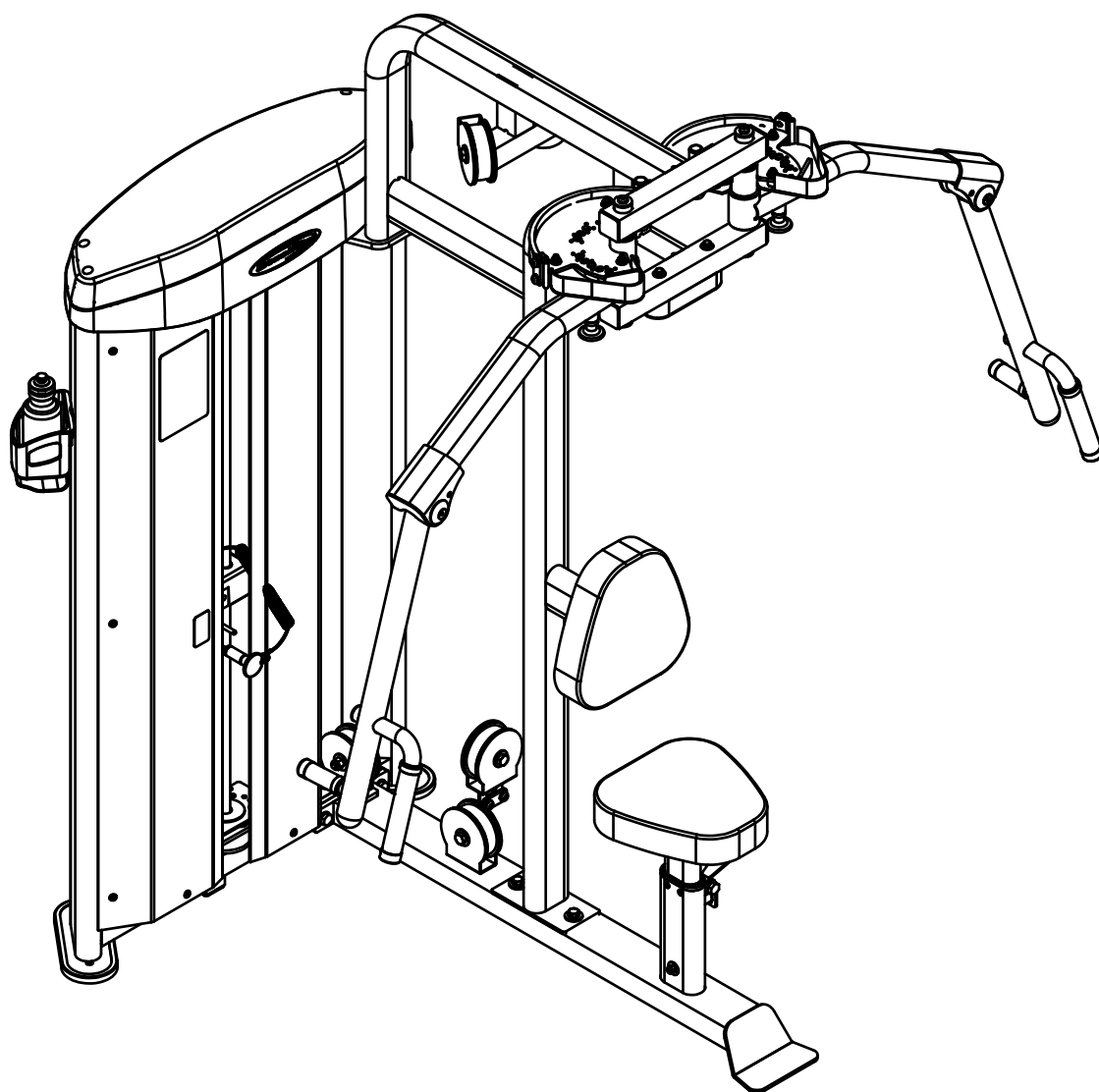


MEGA POWER



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

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3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

Tel: 886-2-27209980

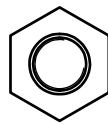
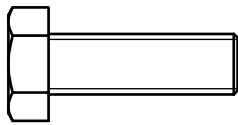
Fax: 886-2-27229750

www.steelflexfitness.com

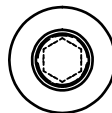
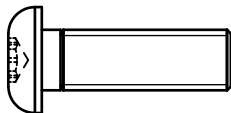
MPD-700B.1 OWNER'S MANUAL

MPD-700B ASSEMBLY INSTRUCTIONS

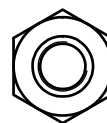
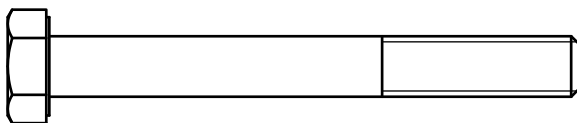
HARDWARE ILLUSTRATION



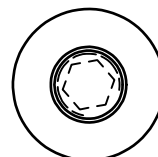
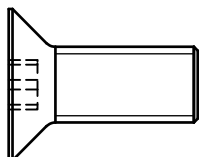
(A1)HEX BOLT M8X25L PARTIAL THREAD QTY.4



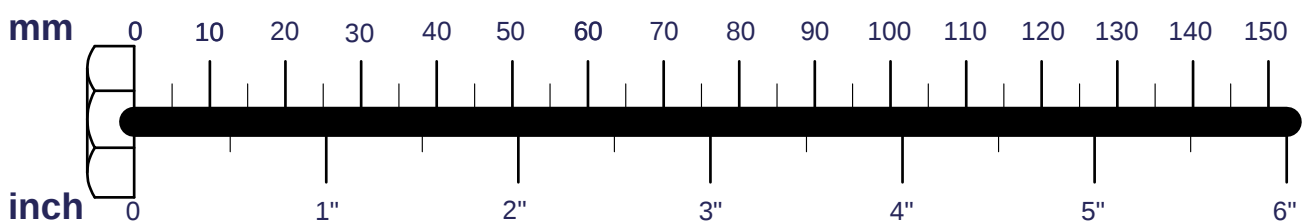
(A2)ROUND HEAD ALLEN BOLT M8X25L PARTIAL THREAD QTY.4



(A4)HEX BOLT M8X70L PARTIAL THREAD QTY.2

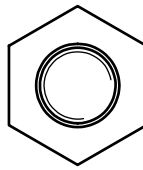
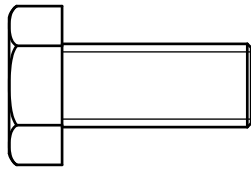


(A5)CONE SCREW M10X25L PARTIAL THREAD QTY.4

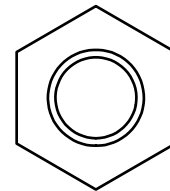
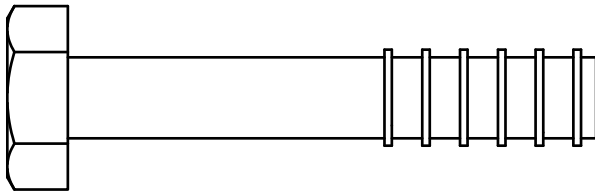


MPD-700B ASSEMBLY INSTRUCTIONS

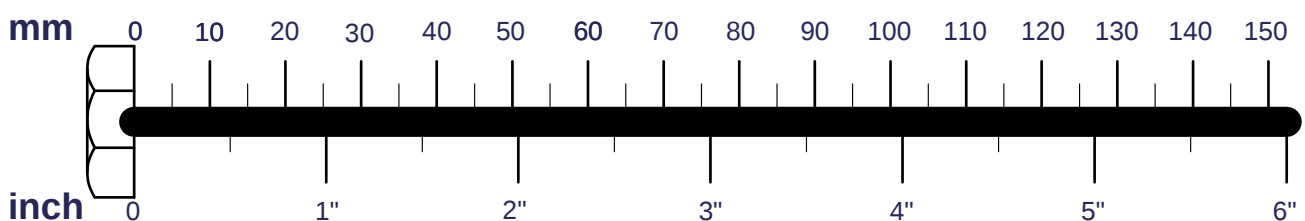
HARDWARE ILLUSTRATION



(A6)HEX BOLT M12X25L PARTIAL THREAD QTY.2

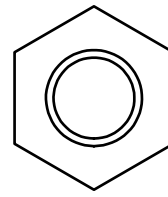
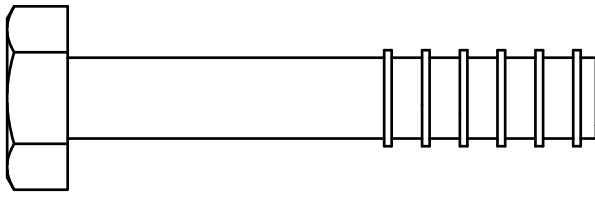


(A7)HEX BOLT 1/2"X2-3/4"L PARTIAL THREAD QTY.2

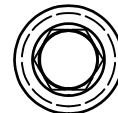
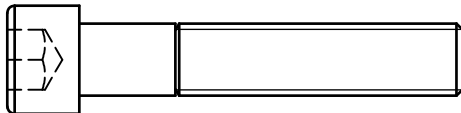


MPD-700B ASSEMBLY INSTRUCTIONS

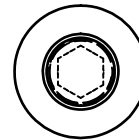
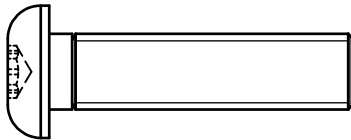
DOOR FRAME HARDWARE ILLUSTRATION



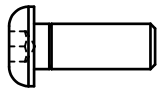
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



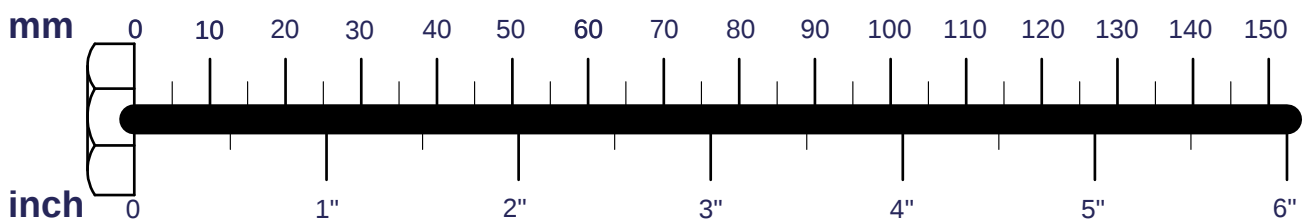
(AA2)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



(AA3)ROUND HEAD ALLEN BOLT M10X40L PARTIAL THREAD QTY.1

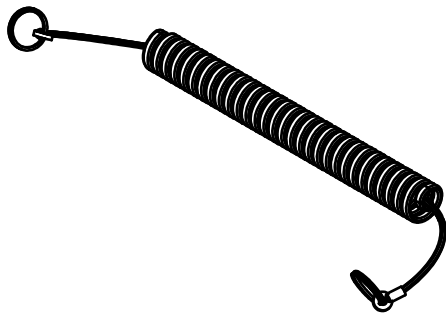


(AA4)ROUND HEAD ALLEN BOLT M6X16L PARTIAL THREAD QTY.16

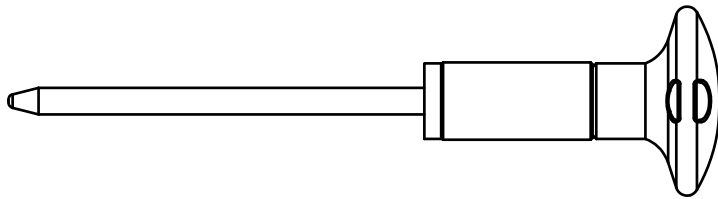


MPD-700B ASSEMBLY INSTRUCTIONS

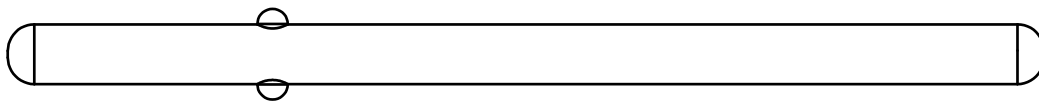
DOOR FRAME HARDWARE ILLUSTRATION



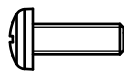
(AA5)ELASTIC BELT (F920003) QTY.1



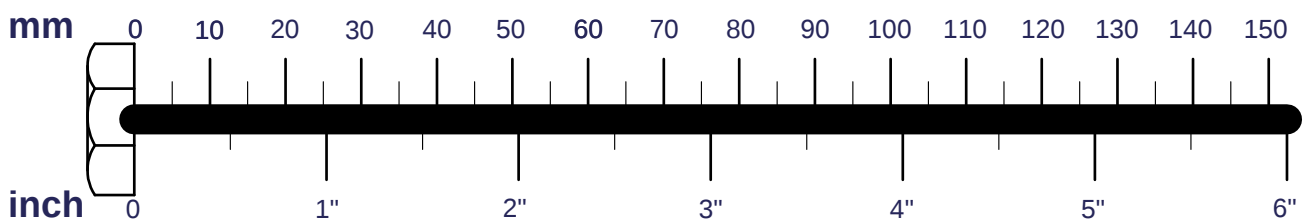
(AA6)10 、 15 、 20LB PIN (8250-162) QTY.1



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

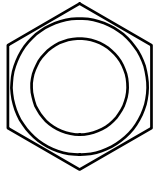


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

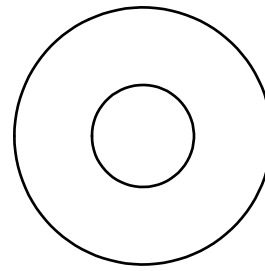
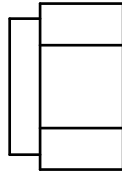


MPD-700B ASSEMBLY INSTRUCTIONS

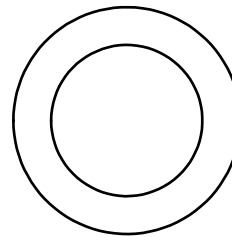
HARDWARE ILLUSTRATION



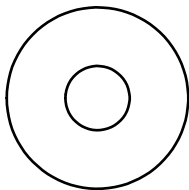
(B2)NYLON LOCK NUT 1/2" QTY.2



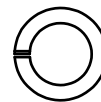
(C4)M12(I.D.)FLAT WASHER Ø34 QTY.2



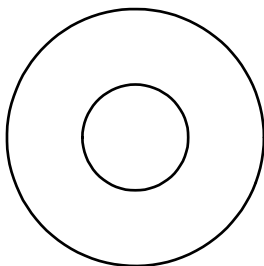
(C5)M20(I.D.)FLAT WASHER Ø30 QTY.4



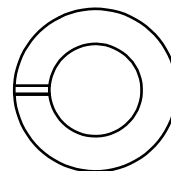
(C2)M8(I.D.)FLAT WASHER Ø24 QTY.10



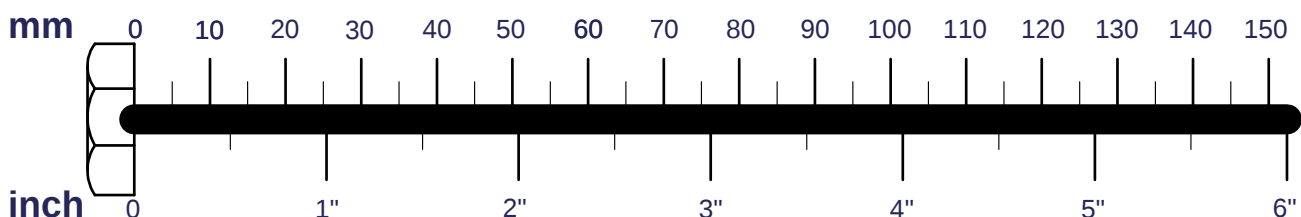
(C6)M8 SPRING WASHER QTY.10



(C3)1/2"(I.D.)FLAT WASHER Ø34 QTY.4

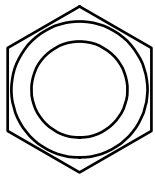


(C7)M12 SPRING WASHER QTY.2

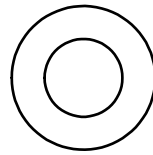
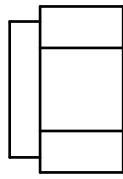


MPD-700B ASSEMBLY INSTRUCTIONS

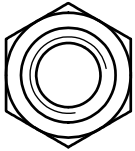
DOOR FRAME HARDWARE ILLUSTRATION



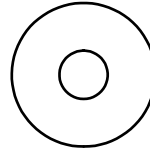
(BB1)NYLON LOCK NUT 1/2" QTY.3



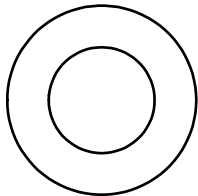
(CC4)M10(I.D.)FLAT WASHER Ø19 QTY.2



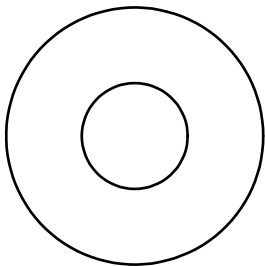
(BB2)NYLON LOCK NUT M10 QTY.1



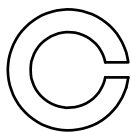
(CC5)M6 (I.D.)FLAT WASHER Ø19 QTY.16



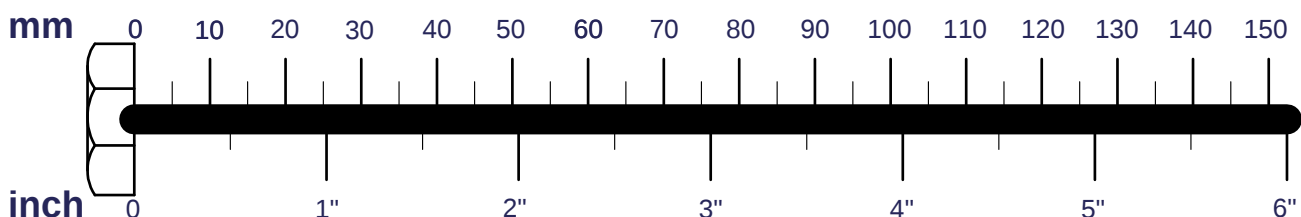
(CC1)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC2)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



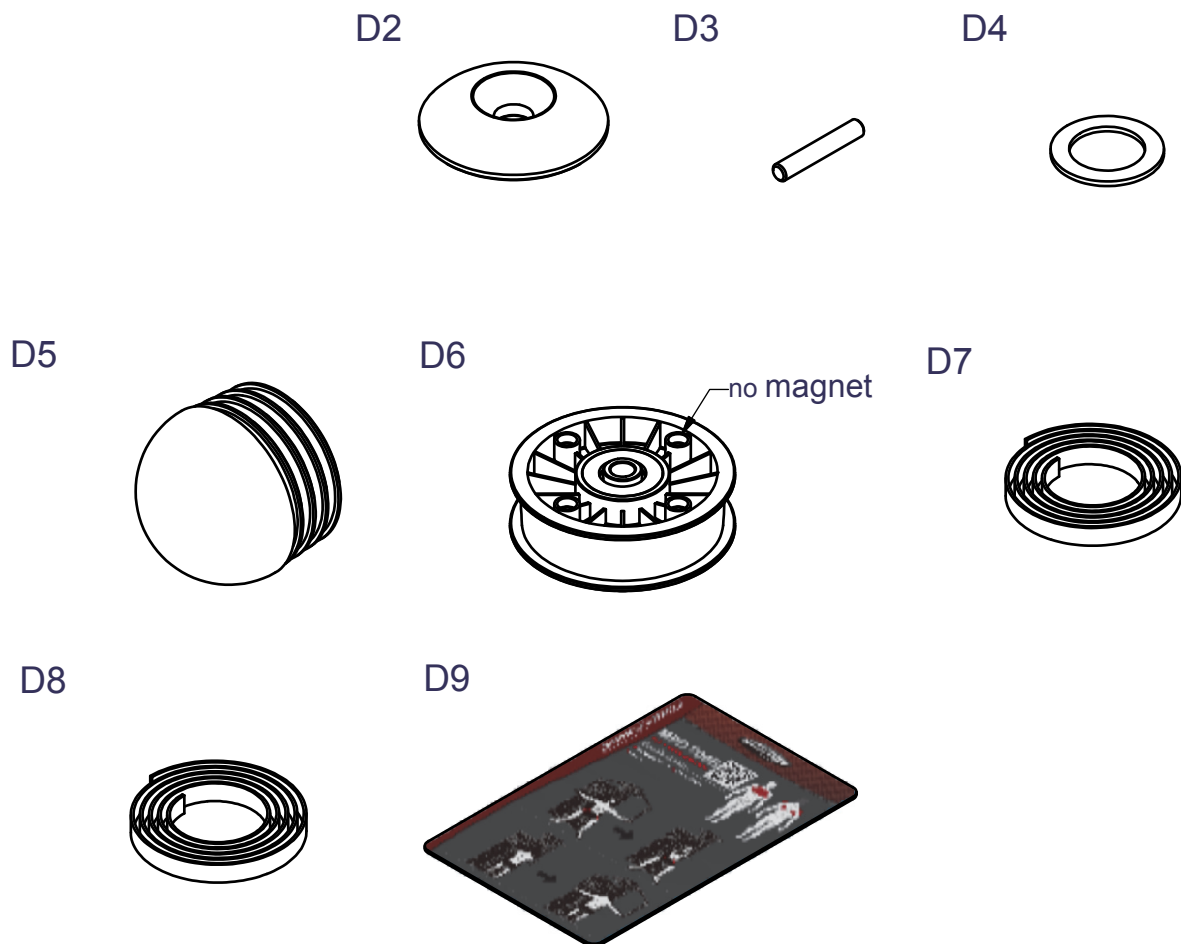
(CC3)3/8" SPRING WASHER QTY.1



MPD-700B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D2.Ø50 CAP COVER(8130-131)	[4PCS]
D3.Ø10X60 SHAFT(8210-156)	[2PCS]
D4.Ø30XØ20X1.5T CU WASHER(8520-007)	[4PCS]
D5. Ø49.5X31L Round End Cap (9211-074)	[2PCS]
D6.Ø115 PULLEY(9213-42B)	[4PCS]
D7.3540mm BELT(FMPD700BA1)	[1PCS]
D8.4490mm BELT(FMPD700BB)	[1PCS]
D9.EXERCISE CHART (9420-148)	[1PCS]

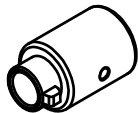


MPD-700B ASSEMBLY INSTRUCTIONS

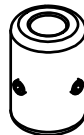
DOOR FRAME HARDWARE ILLUSTRATION

DD1.3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
DD2.3/4" SHAFT COLLAR(9211-167)-----	[2PCS]
DD3.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
DD4.108X263 RUBBER PAD(9310-075)-----	[2PCS]
DD6.Ø115 PULLEY(9213-042B)-----	[3PCS]
DD7.BOTTLE BRACKET(8388-025)-----	[1PCS]
DD8.BOTTLE RACK(9260-320)-----	[1PCS]
DD9.BOTTLE(9260-123)-----	[1PCS]

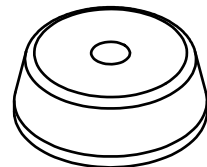
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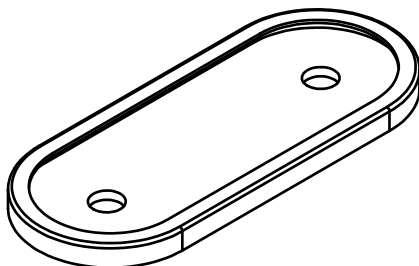
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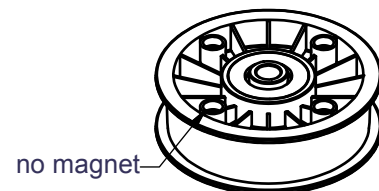
DD3



DD4



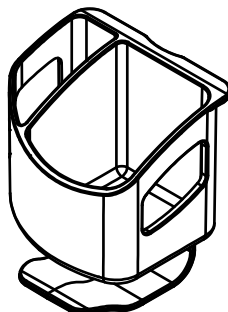
DD6



DD7



DD8



DD9



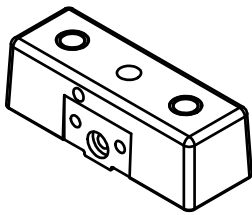
MPD-700B ASSEMBLY INSTRUCTIONS

DOOR FRAME HARDWARE ILLUSTRATION

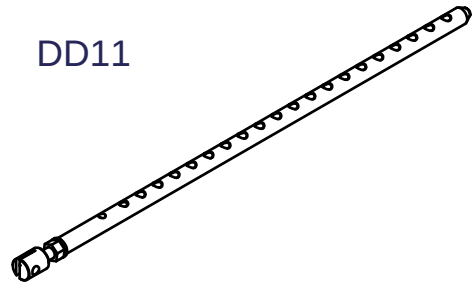
DD10.TOP PLATE(8400-033)-----[1PCS]

DD11.Selector Rod(8210-216C)-----[1PCS]

DD10



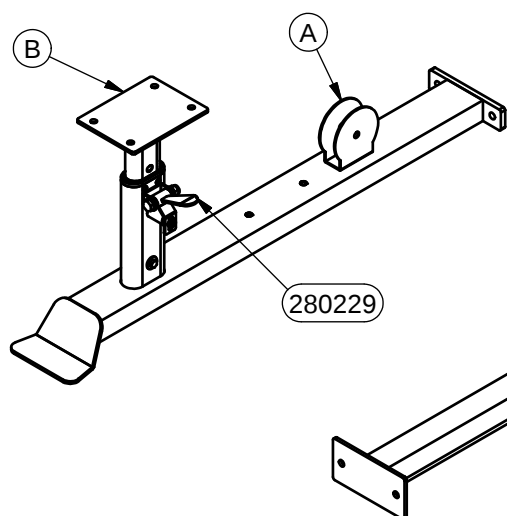
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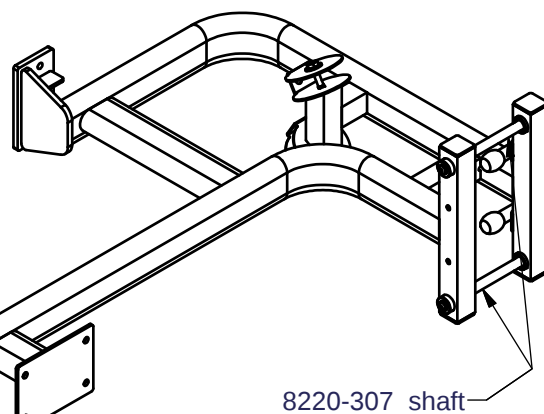
MPD-700B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

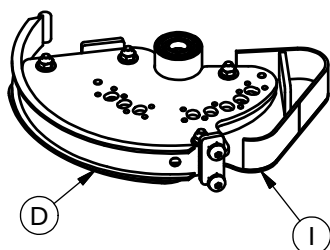
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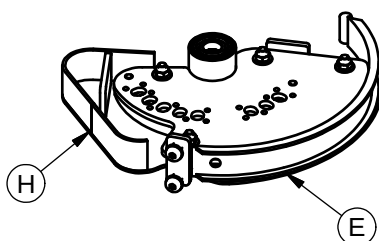
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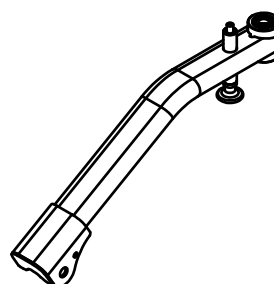
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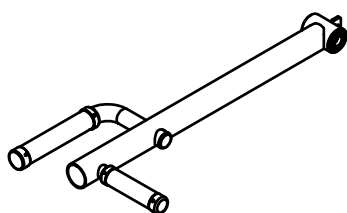
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F[2PCS]



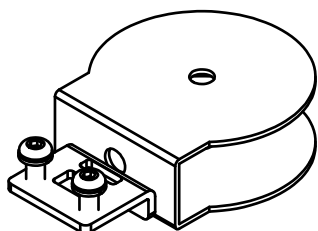
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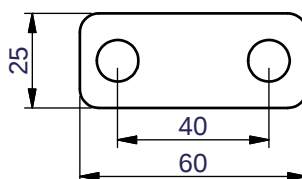
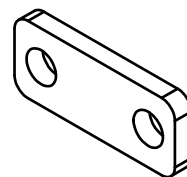
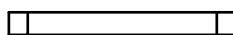
MPD-700B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

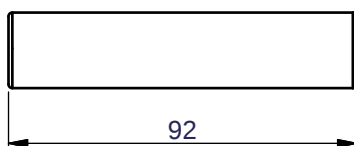
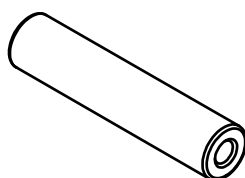
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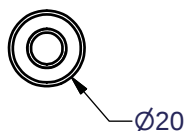
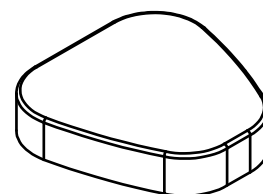
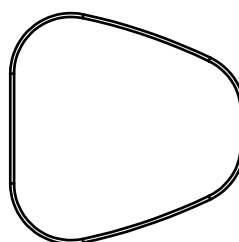
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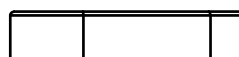
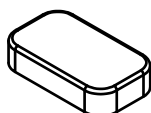
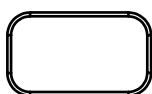
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M[2PCS]
9121-093



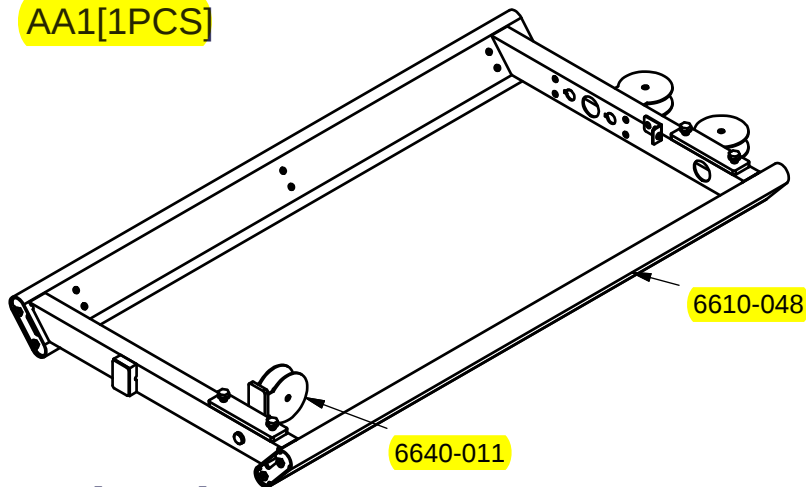
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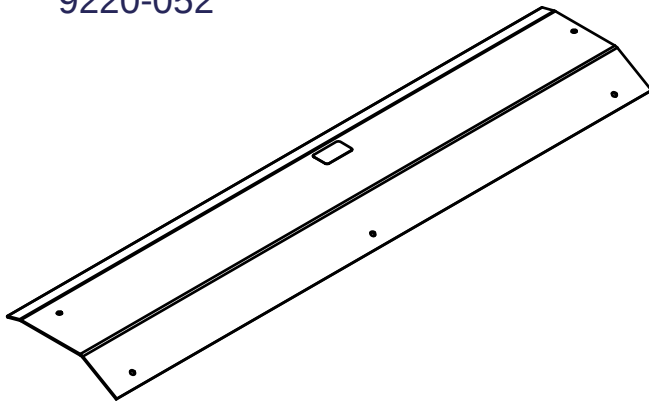
MPD-700B ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

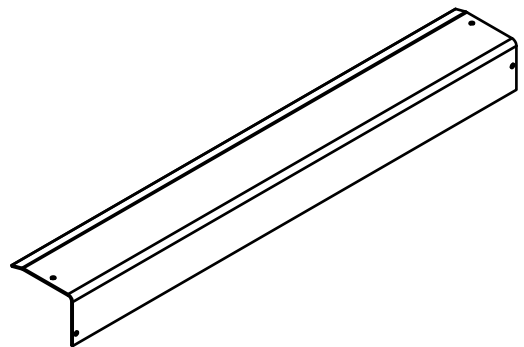
AA1[1PCS]



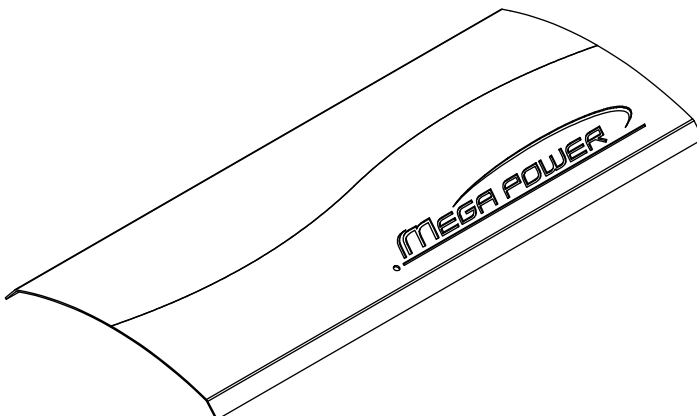
AC1[1PCS]
9220-052



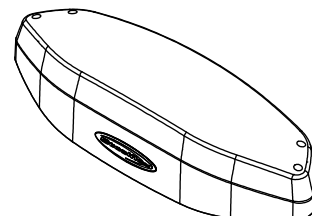
AD[1PCS]
9220-016



AE[1PCS]
9220-023



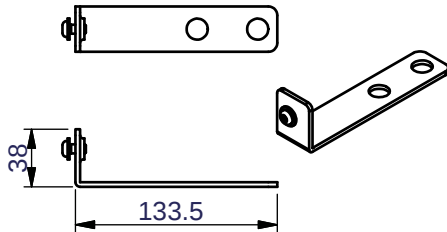
AF[1PCS]
9211-148



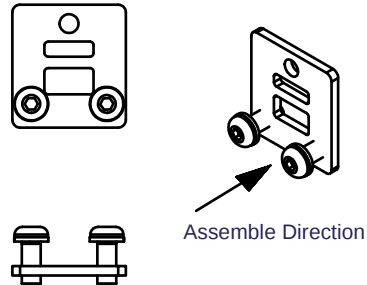
MPD-700B ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

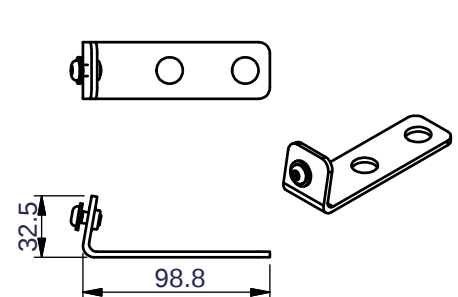
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8331-057



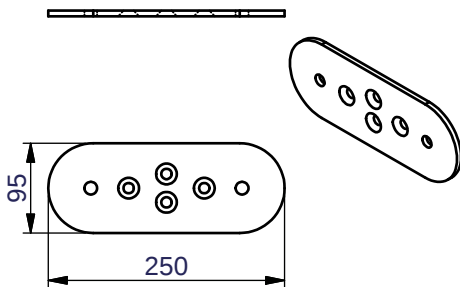
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8313-169



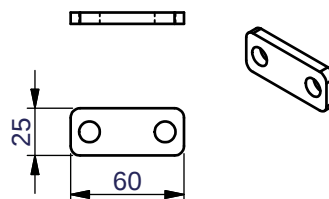
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8331-058



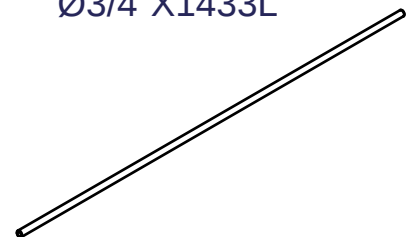
AJ[2PCS]
8313-144



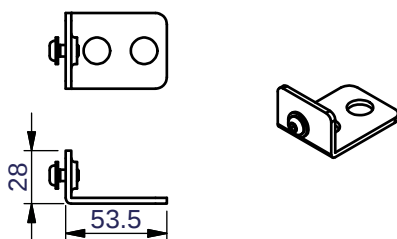
AK[1PCS]
8311-117



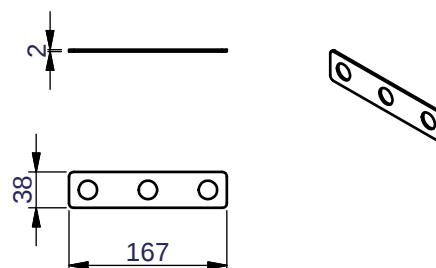
AL[2PCS]
8280-042
Ø3/4"X1433L



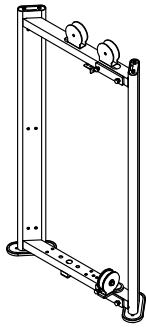
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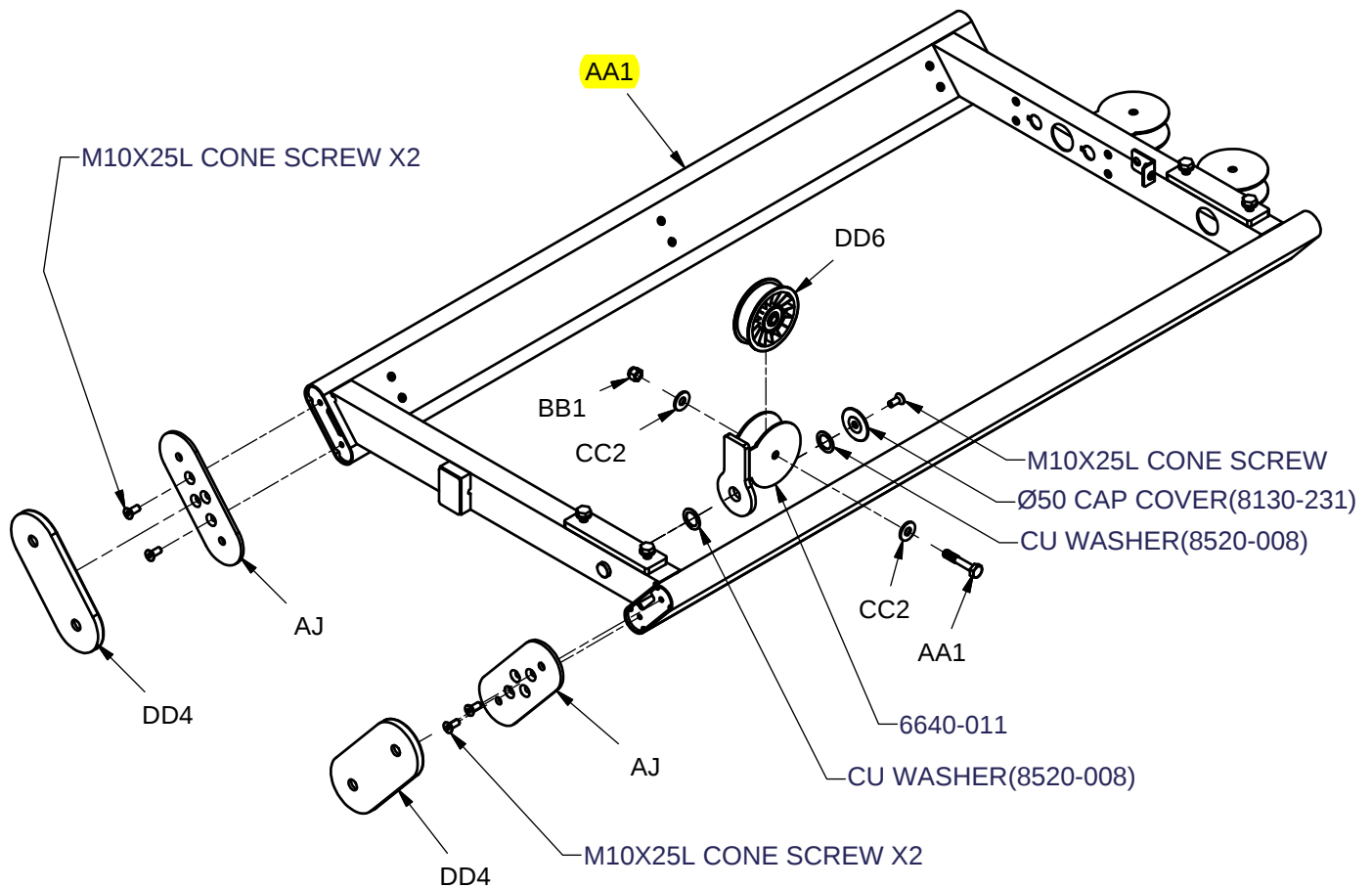
AQ[1PCS]
8311-194



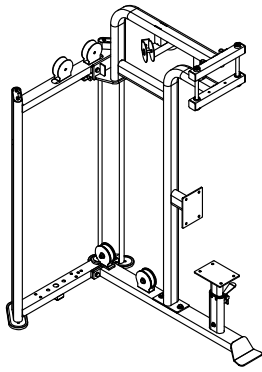
MPD-700B ASSEMBLY INSTRUCTIONS



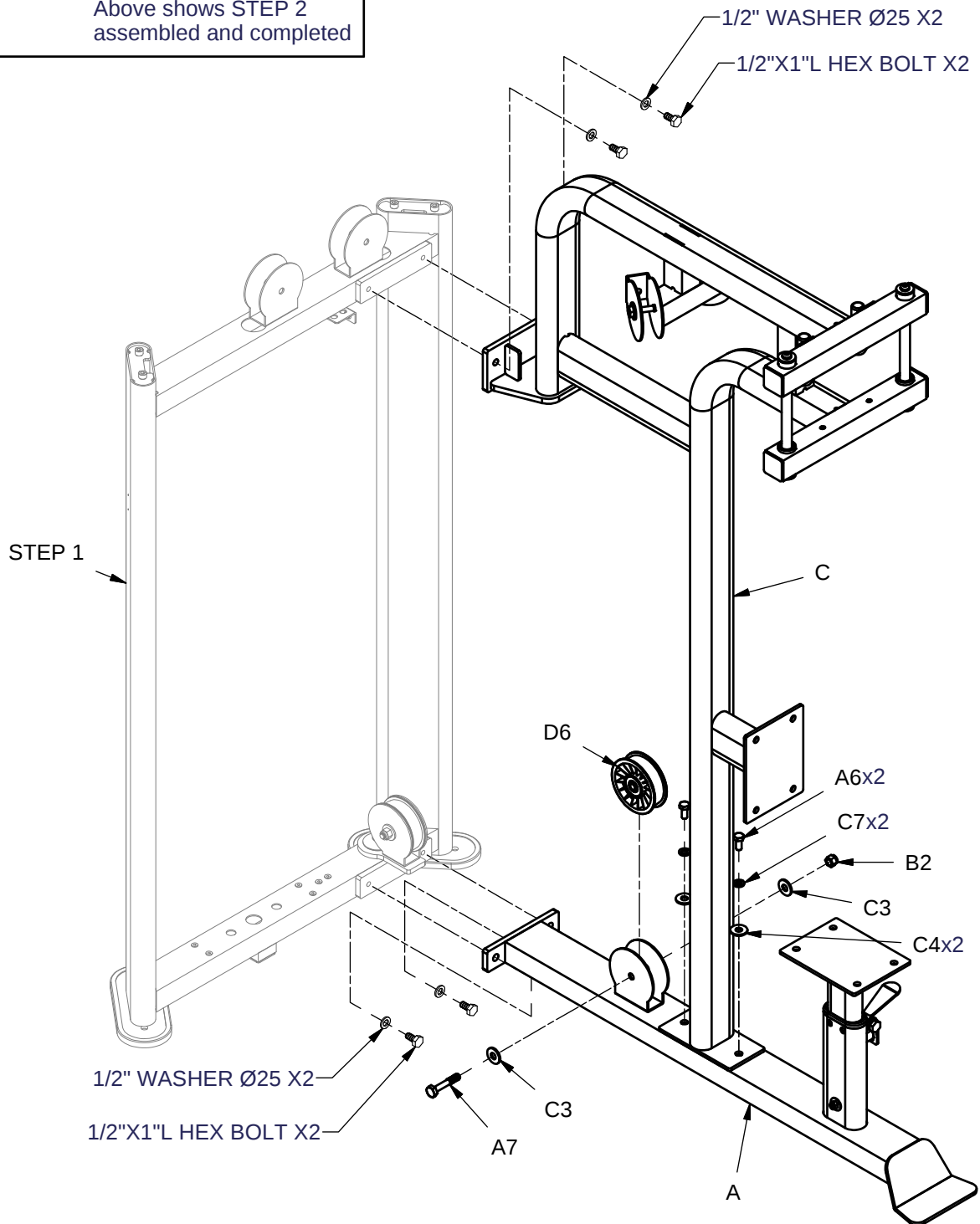
Above shows STEP 1
assembled and completed



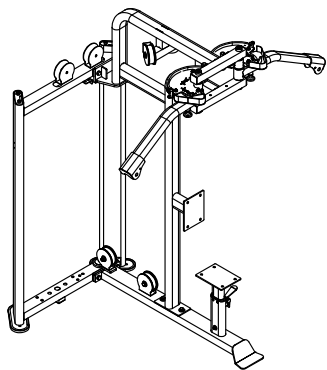
MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed



MPD-700B ASSEMBLY INSTRUCTIONS



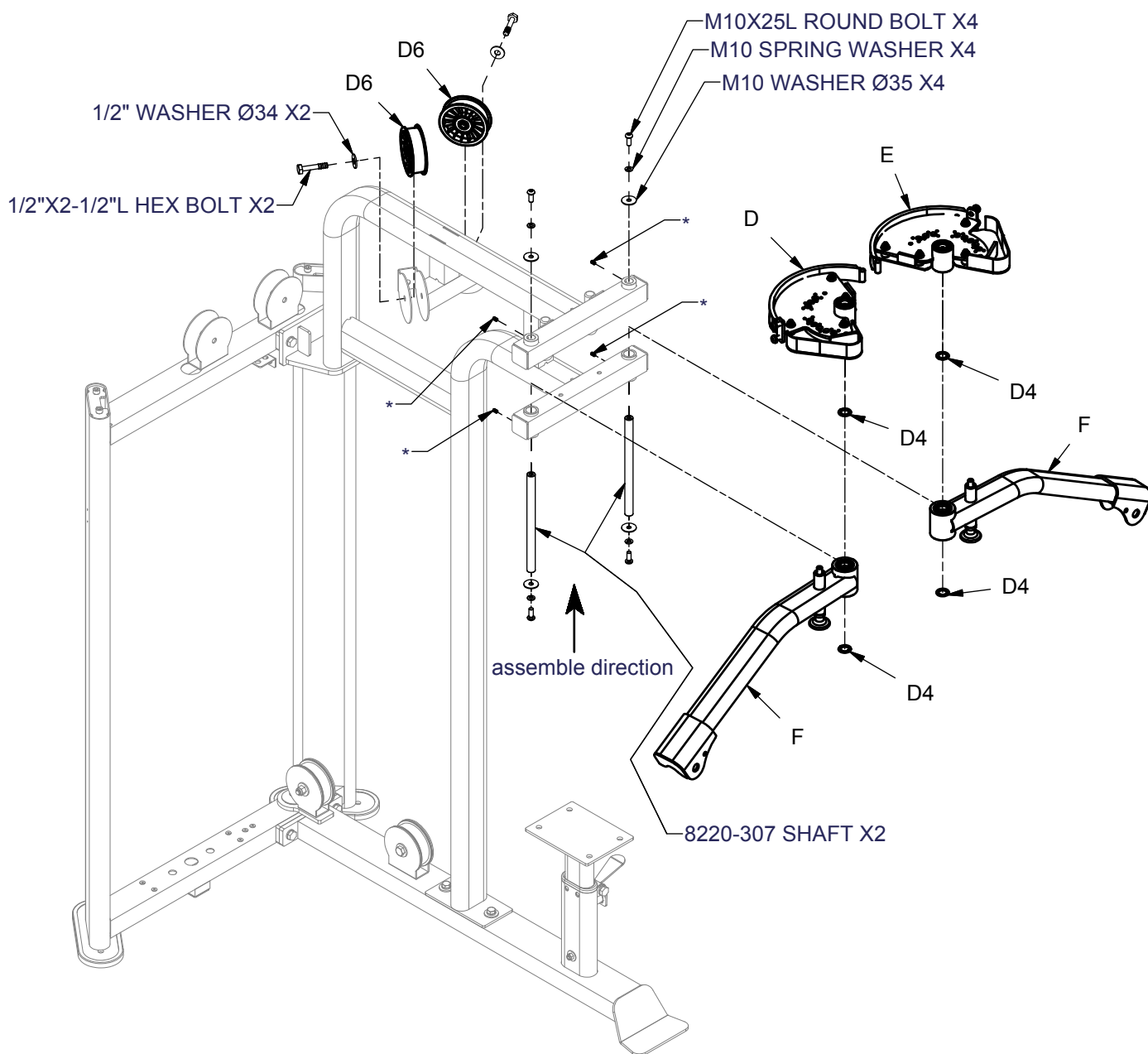
Above shows STEP 4
assembled and completed

" * " : Please tighten the screw after all parts assembled.
or please tighten all screws after all parts joint together

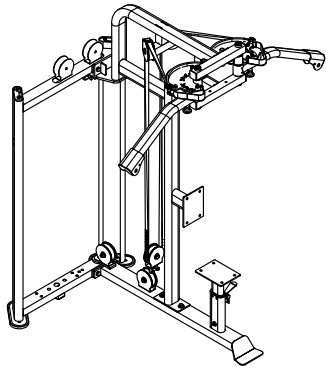
please make it in order

D4→F→D4→D

D4→F→D4→E



MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 5
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 (D3)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (K) DO NOT EXCEED 70 PSI

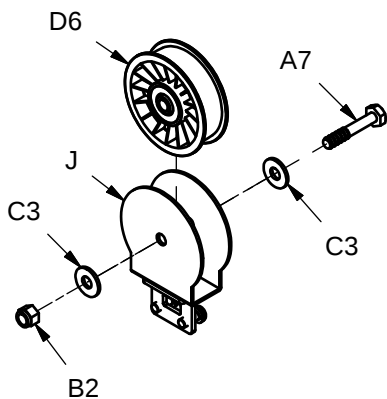
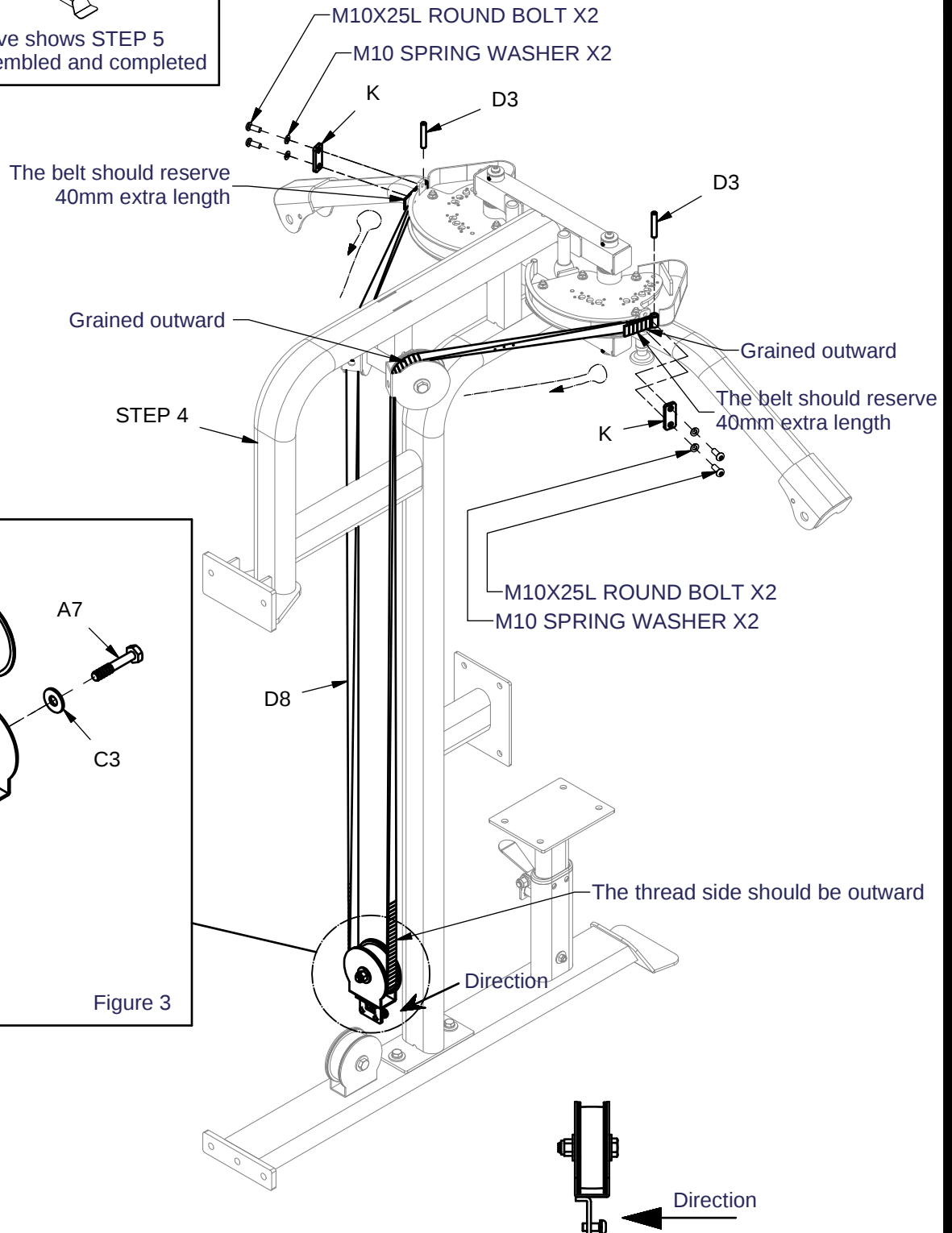
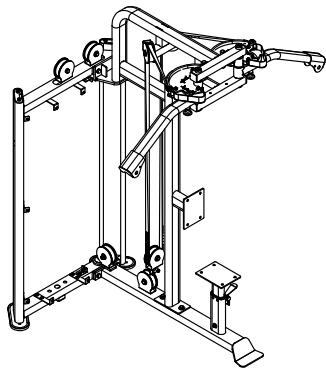
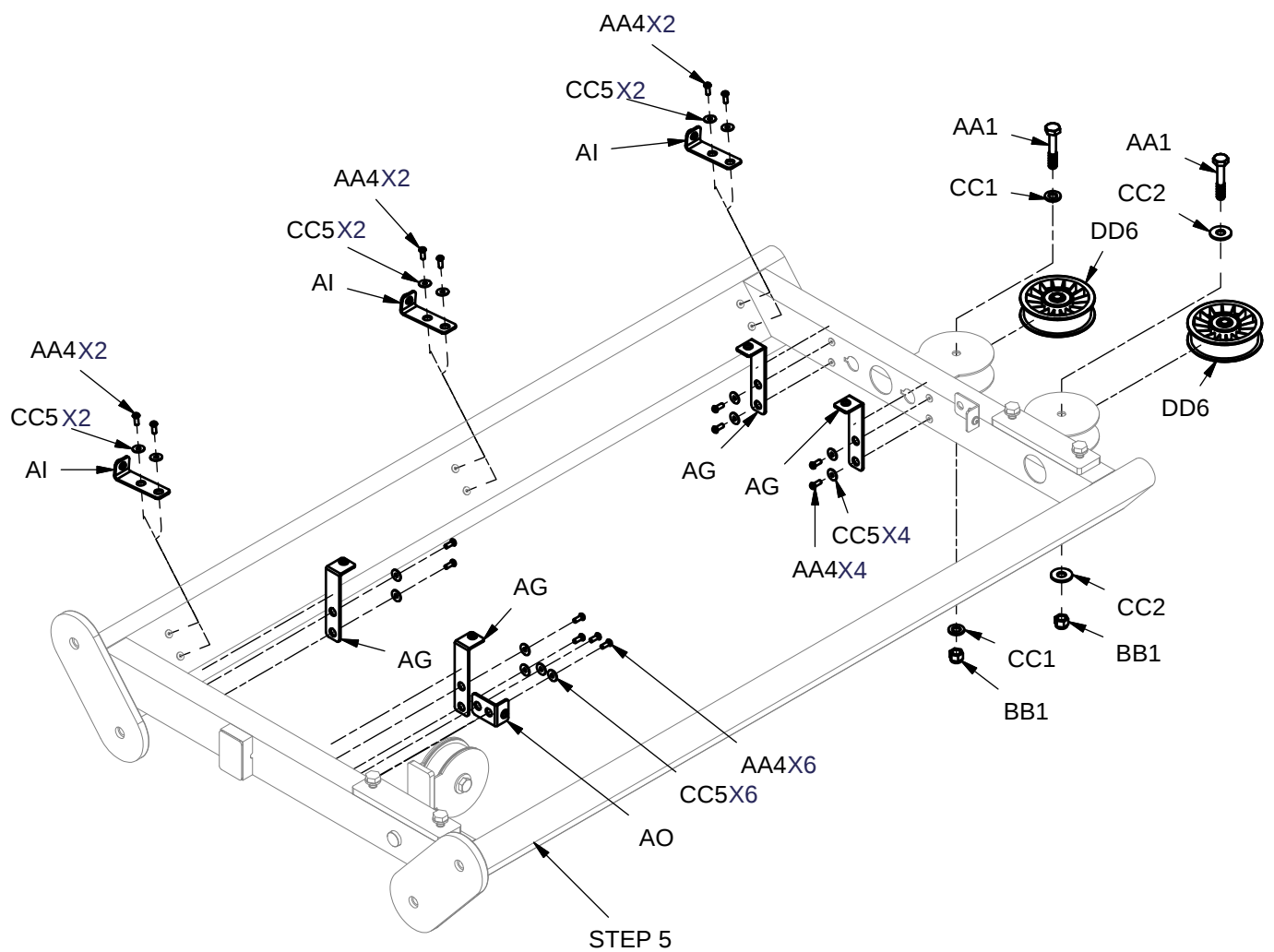


Figure 3

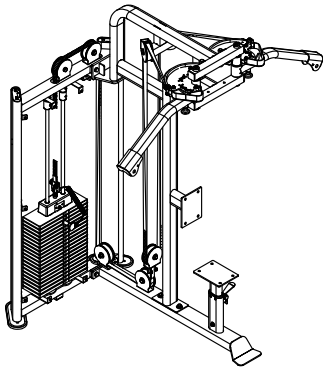
MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed



MPD-700B ASSEMBLY INSTRUCTIONS

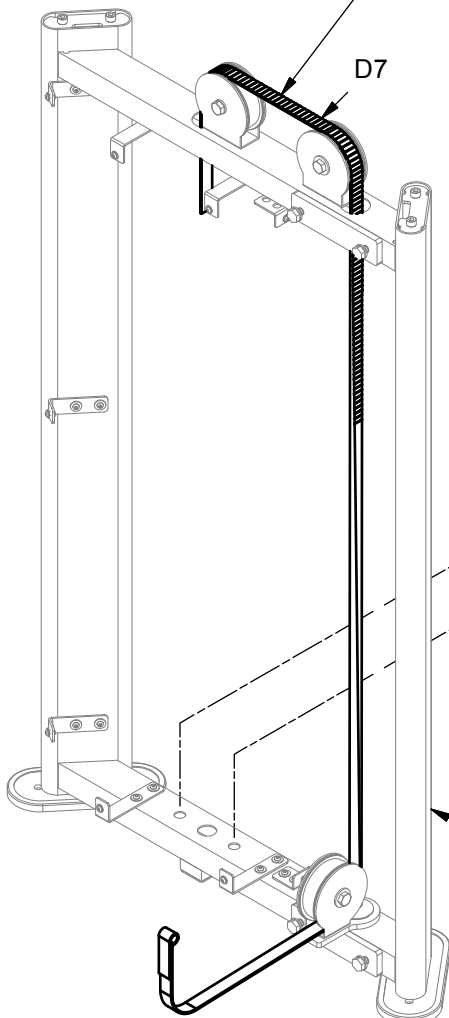


Above shows STEP 7
assembled and completed

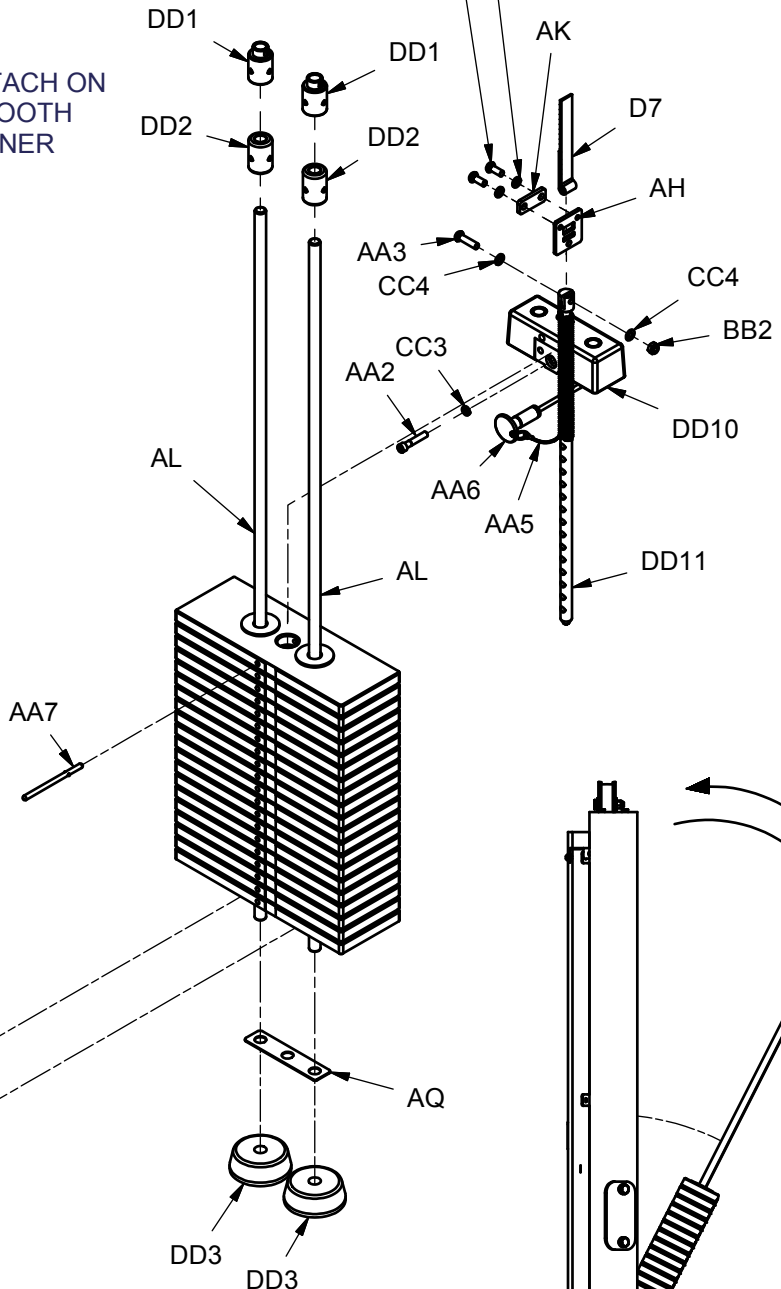
NOTE:

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

The tread side should be outward



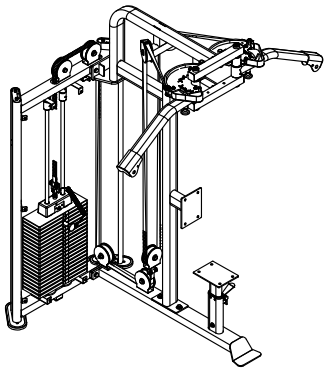
M10 SPRING WASHER X2
M10X25L ROUND BOLT X2



STEP 6

Push guide rods (AL) to tilt one side and then install weight stacks.
Once finishing the weight stack installation, pull
guide rods (AL) back and continue setup DD10→DD2,DD1

MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 8 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 (J)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (K) DO NOT EXCEED 70 PSI

Assemble Direction

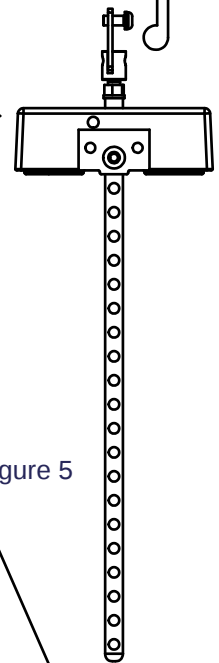


Figure 5

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.

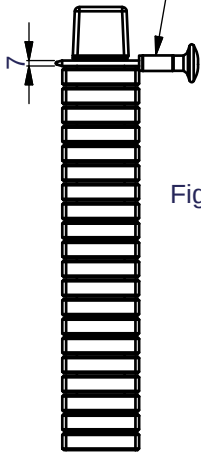


Figure 6

The tread side should be outward

D7

STEP 7

reserve 40mm extra length

reserve 40mm extra length

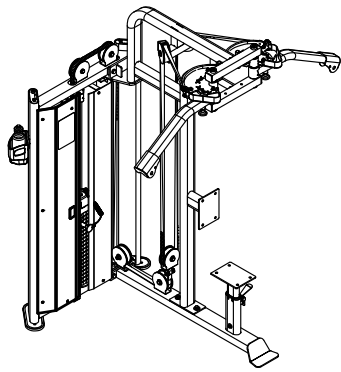
Smooth belt up

M10 SPRING WASHER X2

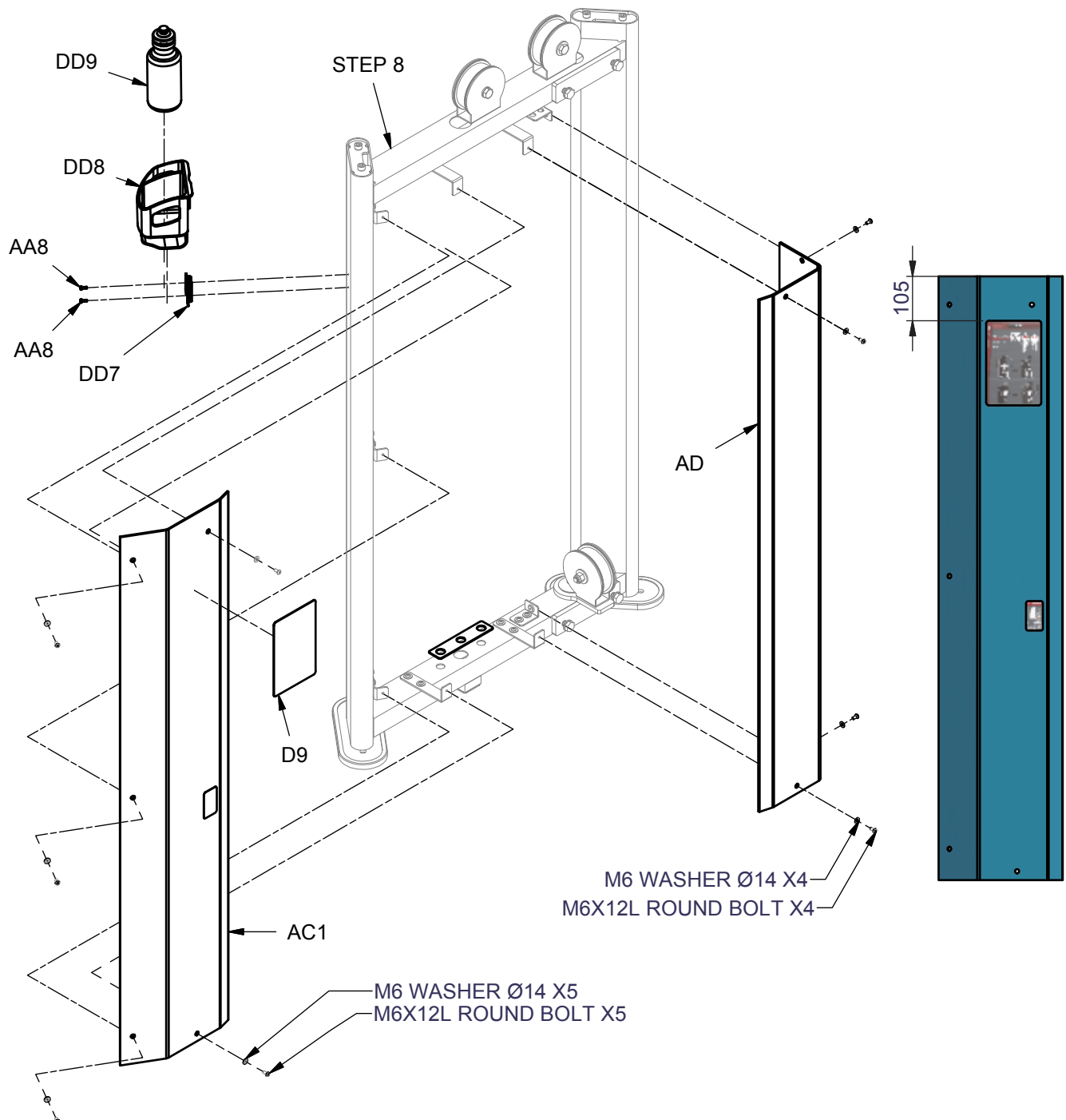
M10X25L ROUND BOLT X2

K

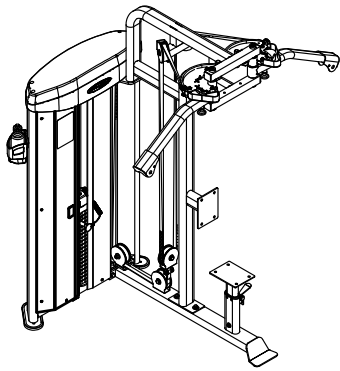
MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed



MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed

M10X12L ROUND BOLT X4

AF

STEP 9

AE

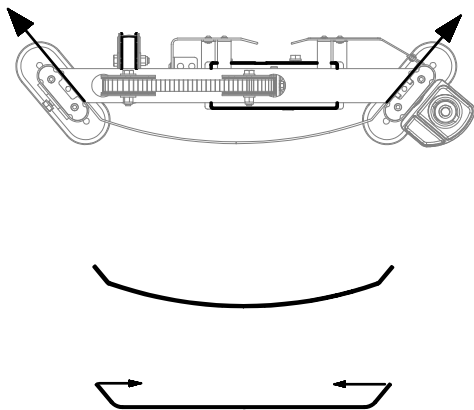
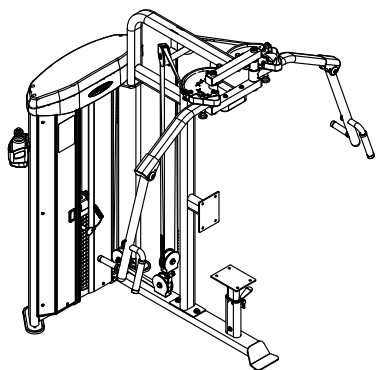


Figure 8

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.

MPD-700B ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

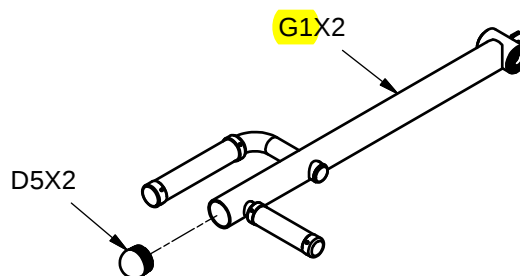
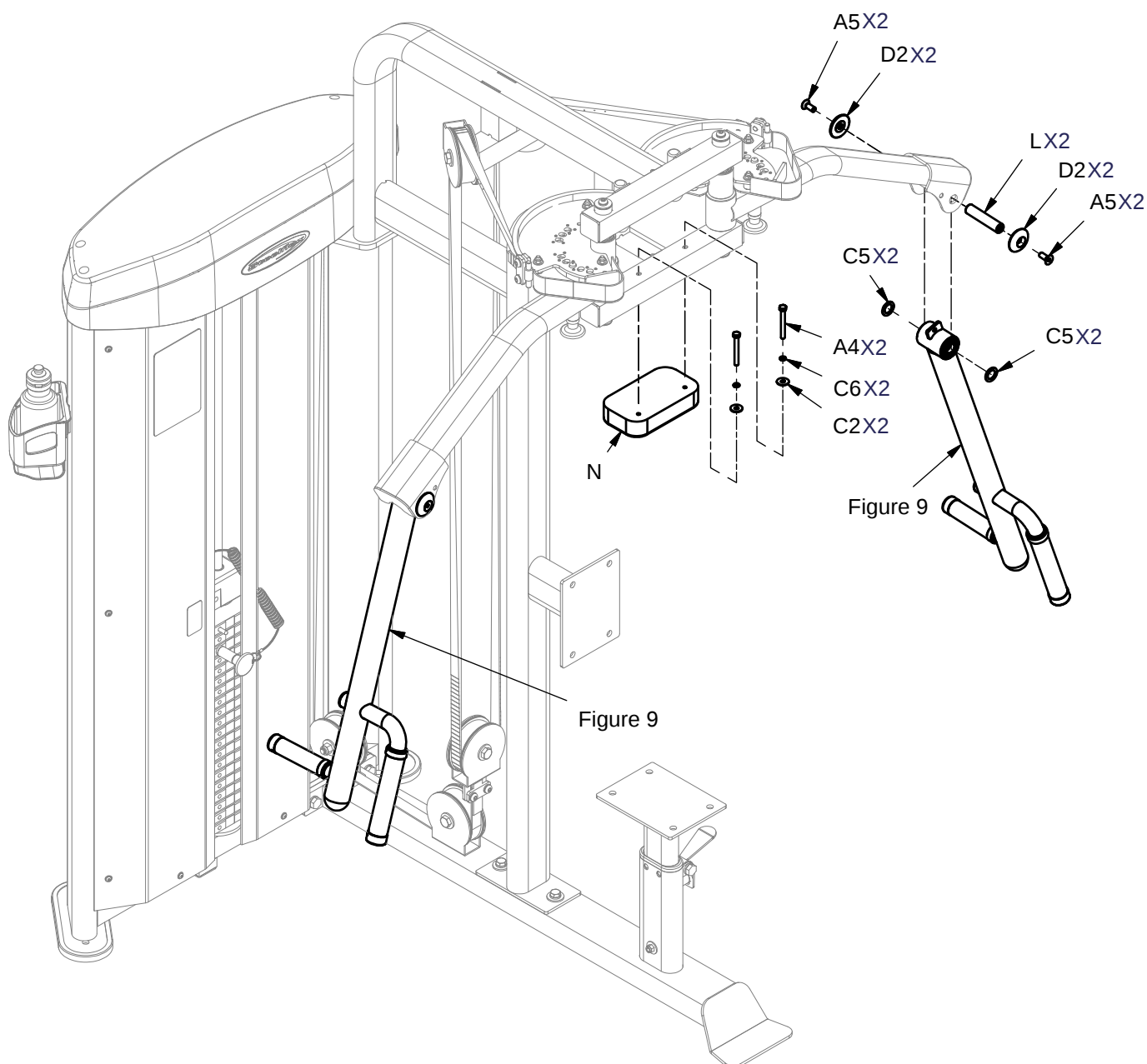
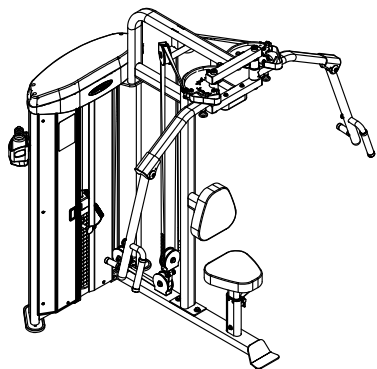


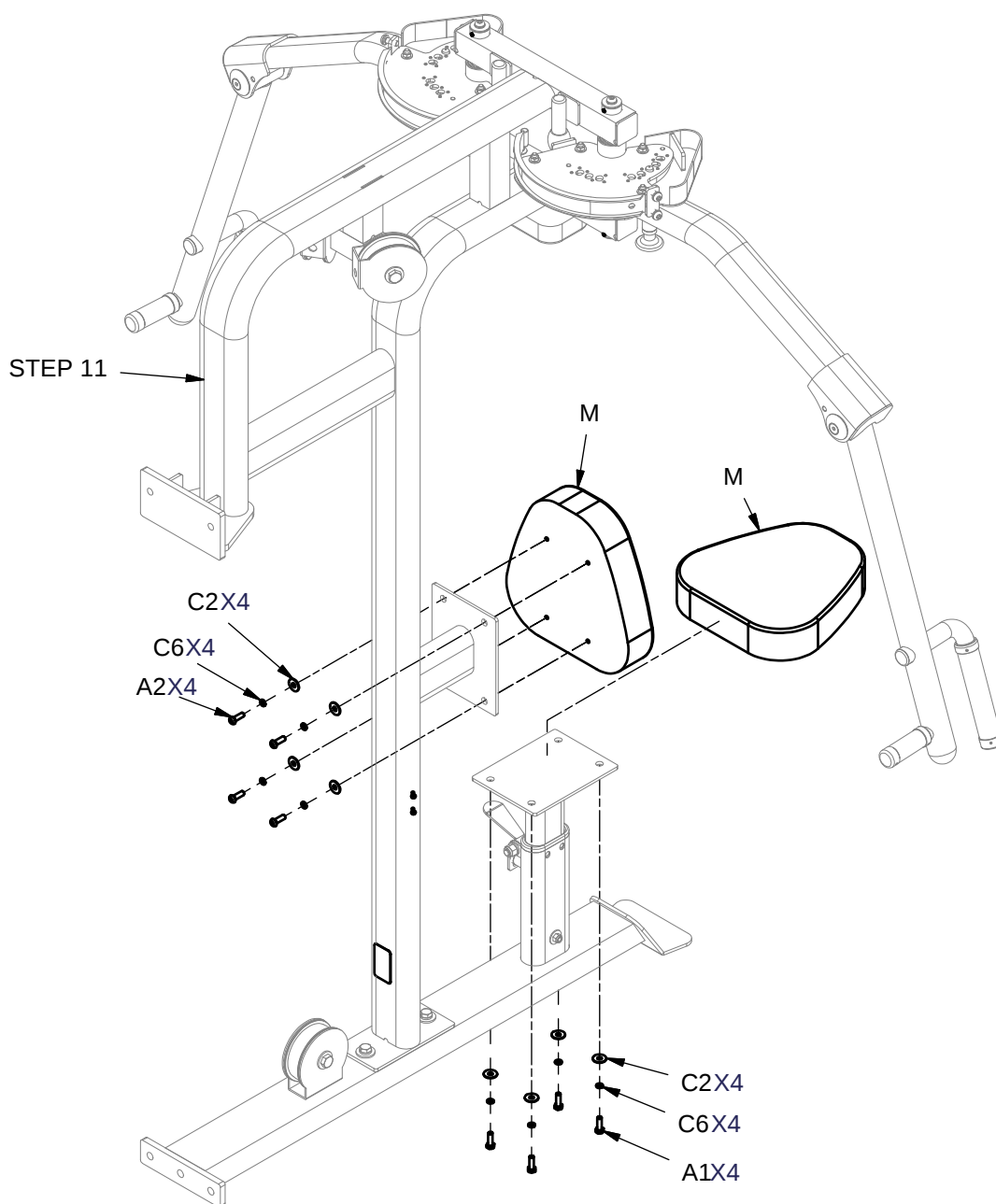
Figure 9



MPD-700B ASSEMBLY INSTRUCTIONS

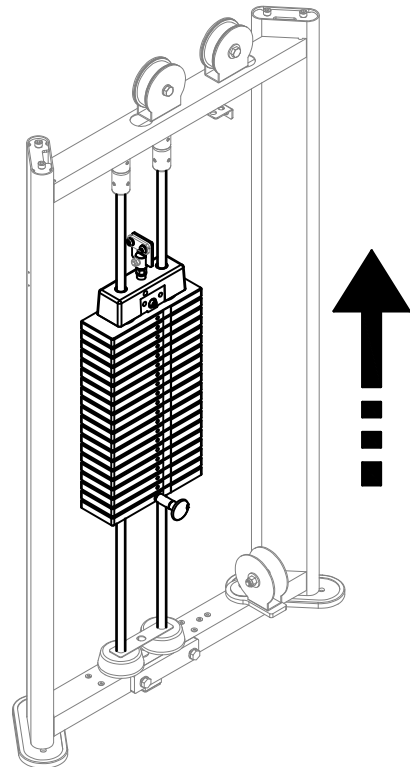
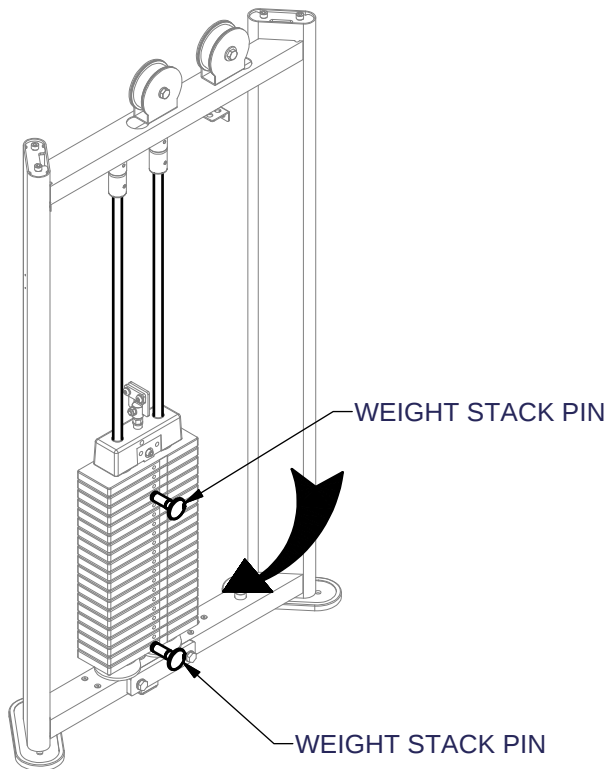


Above shows STEP 12
assembled and completed



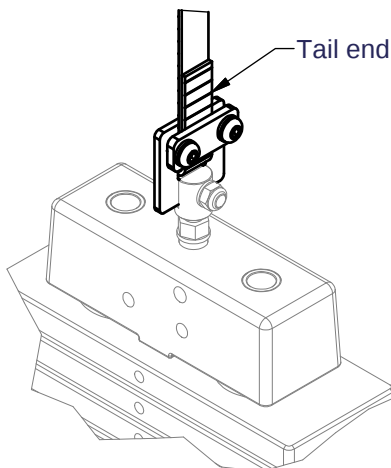
ASSEMBLY INSTRUCTIONS

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.

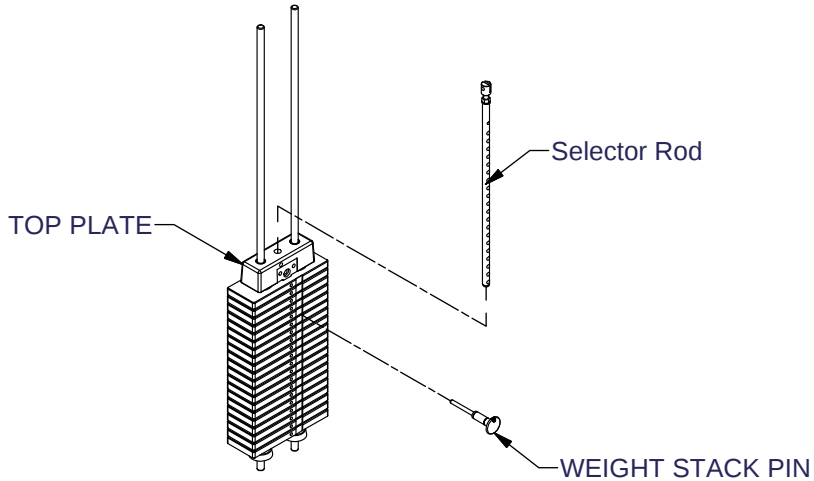
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

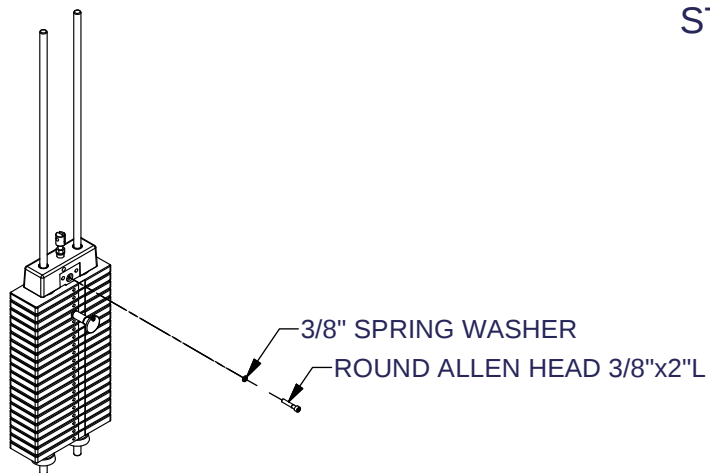


Step 1

Place Selector Rod into Top Plate.

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

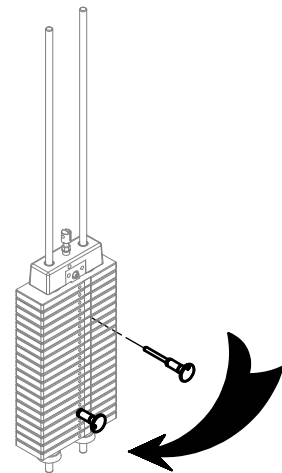
STEP 2



Step 2

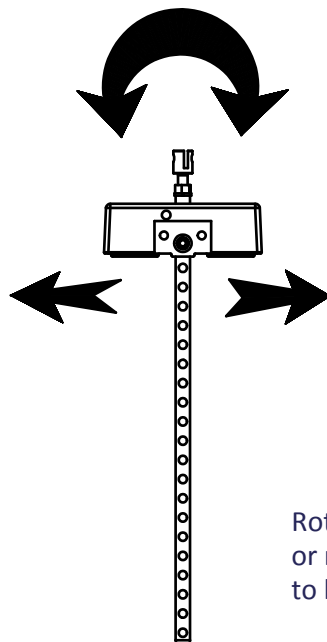
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

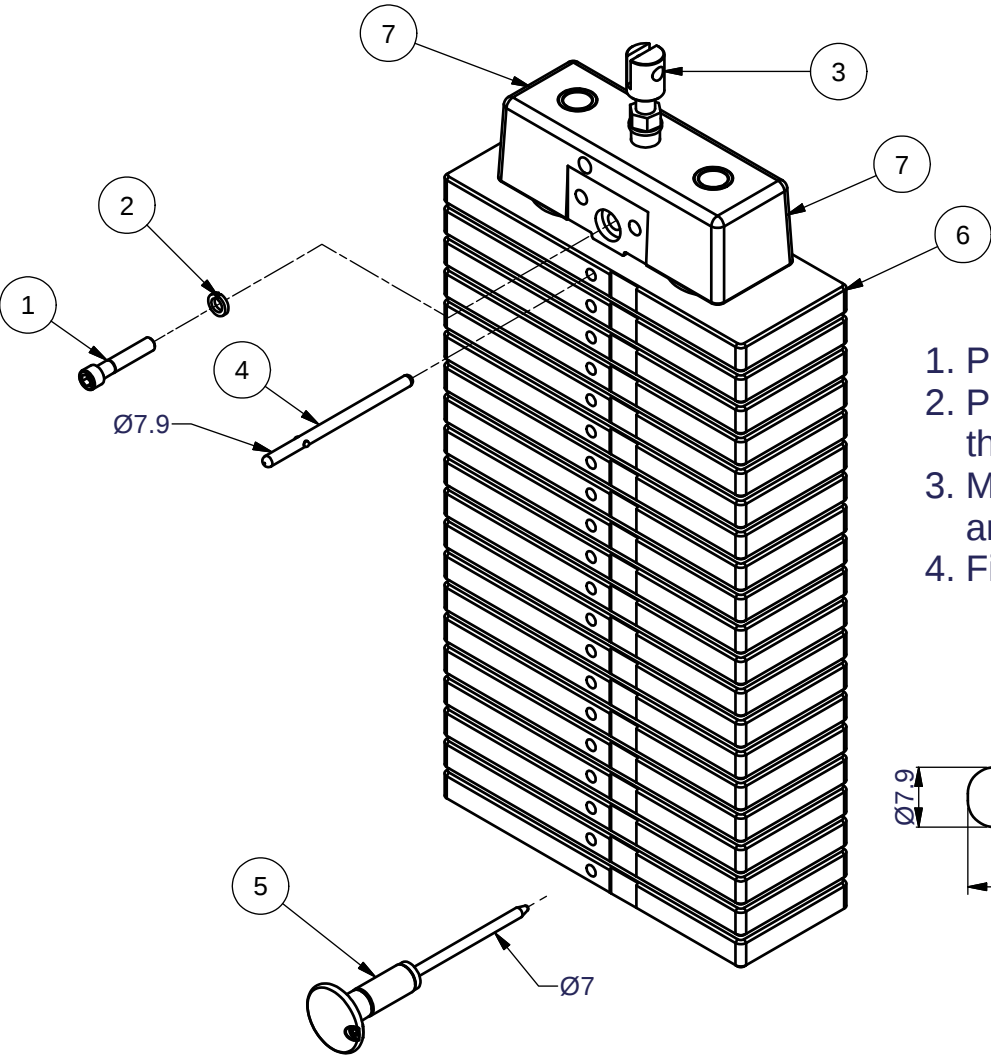
Place the selector pin to each weight plate (5,10,15,20...) to check the smoothness.



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.

