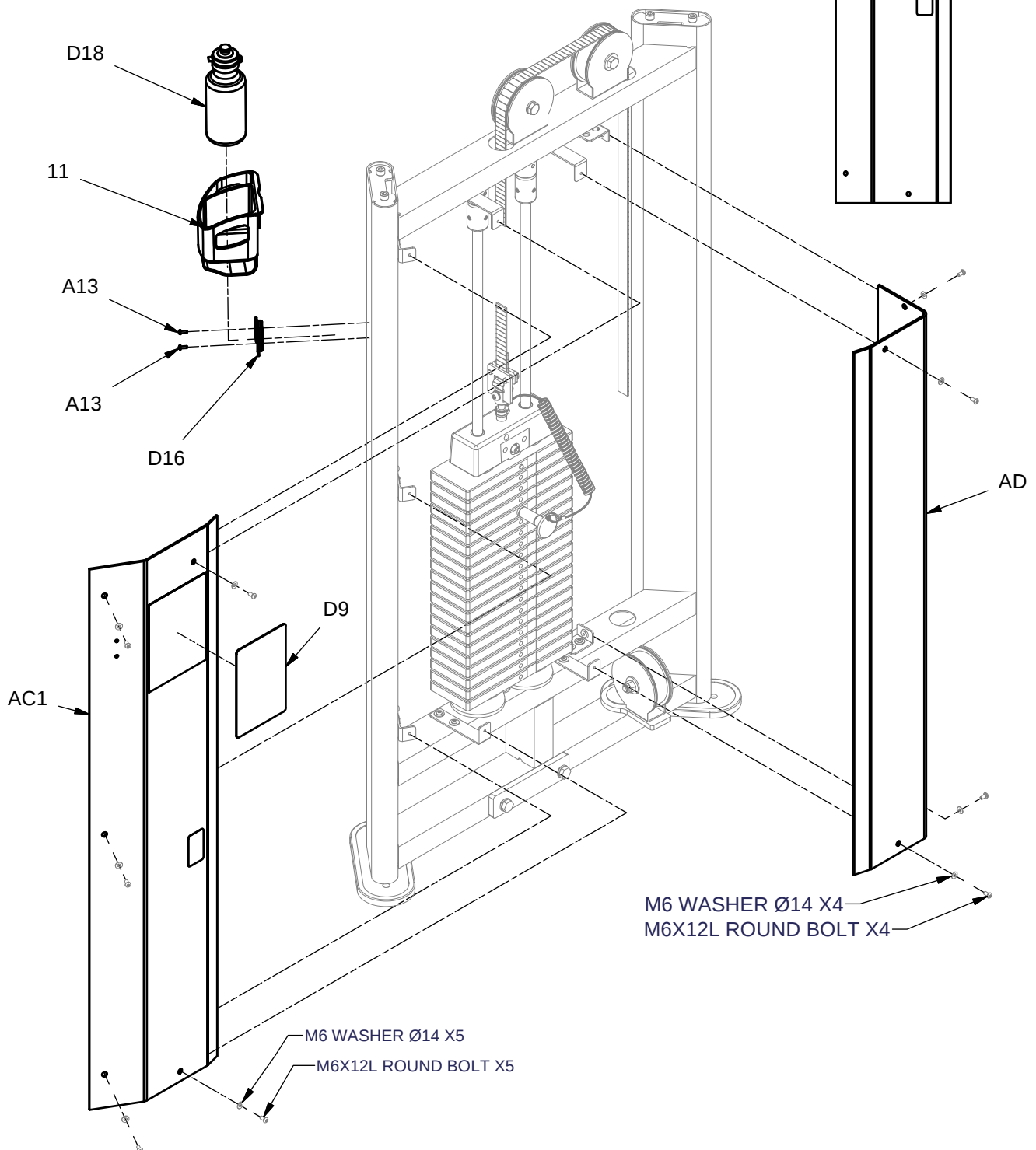
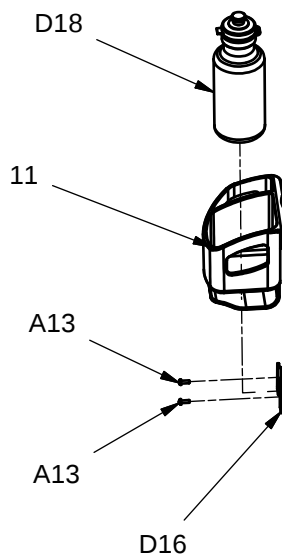
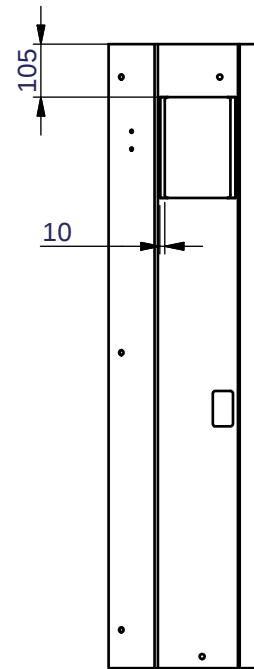


MPD-700 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

Post location



MPD-700 ASSEMBLY INSTRUCTIONS

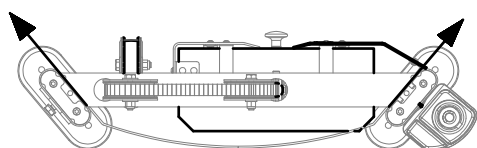
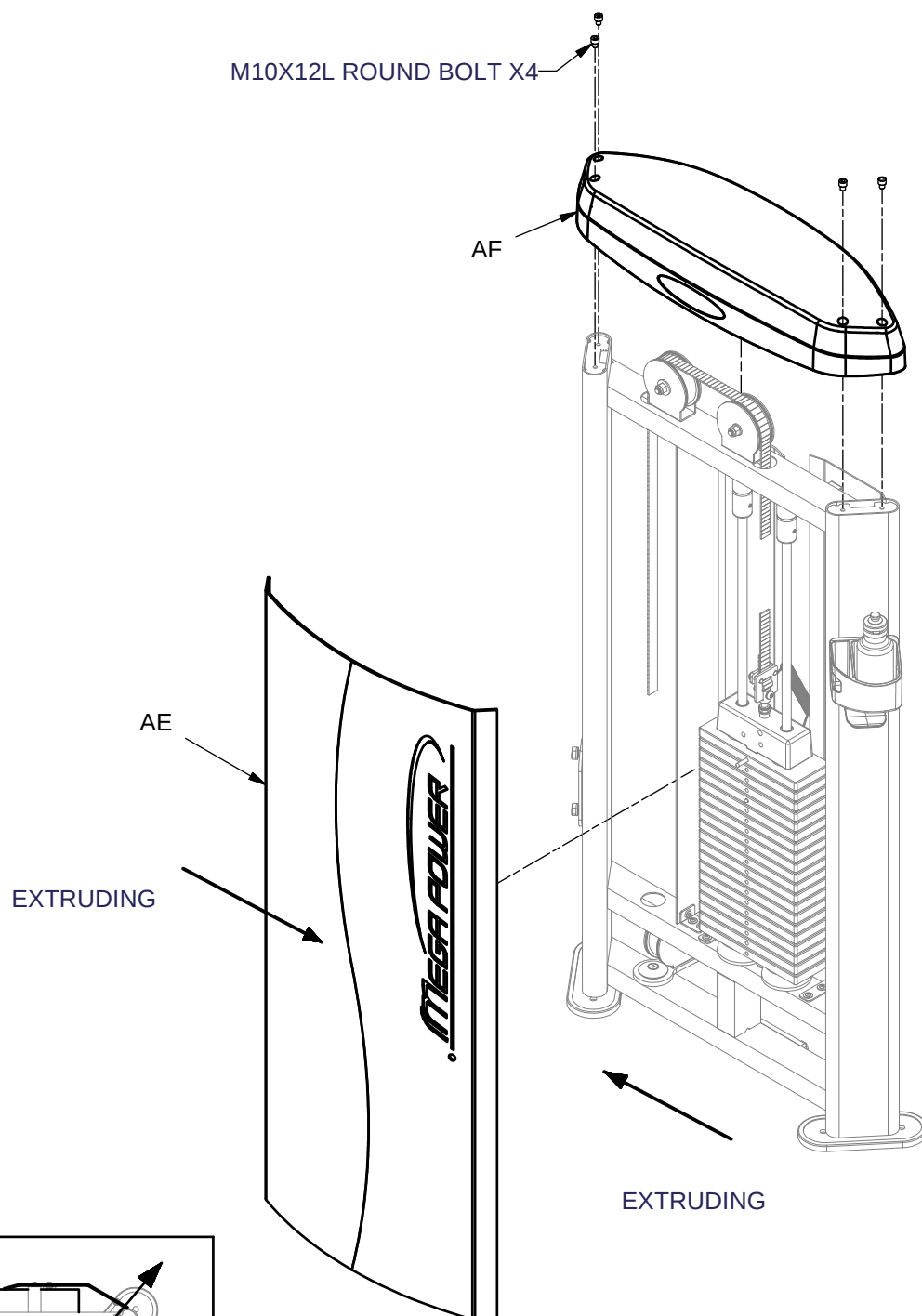
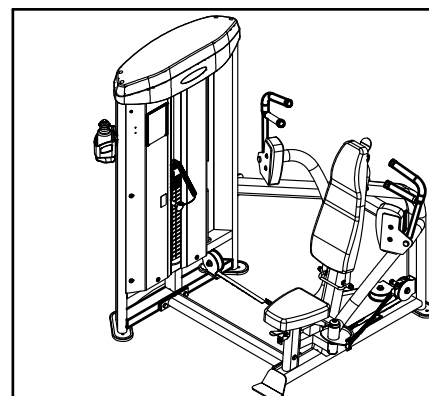


Figure 6

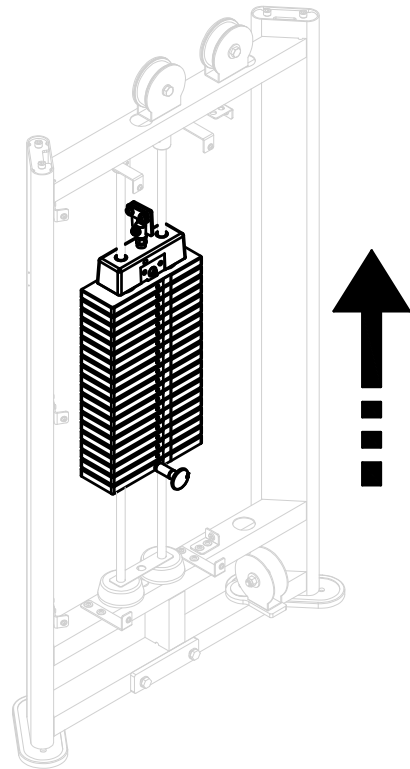
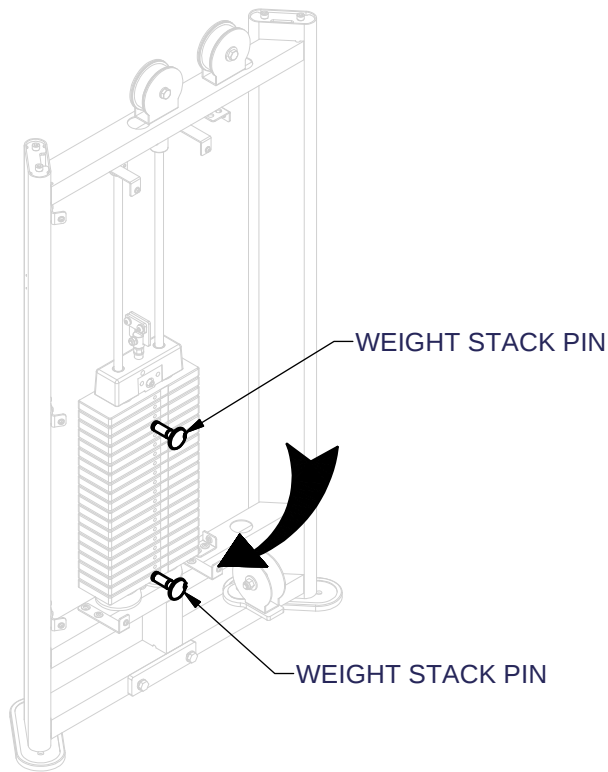
Note: When installing the shroud (AE), push both sides of the shroud toward center in order to bend it a little.
After insert it to the door frame and then releasing it. The shroud will be locked on the door frame.



Above shows STEP 10
assembled and completed

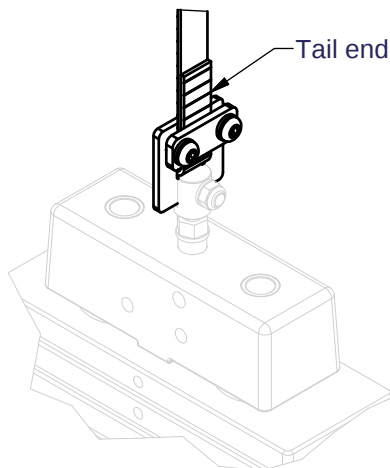
ASSEMBLY INSTRUCTIONS

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.

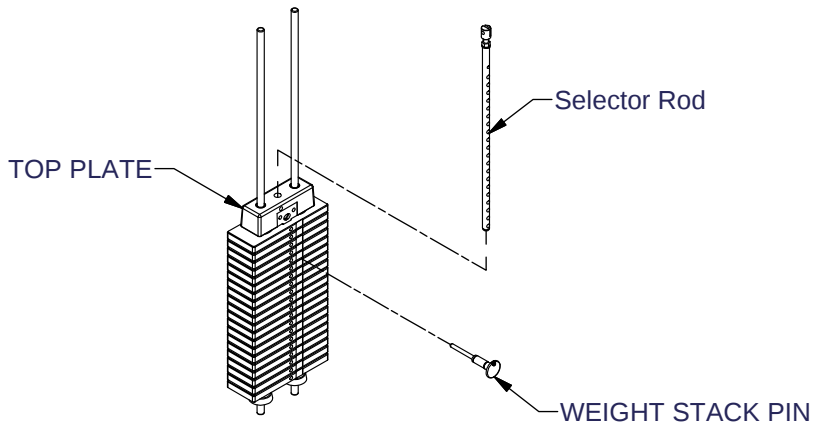
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

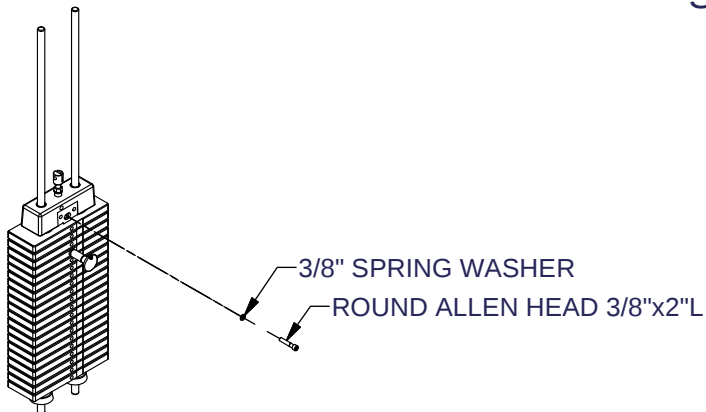
STEP 1



Step 1

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

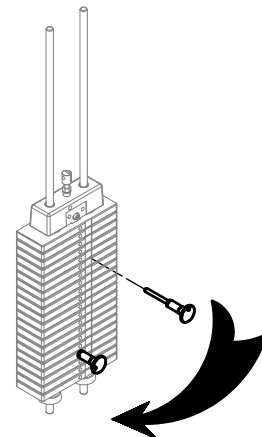
STEP 2



Step 2

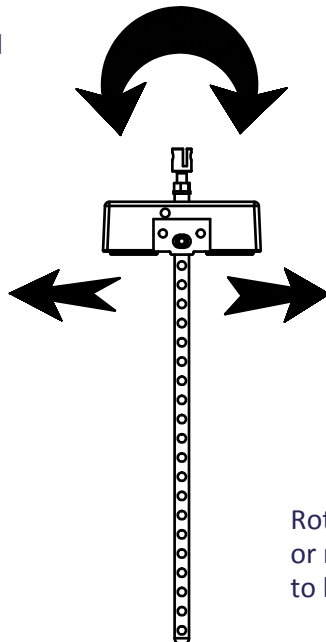
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



Step 3

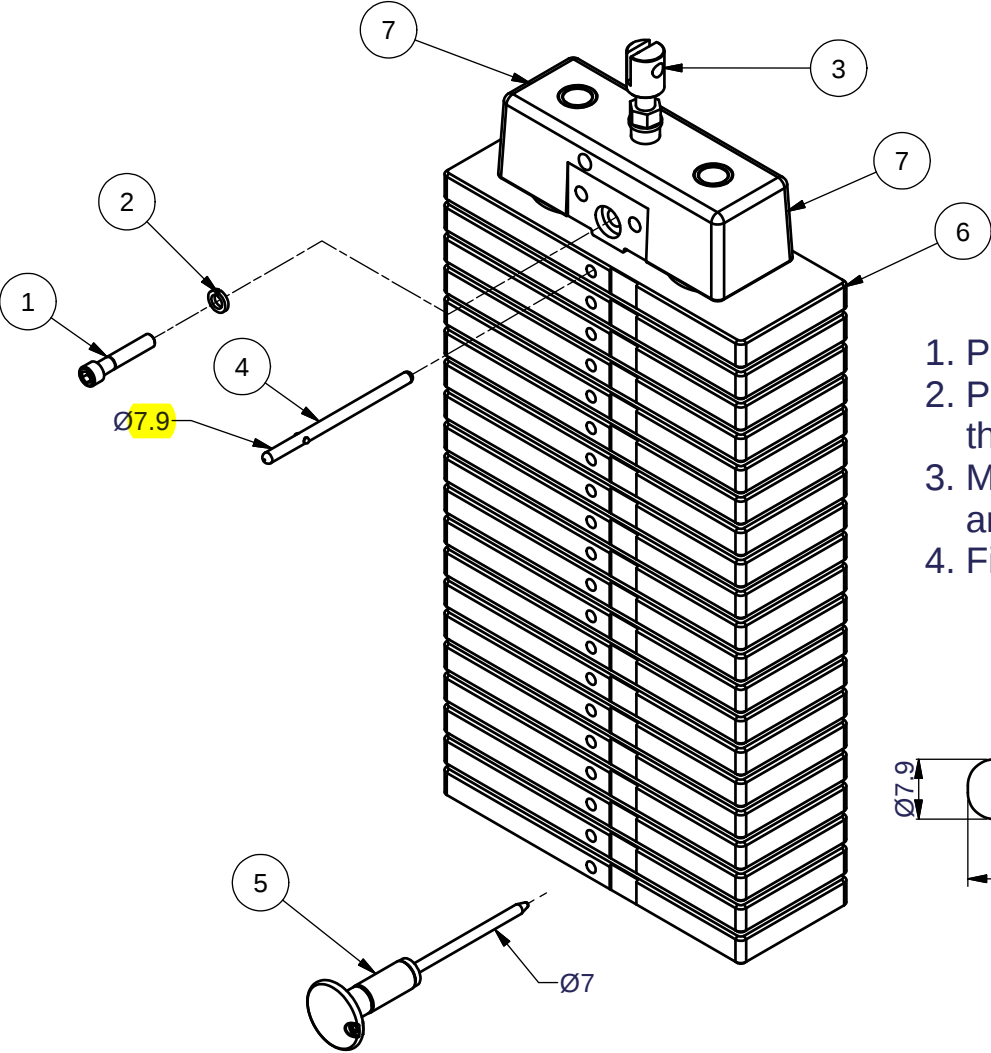
Place the selector pin to each weight plate
(5,10,15,20....) to check the smoothness.



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.

