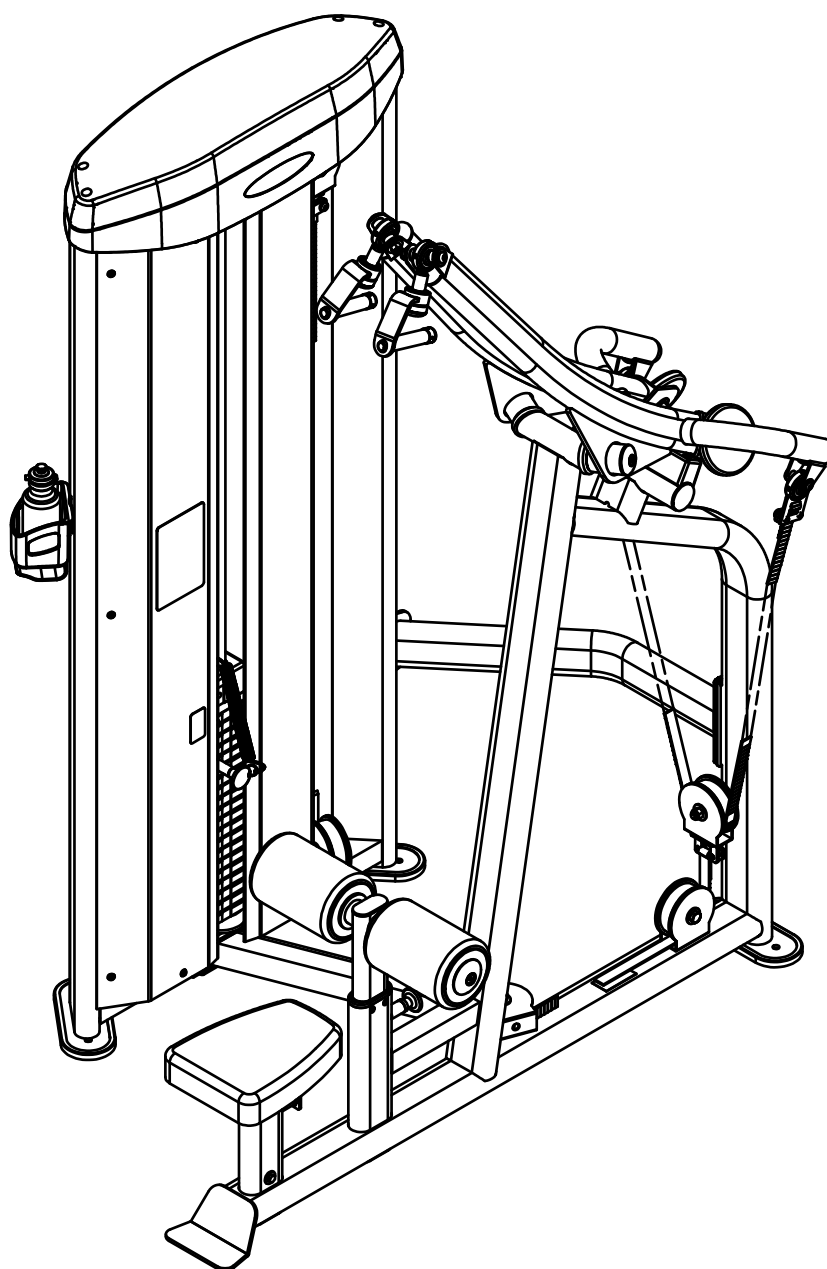


MEGA POWER



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

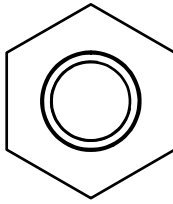
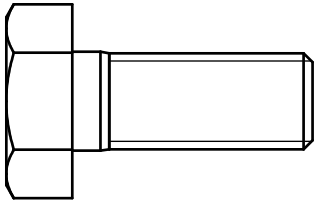
Fax: 886-2-27229750

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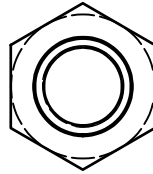
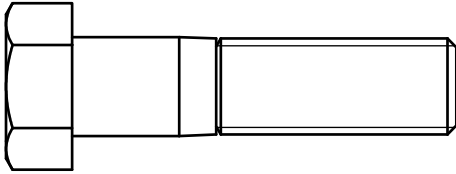
MLM-300.5 OWNER'S MANUAL

MLM-300 ASSEMBLY INSTRUCTIONS

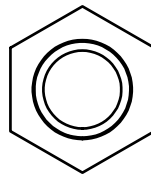
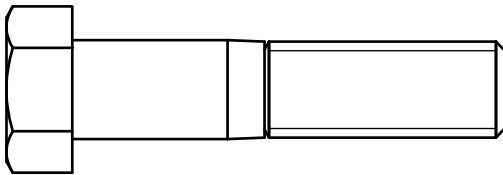
HARDWARE ILLUSTRATION



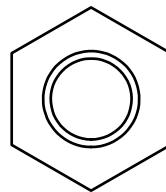
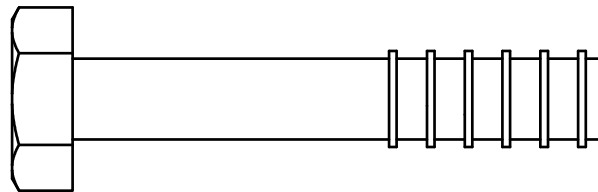
(A1)HEX BOLT 1/2"x1-1/4"L PARTIAL THREAD QTY.2



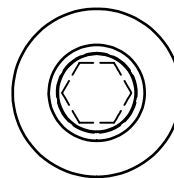
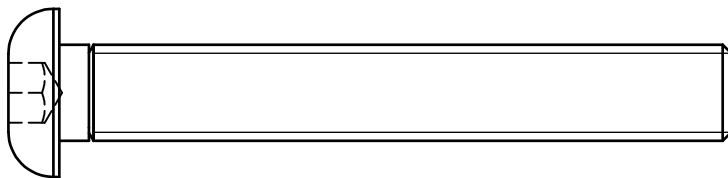
(A2)HEX BOLT 1/2"x2"L PARTIAL THREAD QTY.2



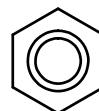
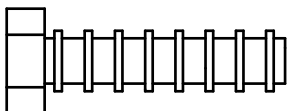
(A3)HEX BOLT 1/2"x2-1/4"L PARTIAL THREAD QTY.1



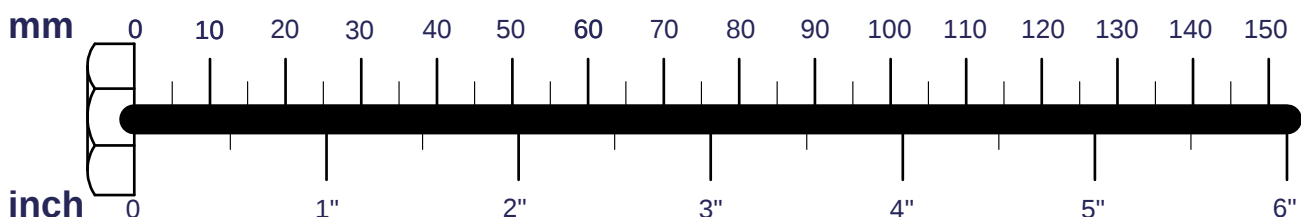
(A4)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



(A5)ROUND ALLEN HEAD 1/2"x3-1/2"L PARTIAL THREAD QTY.2

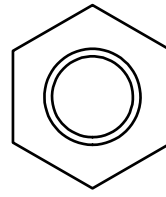
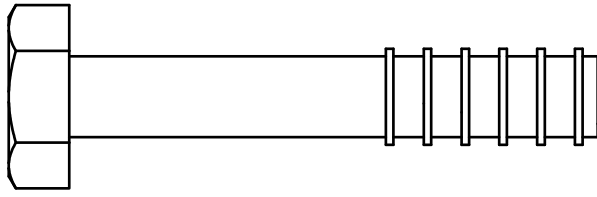


(A6)HEX BOLT 5/16"x1-1/4"L PARTIAL THREAD QTY.4

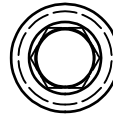
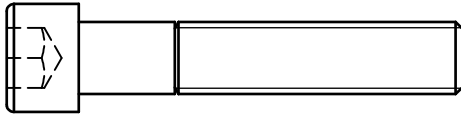


MLM-300 ASSEMBLY INSTRUCTIONS

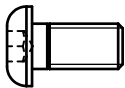
DOOR FRAME HARDWARE ILLUSTRATION



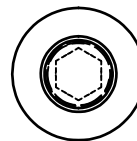
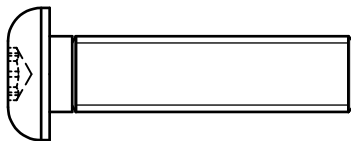
(A7)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



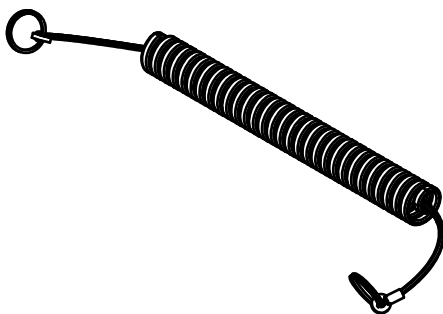
(A8)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



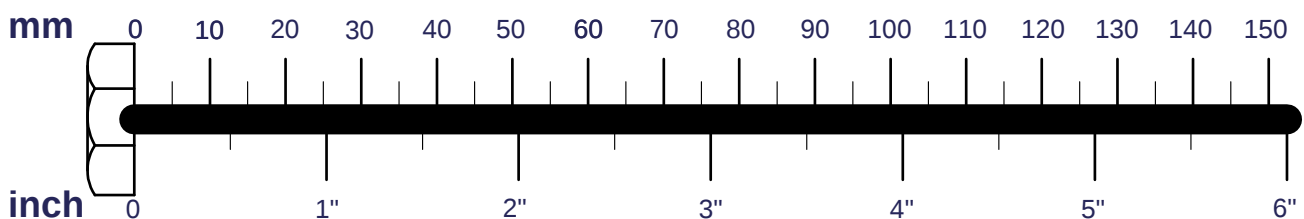
(A9)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16



(A10)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1

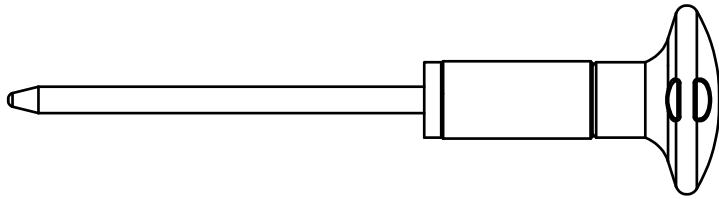


(A11)ELASTIC BELT (F920003) QTY.1

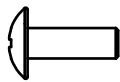


MLM-300 ASSEMBLY INSTRUCTIONS

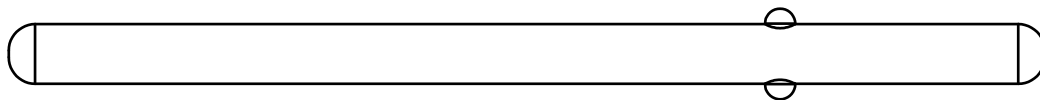
DOOR FRAME HARDWARE ILLUSTRATION



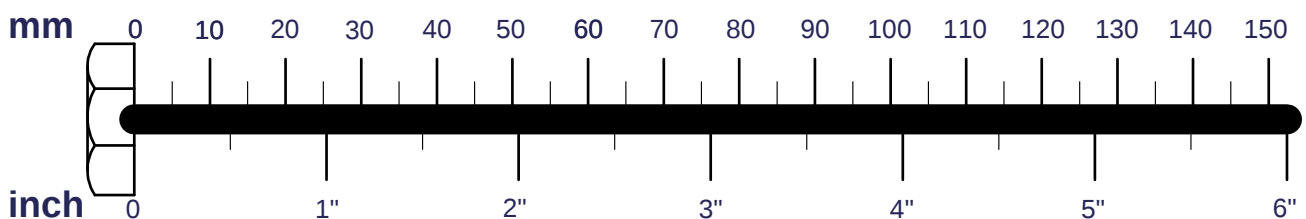
(A12)10 、 15 、 20LB PIN (8250-162) QTY.1



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

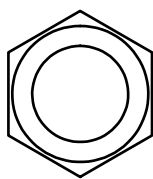
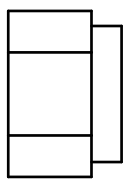


(A14) Ø7.9 PIN (8250-166) QTY.1

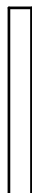
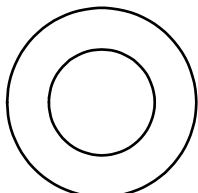


MLM-300 ASSEMBLY INSTRUCTIONS

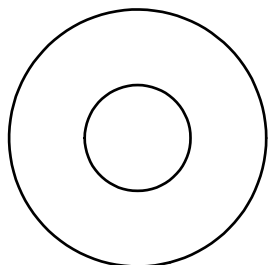
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 1/2" QTY.9



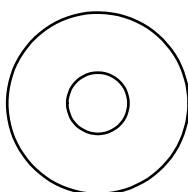
(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



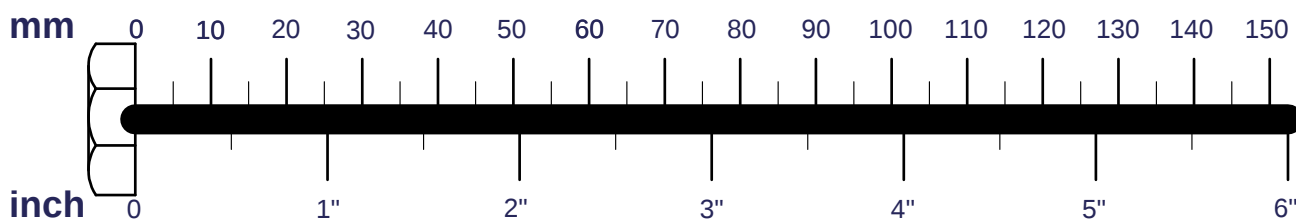
(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.15



(C3)5/16" SPRING WASHER QTY.4

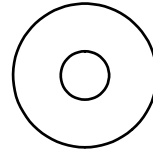
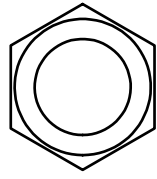
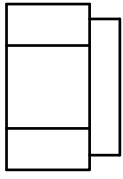


(C4)5/16"(I.D.)FLAT WASHER Ø24 QTY.4



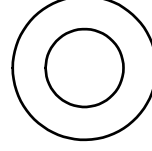
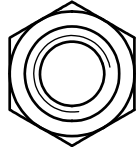
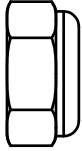
MLM-300 ASSEMBLY INSTRUCTIONS

DOOR FRAME HARDWARE ILLUSTRATION



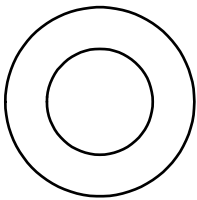
(B2)NYLON LOCK NUT 1/2" QTY.3

(C8)M6(I.D.)FLAT WASHER Ø19 QTY.16

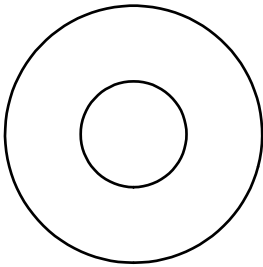


(B3)NYLON LOCK NUT M10 QTY.1

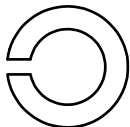
(C9)M10(I.D.)FLAT WASHER Ø19 QTY.2



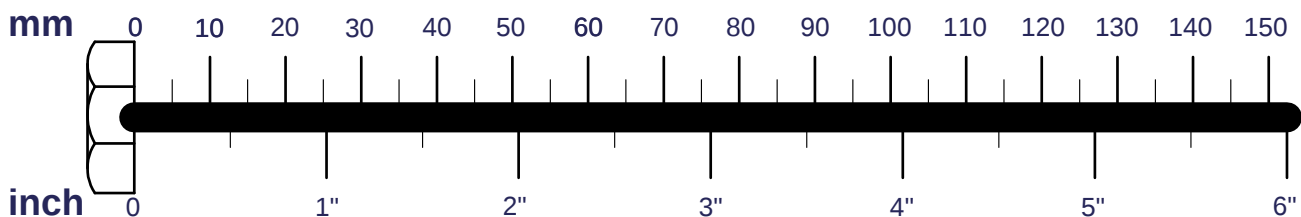
(C5)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(C6)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(C7)3/8" SPRING WASHER QTY.1



MLM-300 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.Ø76 CAP COVER(8130-236)-----	[2PCS]
D4.Ø25X19L NYLON BUSHING(9211-151)-----	[4PCS]
D5.Ø25XØ13.5X30L NYLON BUSHING(9211-155)-----	[4PCS]
D6.50X100X56 RUBBER PAD(9214-038)-----	[2PCS]
D7.Ø120 NYLON WASHER(9214-039)-----	[4PCS]
D8.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D9.Ø115 PULLEY(9213-042B)-----	[4PCS]
D10.3140mm BELT(FMLM300A1)-----	[1PCS]
D11.2020mm BELT(FMLM300B1)-----	[1PCS]
D12.EXERCISE CHART (9420-099)-----	[1PCS]

D1



D2



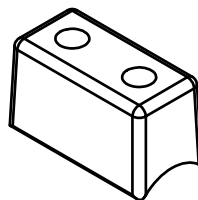
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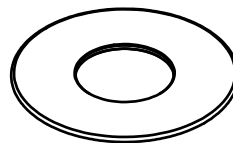
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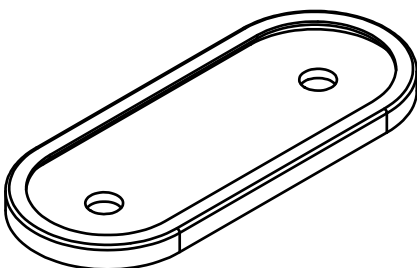
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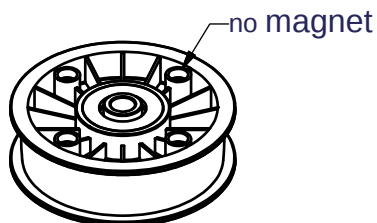
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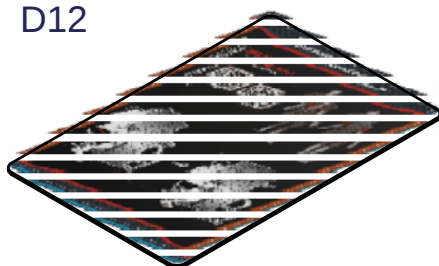
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D9



D12

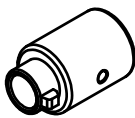


MLM-300 ASSEMBLY INSTRUCTIONS

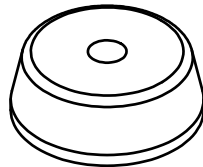
DOOR FRAME HARDWARE ILLUSTRATION

D13.3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D14.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
D15.108X263 RUBBER PAD(9310-075)-----	[2PCS]
D17.Ø115 PULLEY(9213-042B)-----	[3PCS]
D18.2560mm BELT(FMLM300C2)-----	[1PCS]
D19.BOTTLE BRACKET(8388-025)-----	[1PCS]
D20.BOTTLE RACK(9260-320)-----	[1PCS]
D21.BOTTLE(9260-123)-----	[1PCS]

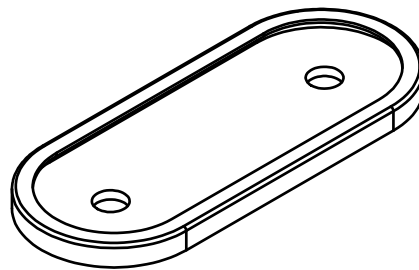
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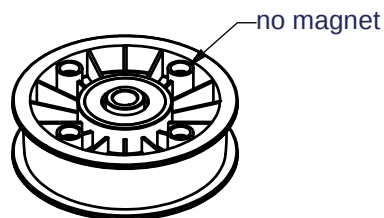
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D15



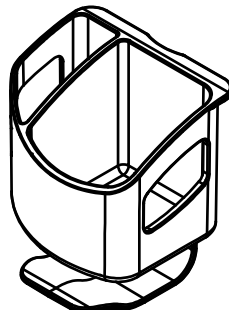
D17



D19



D20



D21



MLM-300 ASSEMBLY INSTRUCTIONS

DOOR FRAME HARDWARE ILLUSTRATION

D24. Ø50 End Cap(9211-020)	-----[2PCS]
D25. Ø50 Round End Cap (9211-074)	-----[2PCS]
D26.TOP PLATE(8400-033)	-----[1PCS]
D27.3/4" SHAFT COLLAR(9211-167)	-----[2PCS]
D28.Selector Rod(8210-216C)	-----[1PCS]

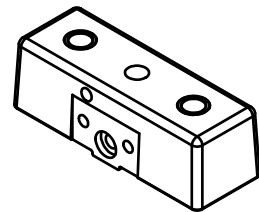
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D25



D26



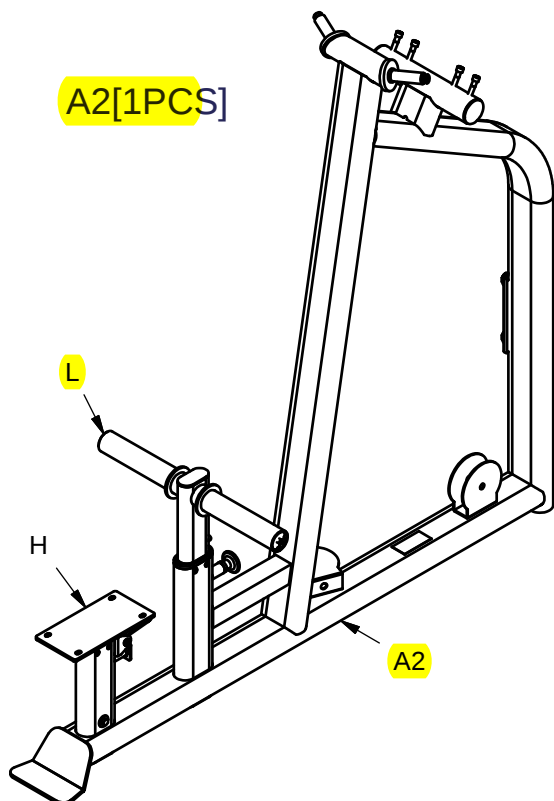
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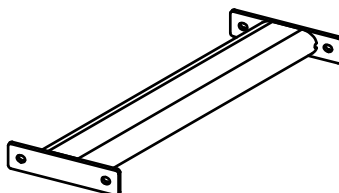
MLM-300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

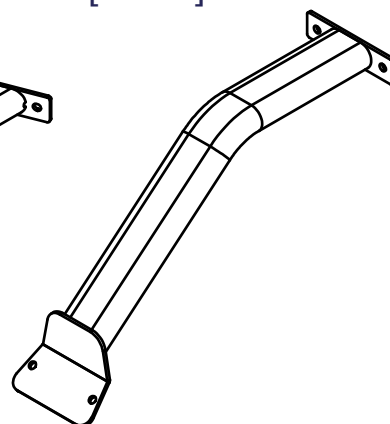
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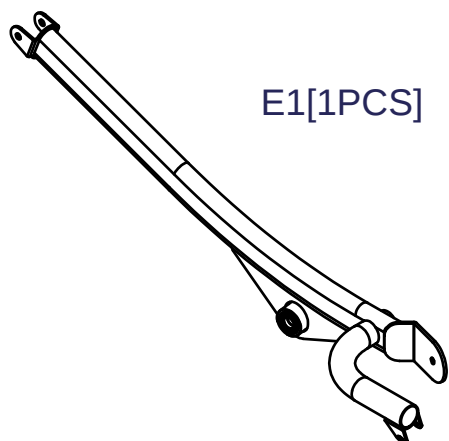
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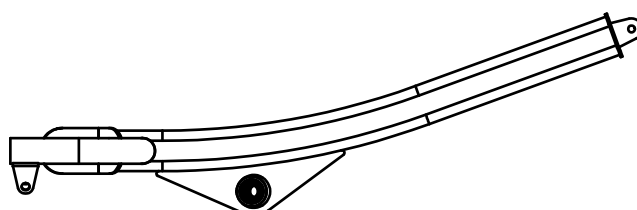
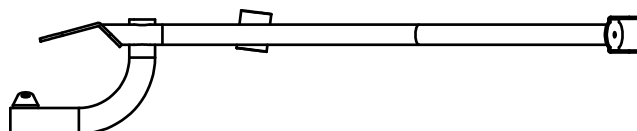
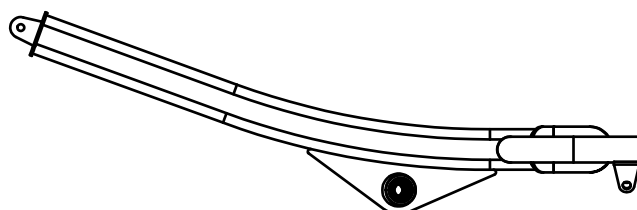
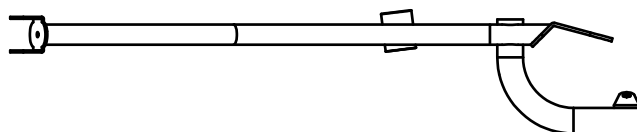
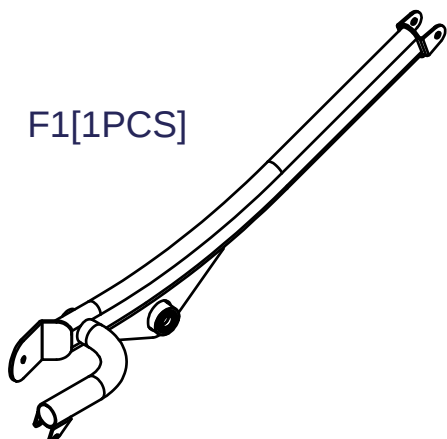
C[1PCS]



E1[1PCS]



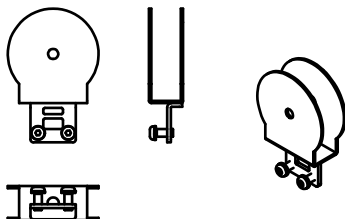
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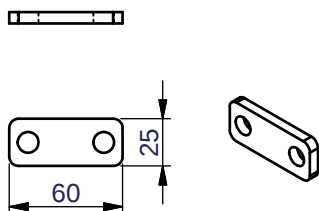
MLM-300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

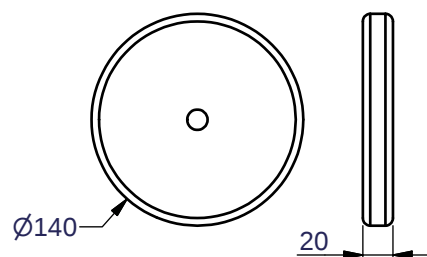
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6640-009



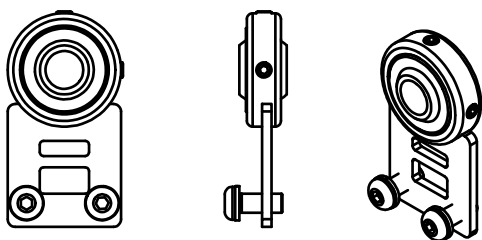
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8311-117
60X25X6T



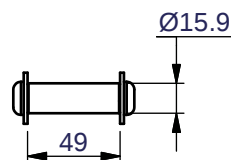
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Ø140X20TXØ13.5



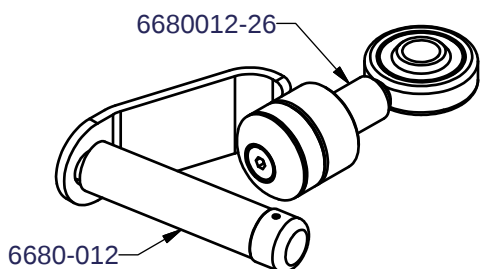
N[2PCS]
6640-010



O[2PCS]
8210-155
Ø5/8"x49L



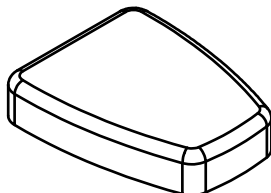
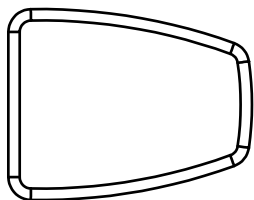
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6680-011



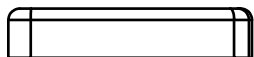
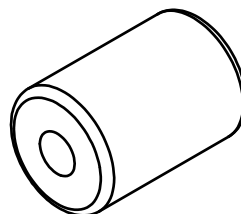
MLM-300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

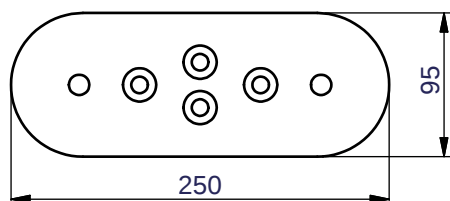
Q[1PCS]
9121-070



R1[2PCS]
9161-078



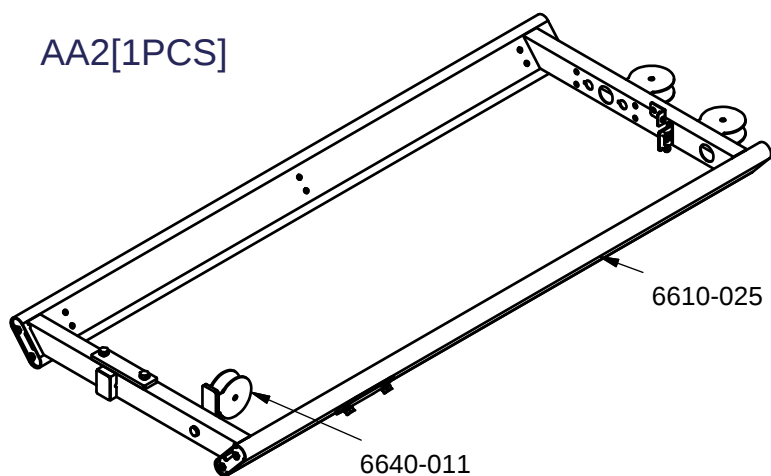
S[1PCS]
8313-144
95X6TX250



MLM-300 ASSEMBLY INSTRUCTIONS

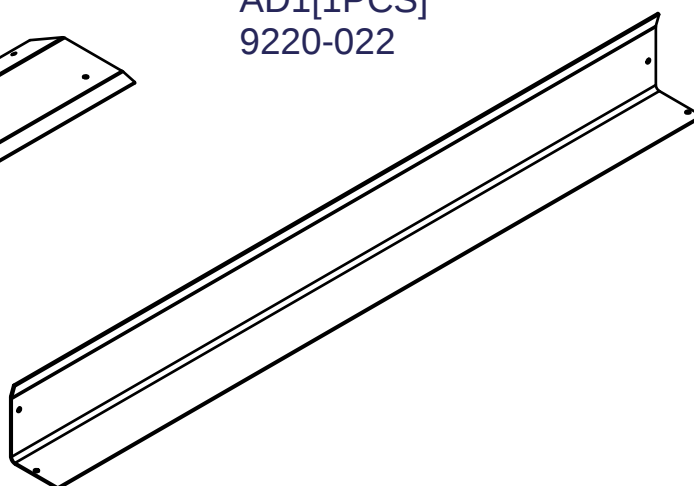
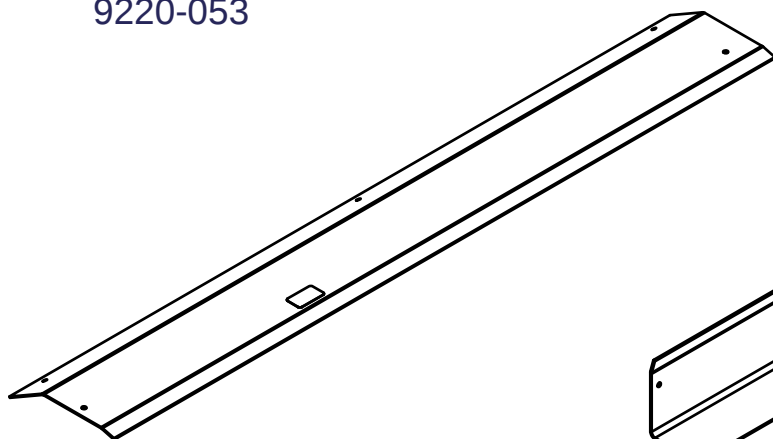
DOOR FRAME PARTS ILLUSTRATION SHEET

AA2[1PCS]



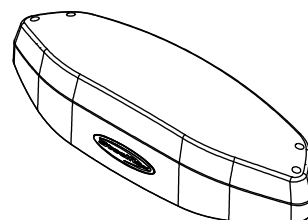
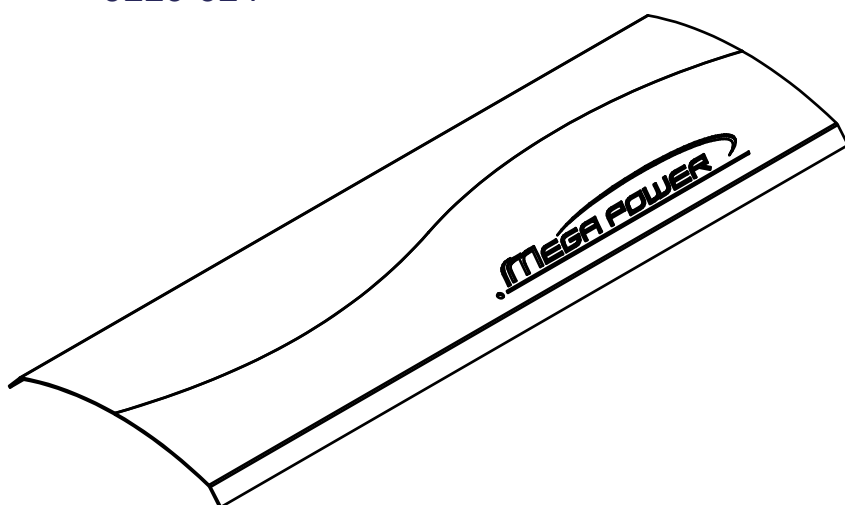
AC2[1PCS]
9220-053

AD1[1PCS]
9220-022



AE1[1PCS]
9220-024

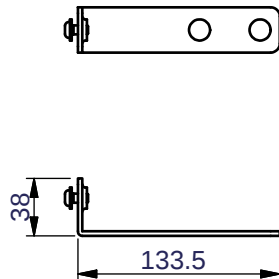
AF[1PCS]
9211-148



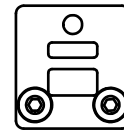
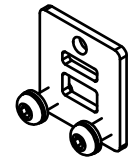
MLM-300 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

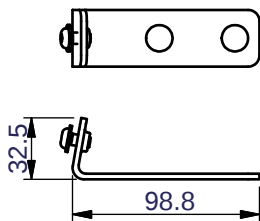
AH[4PCS]
8331-057



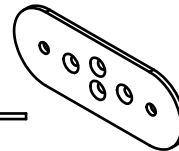
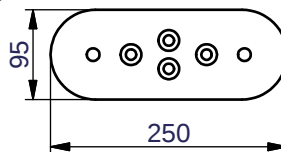
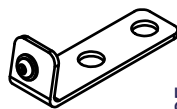
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8313-169



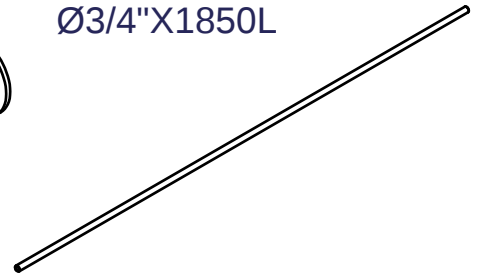
AJ[2PCS]
8331-058



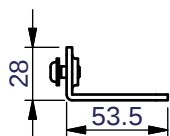
AK[2PCS]
8313-144



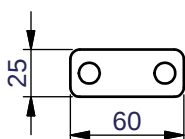
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8280-043
Ø3/4"X1850L



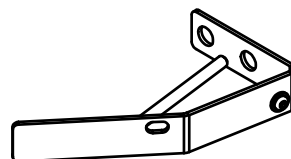
AM[1PCS]
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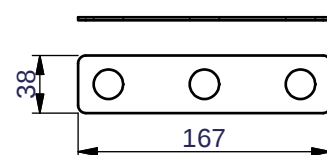
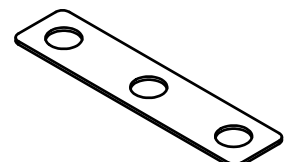
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8311-117



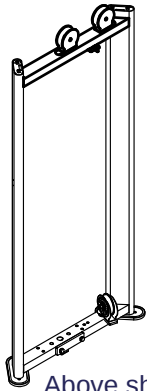
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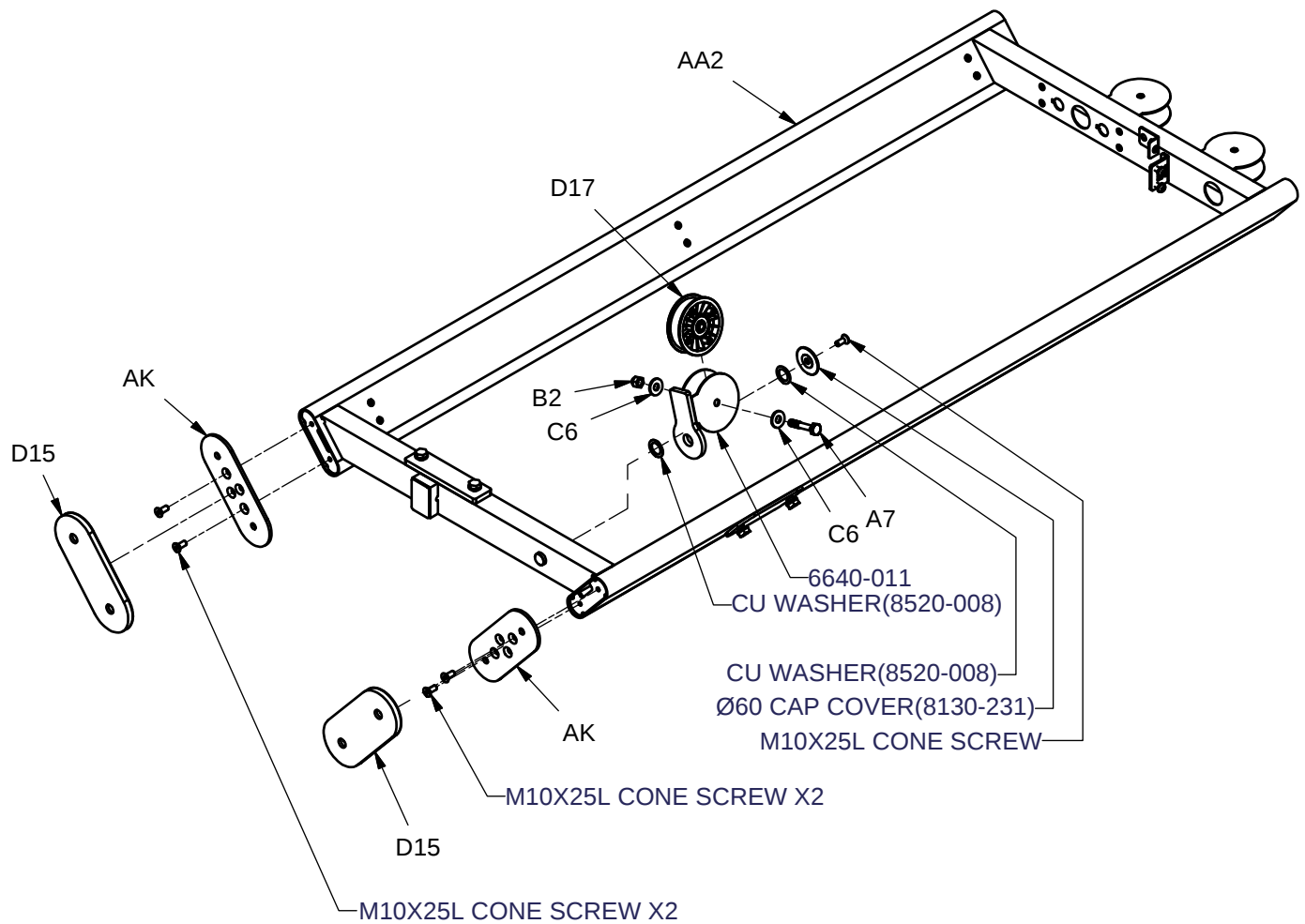
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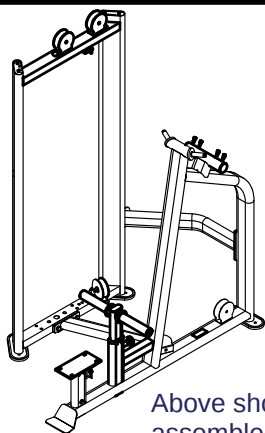
MLM-300 ASSEMBLY INSTRUCTIONS



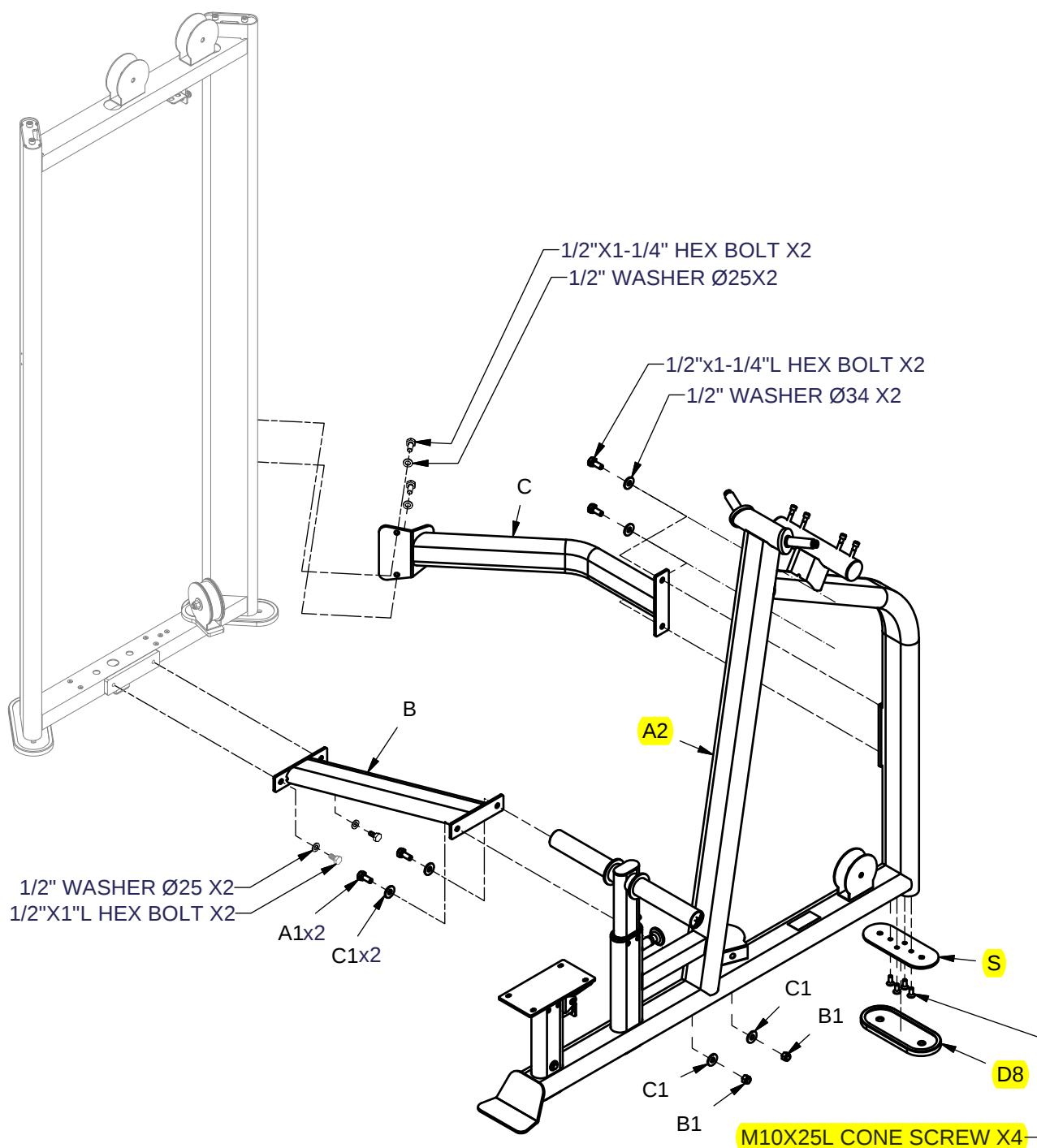
Above shows STEP 1
assembled and completed



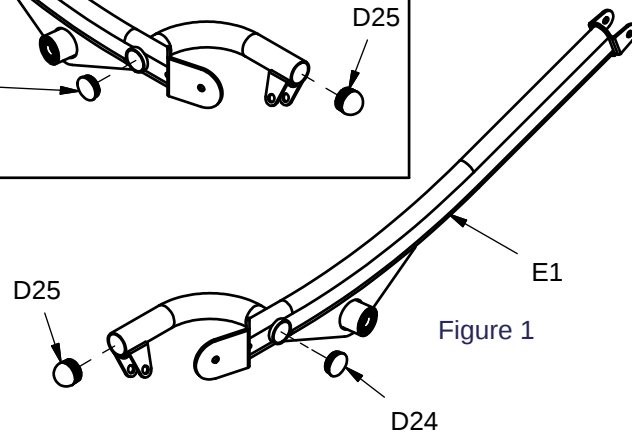
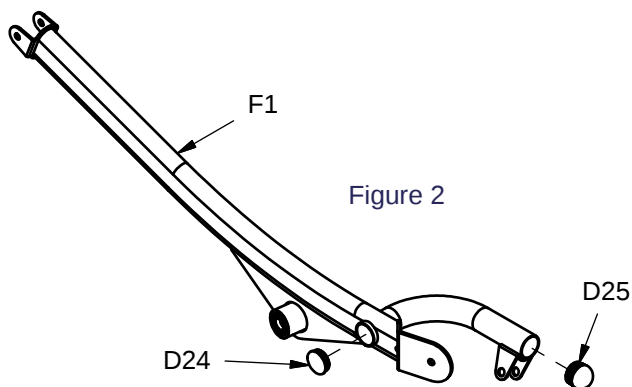
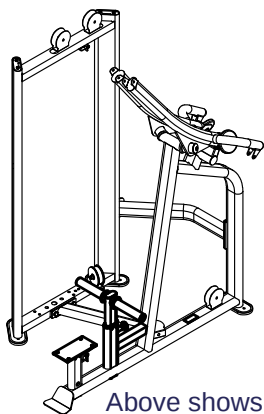
MLM-300 ASSEMBLY INSTRUCTIONS



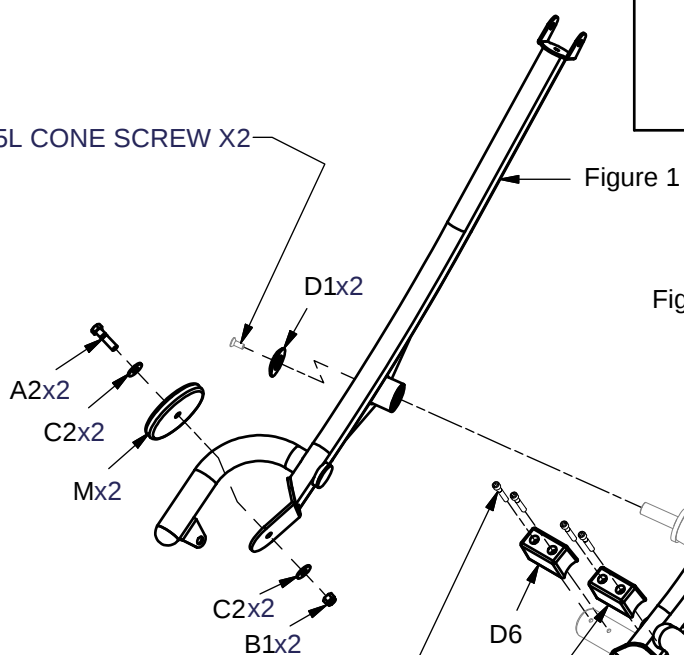
Above shows STEP 2
assembled and completed



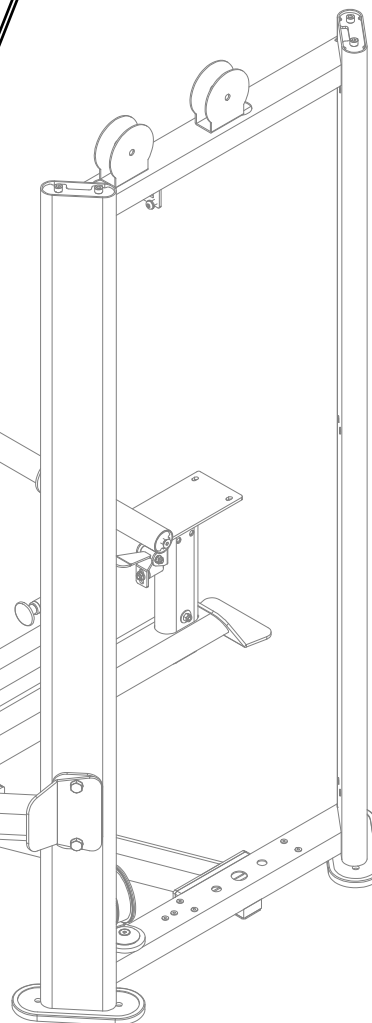
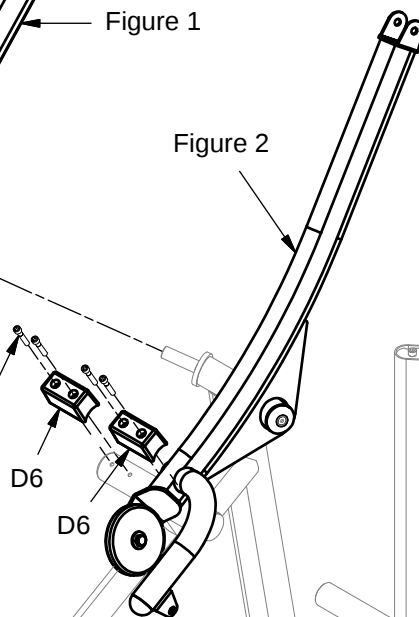
MLM-300 ASSEMBLY INSTRUCTIONS



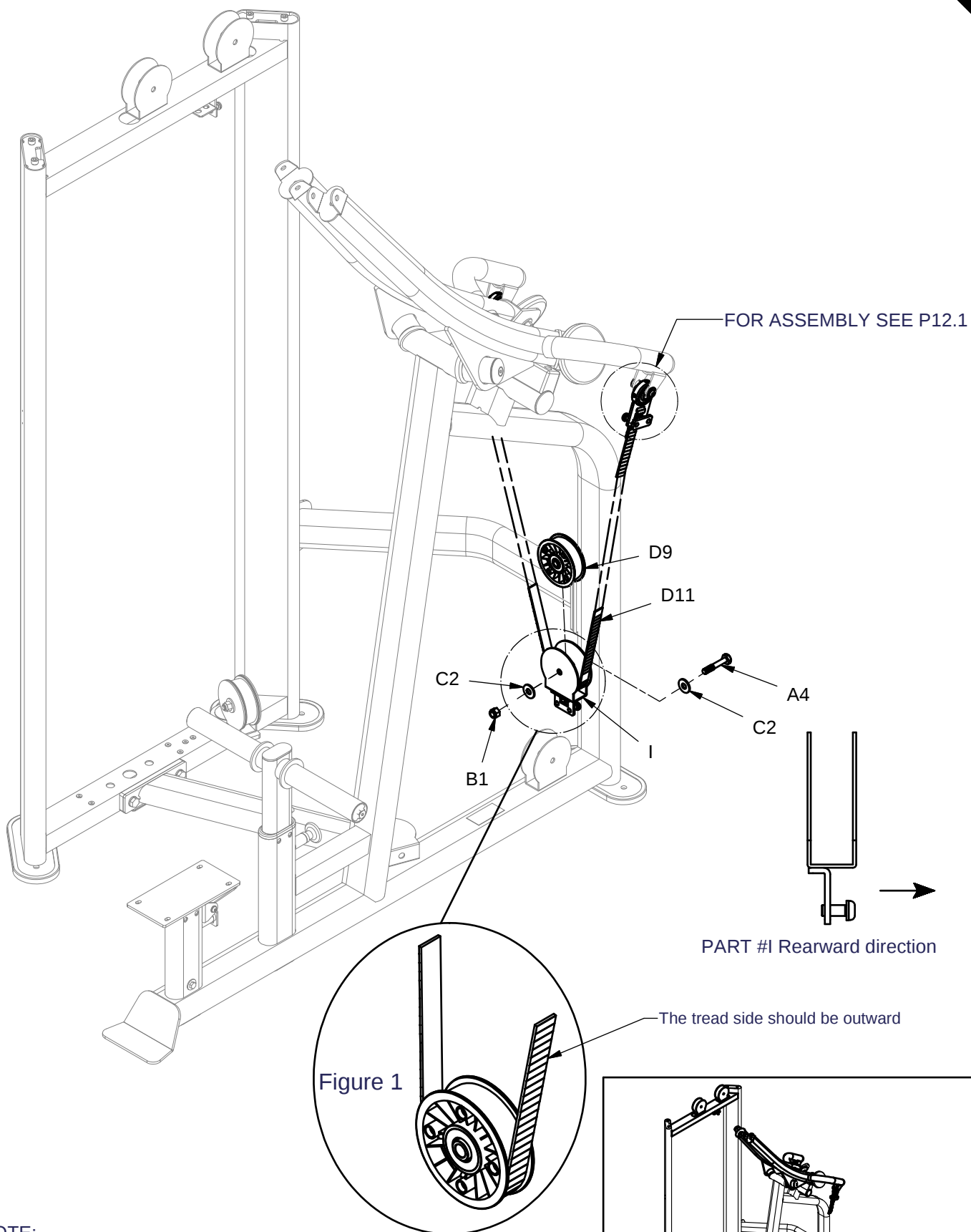
M10X25L CONE SCREW X2



3/8"X2"L ROUND ALLEN HEAD X4

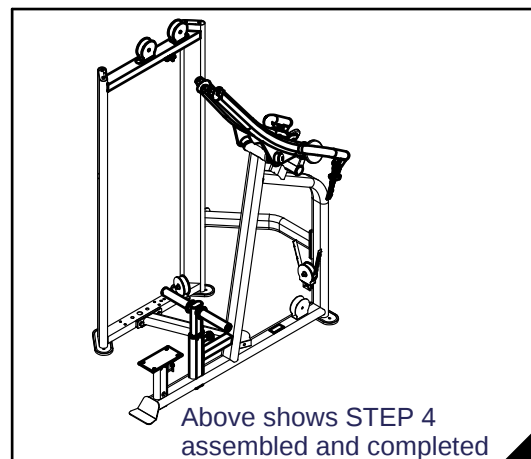


MLM-300 ASSEMBLY INSTRUCTIONS



NOTE:

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



MLM-300 ASSEMBLY INSTRUCTIONS

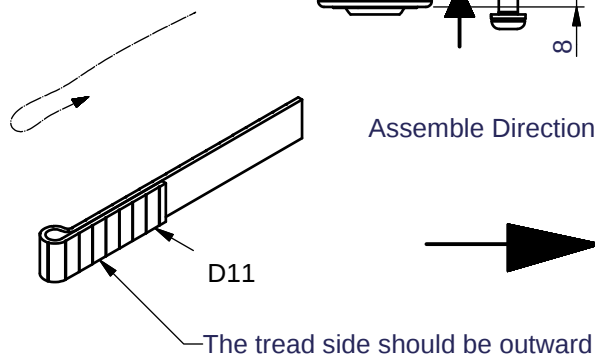
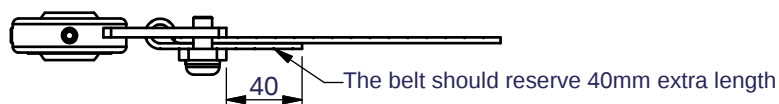
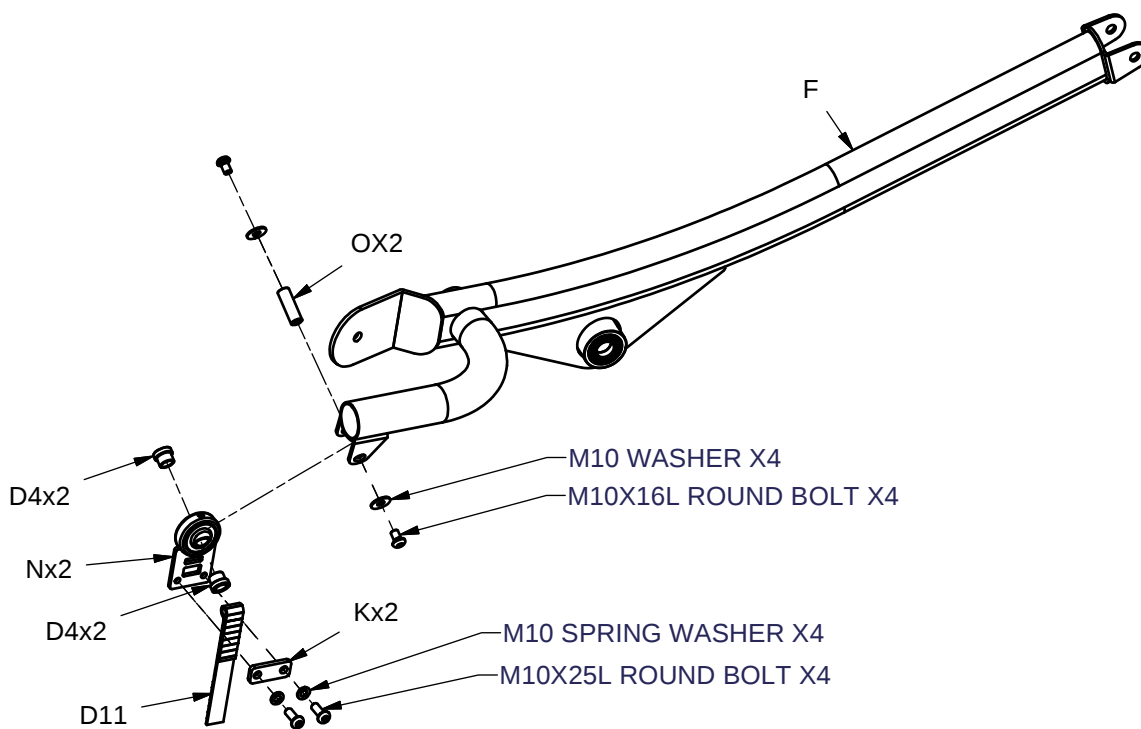


Figure 2

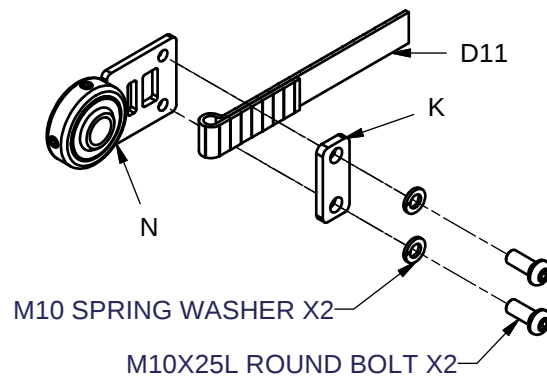
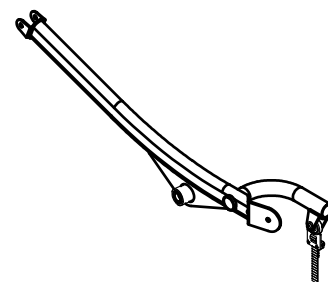


Figure 3

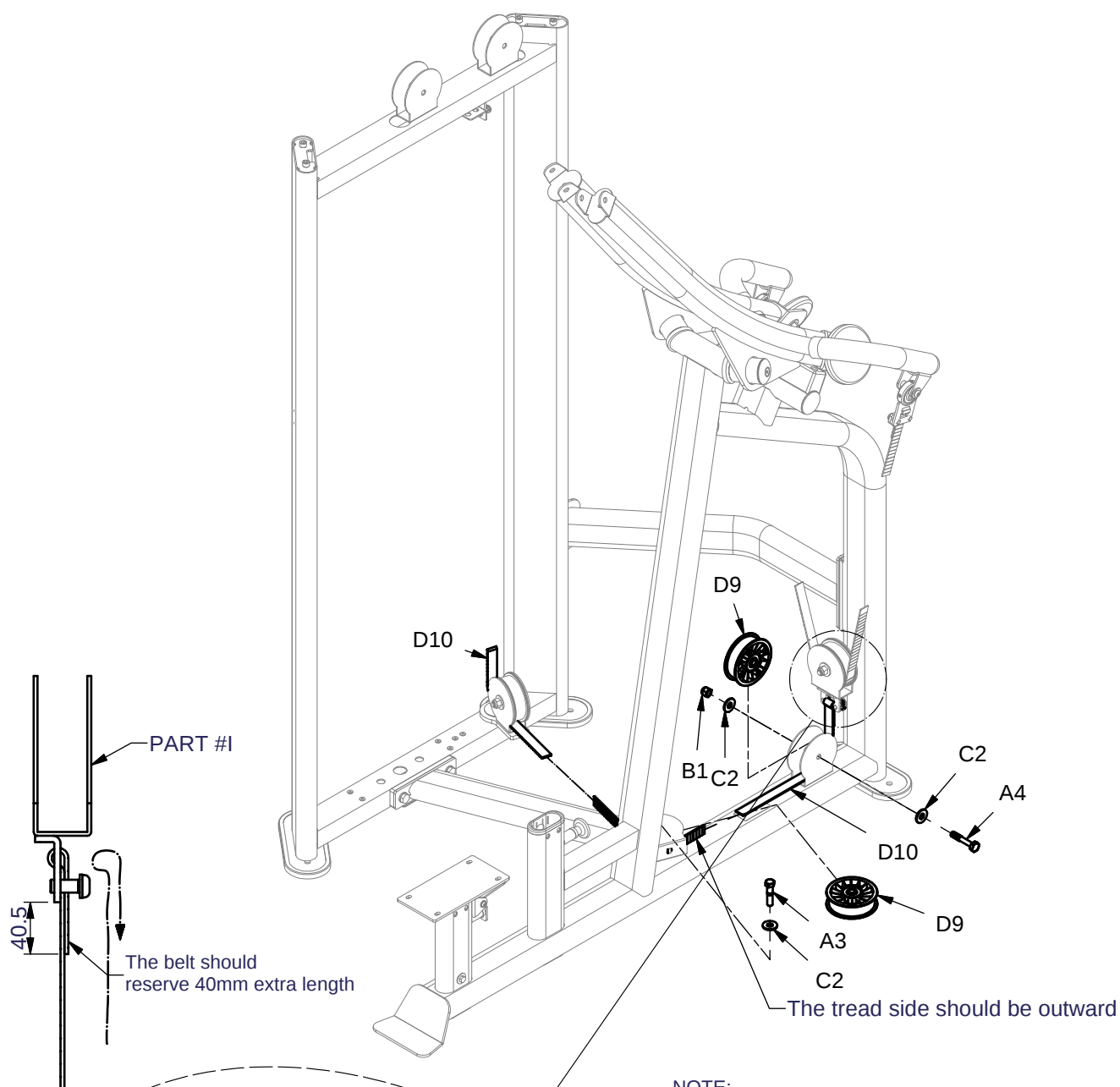
NOTE:

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



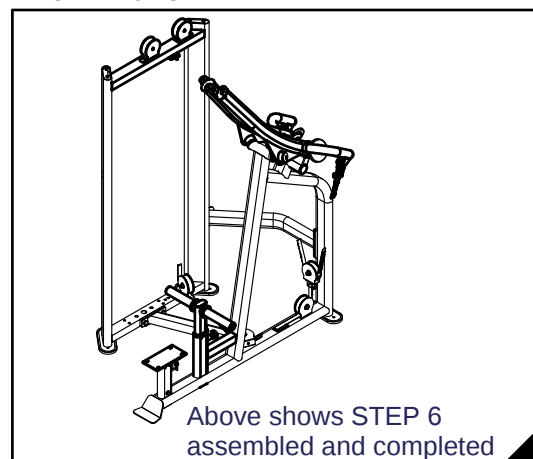
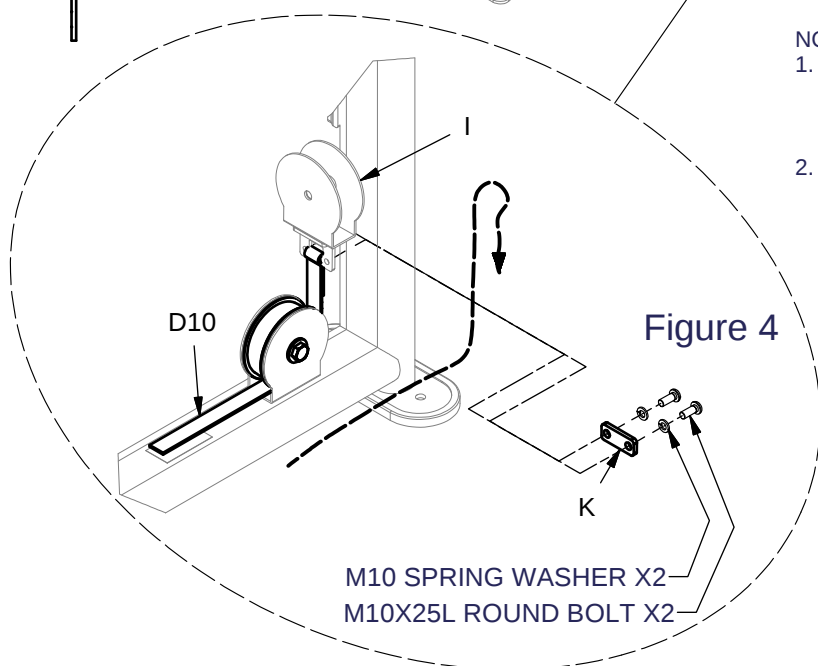
Above shows STEP 5 assembled and completed

MLM-300 ASSEMBLY INSTRUCTIONS

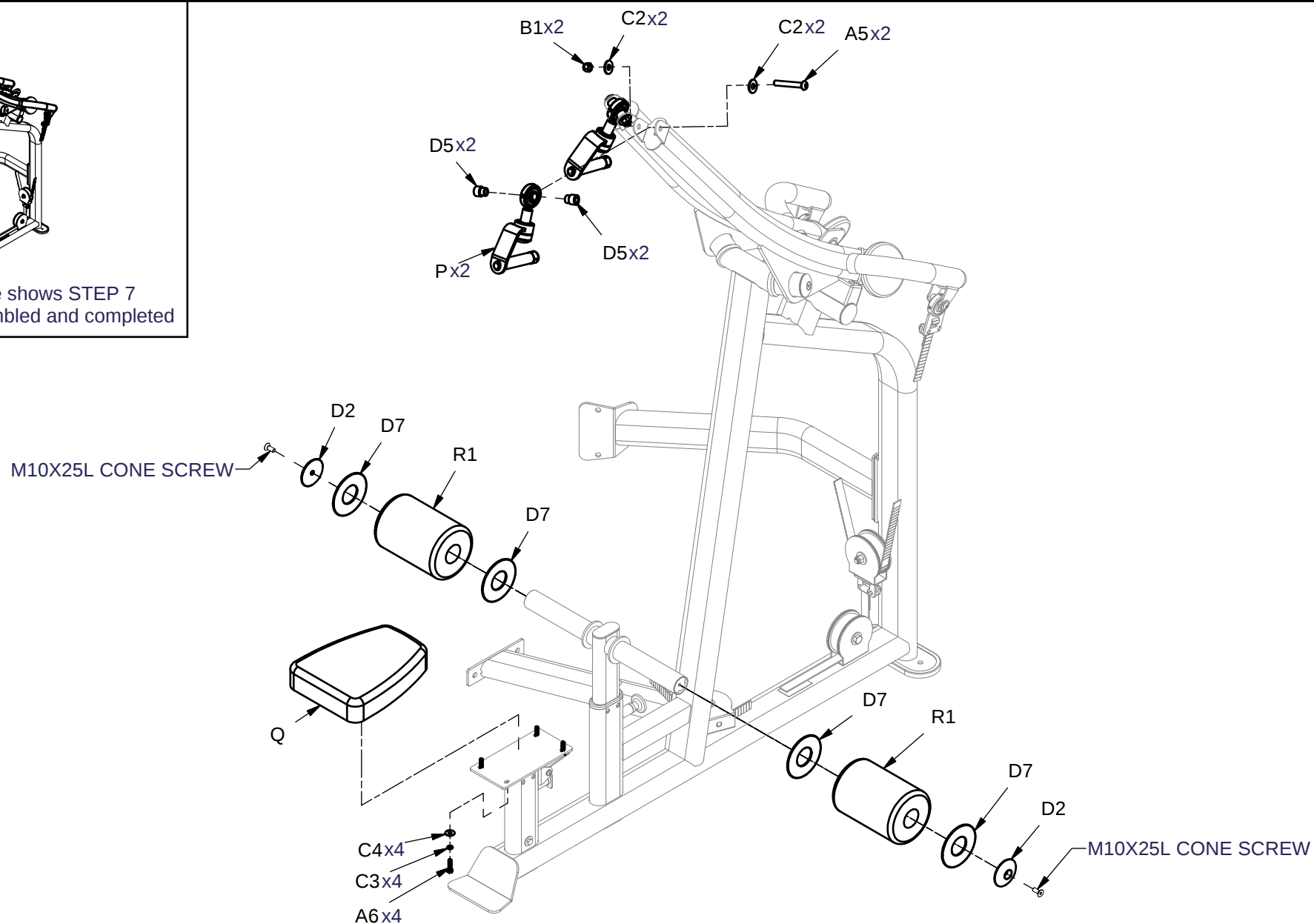
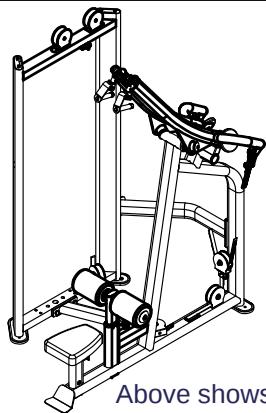


NOTE:

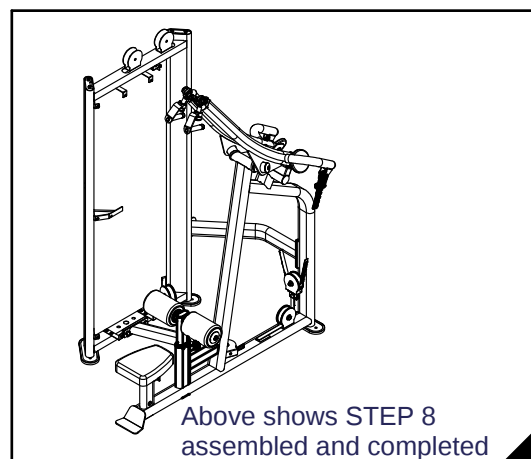
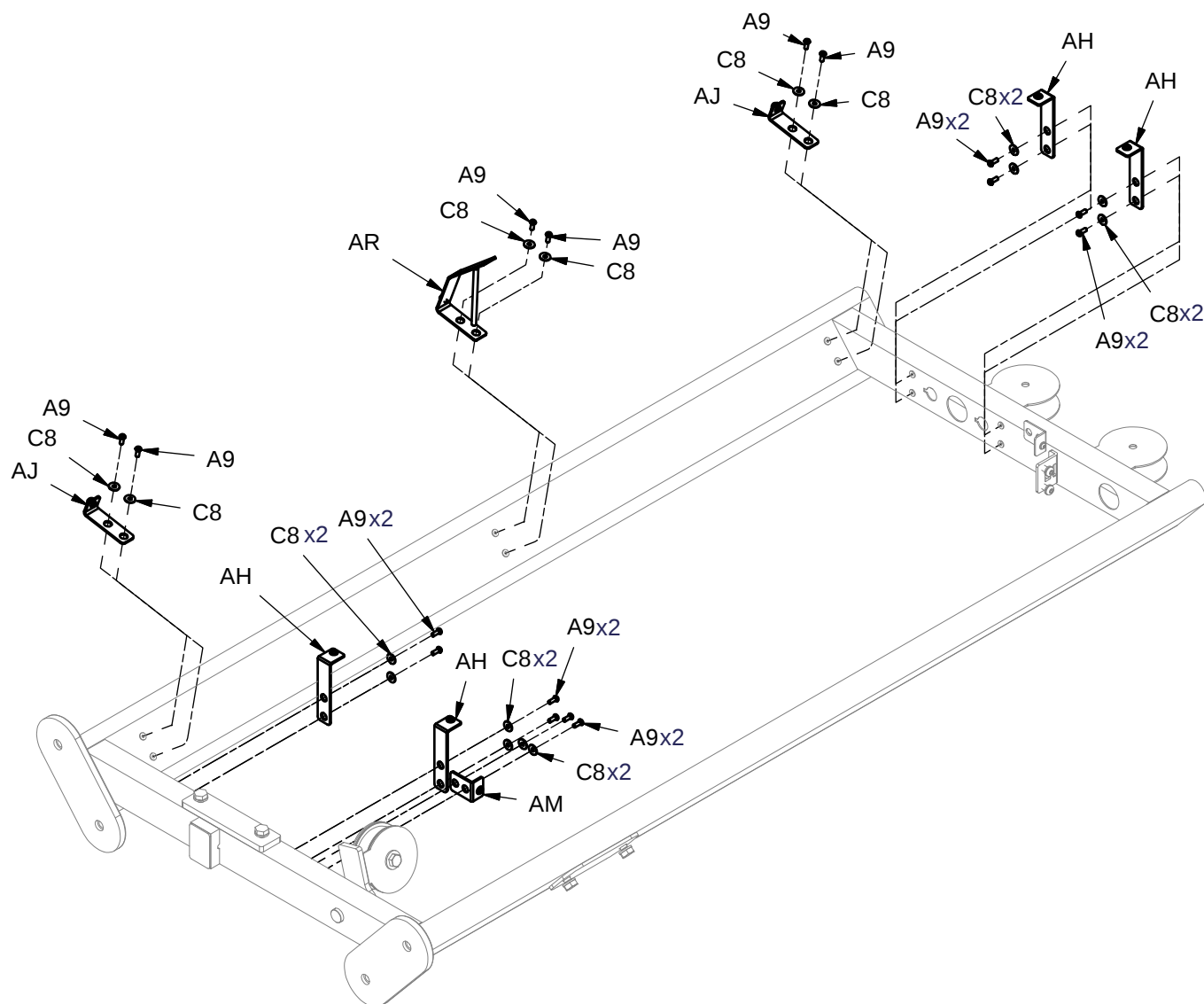
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (N)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (K) DO NOT EXCEED 70 PSI



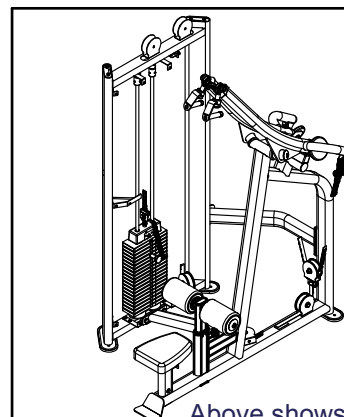
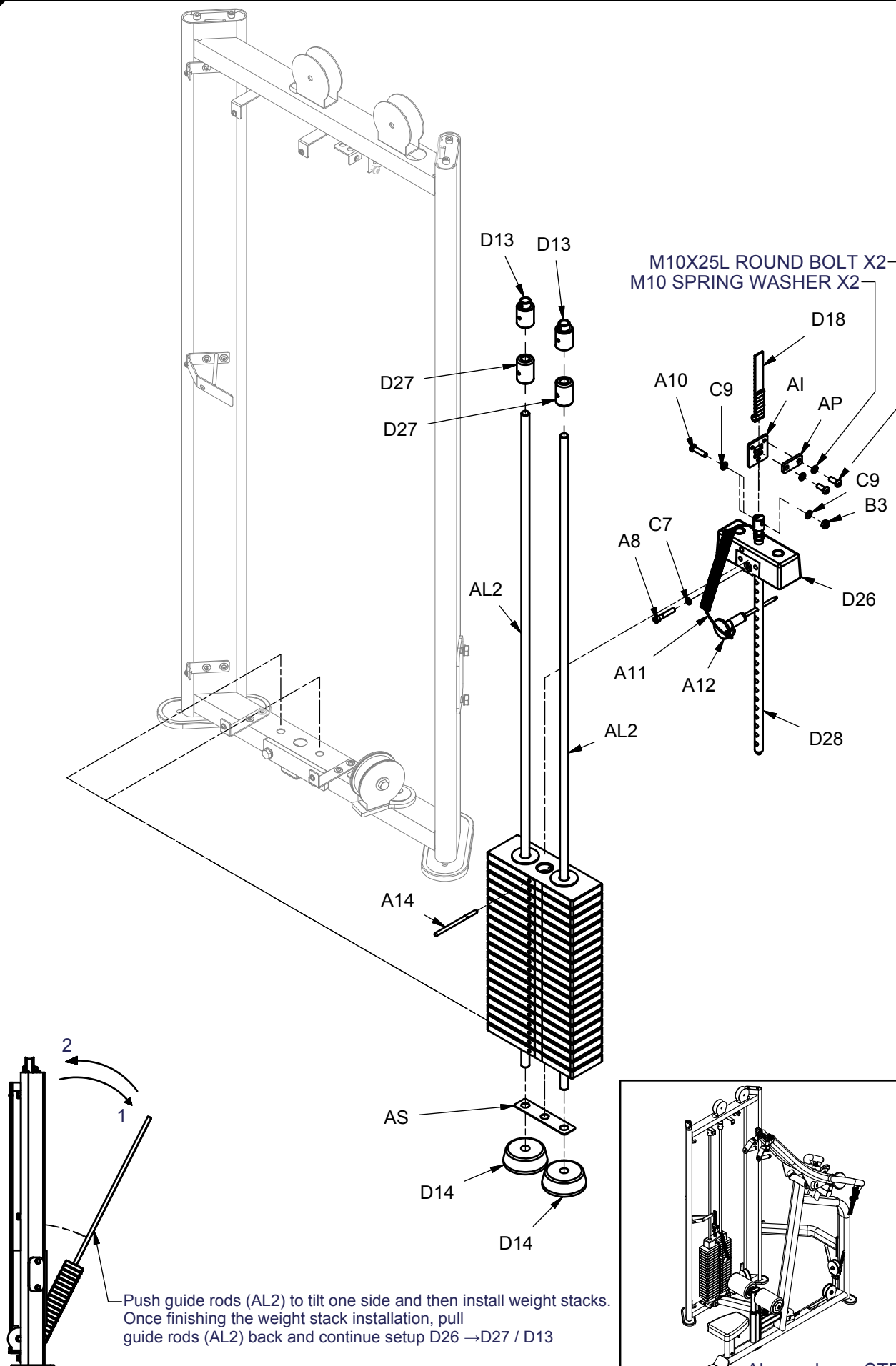
MLM-300 ASSEMBLY INSTRUCTIONS



MLM-300 ASSEMBLY INSTRUCTIONS

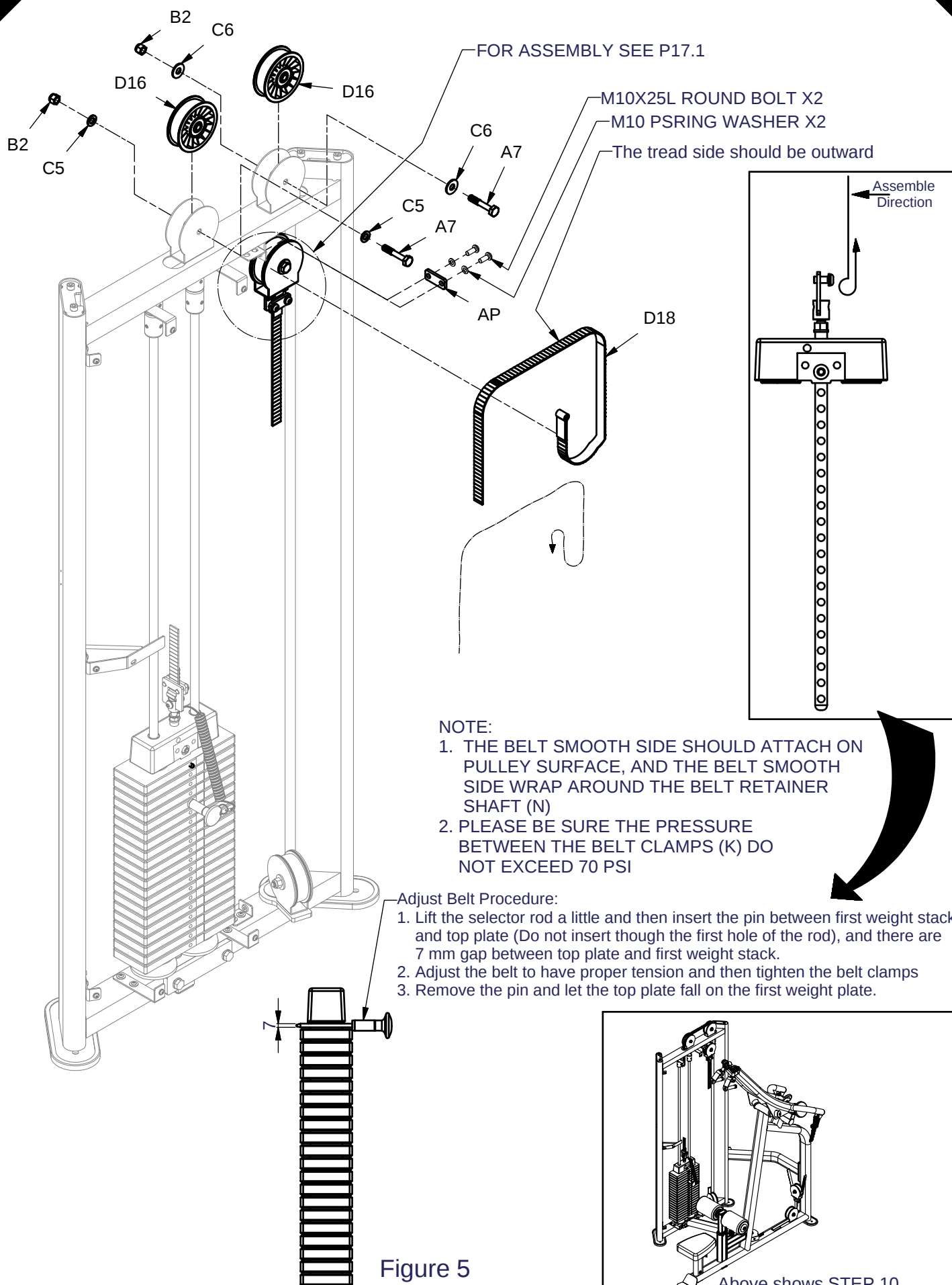


MLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

MLM-300 ASSEMBLY INSTRUCTIONS



MLM-300 ASSEMBLY INSTRUCTIONS

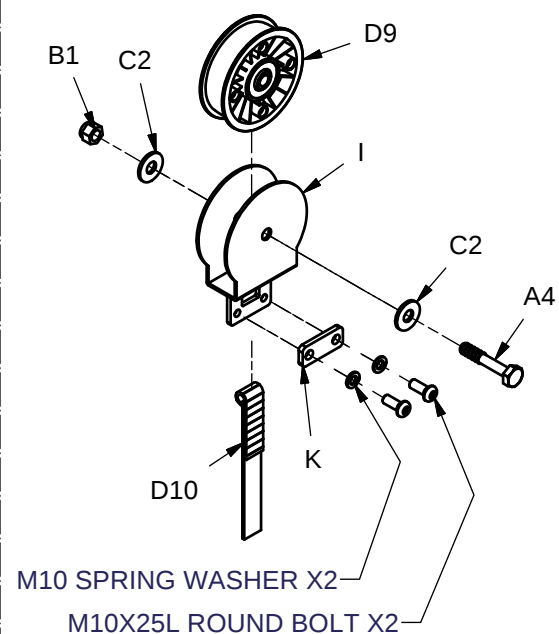
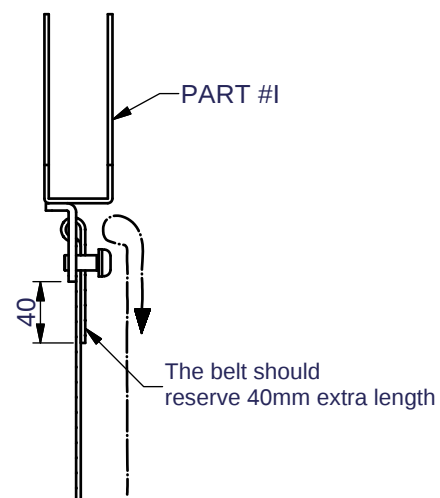
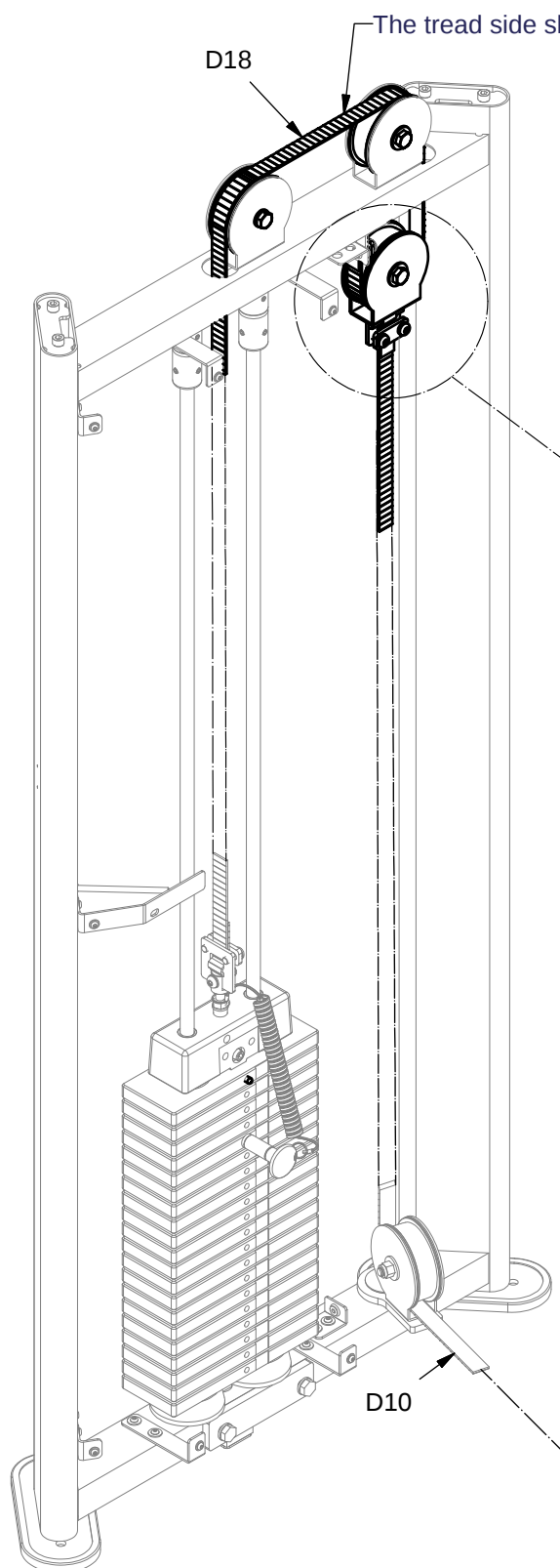
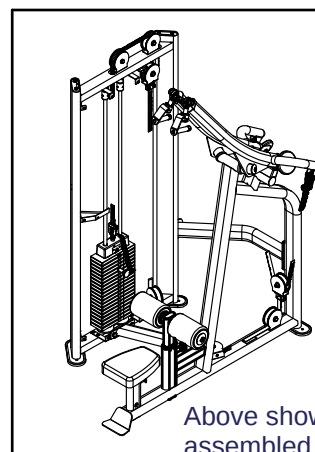


Figure 6



Above shows STEP 11
assembled and completed

MLM-300 ASSEMBLY INSTRUCTIONS

M6X12L ROUND BOLT X5
M6 WASHER Ø14 X5

AC2

D12

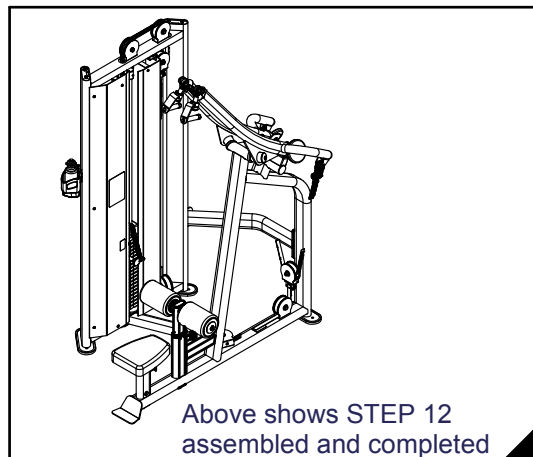
Post location

15

933.5

AD1

M6X12L ROUND BOLT X4
M6 WASHER Ø14X4



MLM-300 ASSEMBLY INSTRUCTIONS

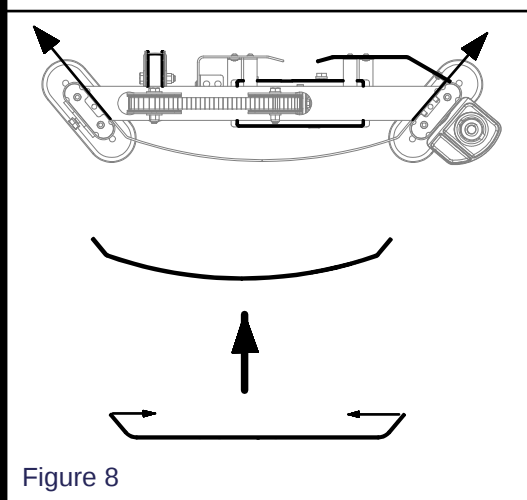
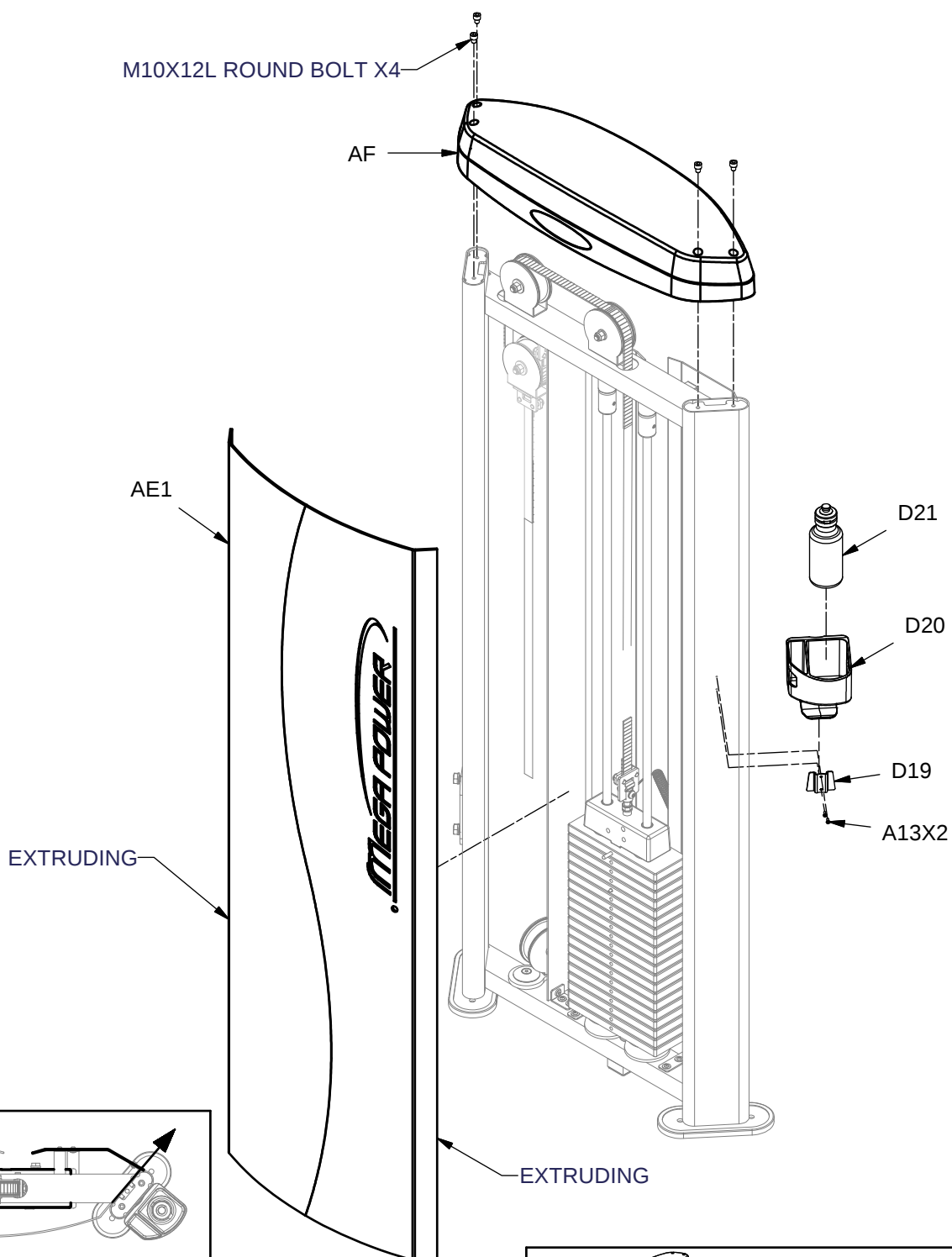
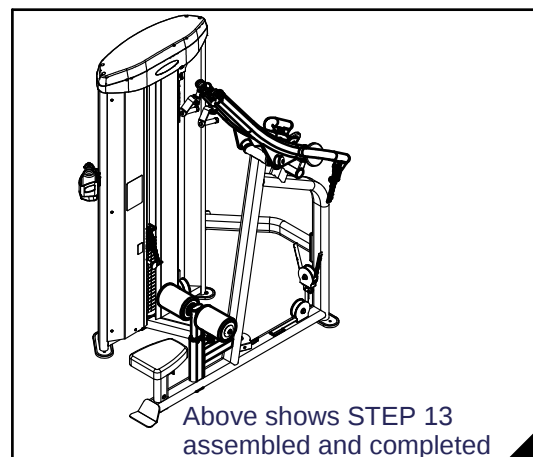


Figure 8

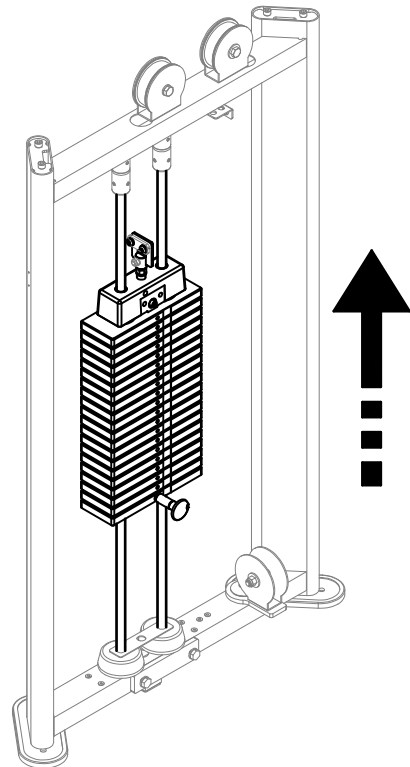
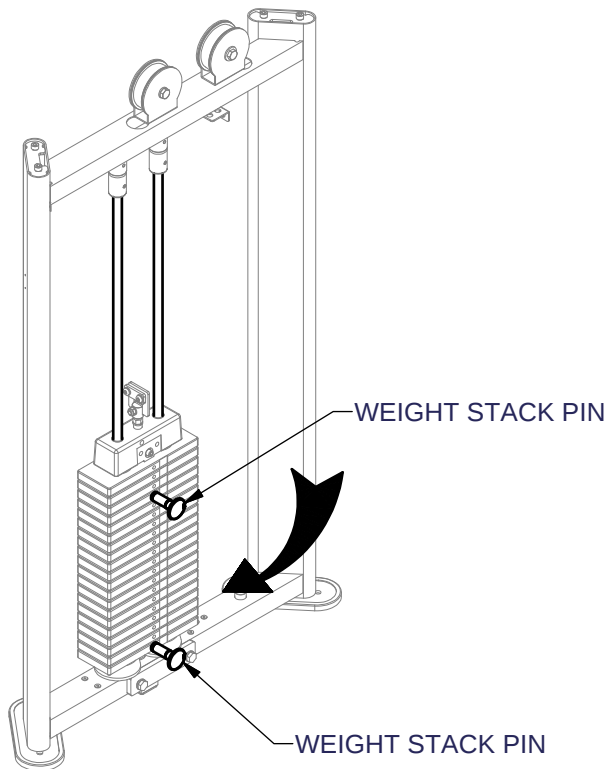
Note: When installing the shroud (AE1), push both sides of the shroud toward center in order to bend it a little. After insert it to the door frame and then releasing it. The shroud will be locked on the door frame.



Above shows STEP 13 assembled and completed

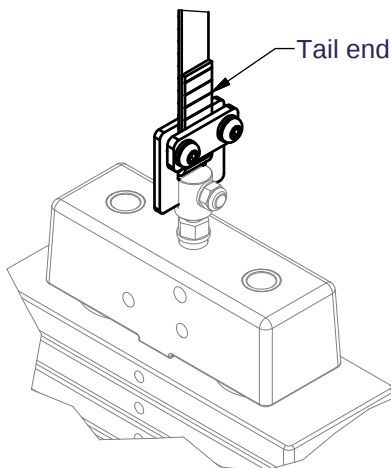
ASSEMBLY INSTRUCTIONS

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.

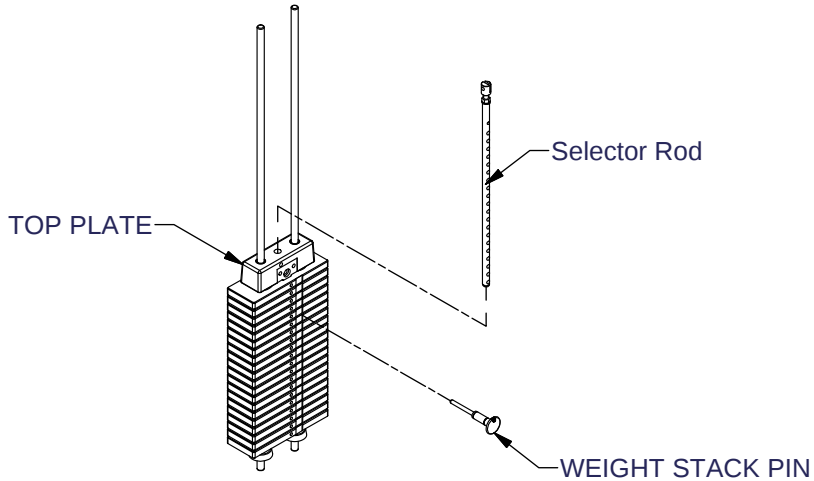
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

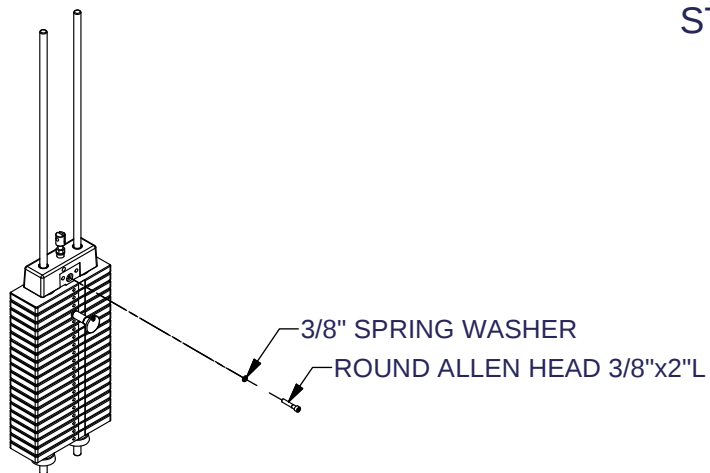
STEP 1



Step 1

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

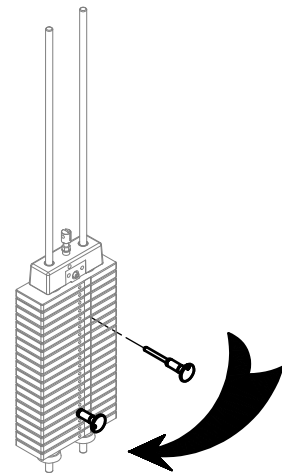
STEP 2



Step 2

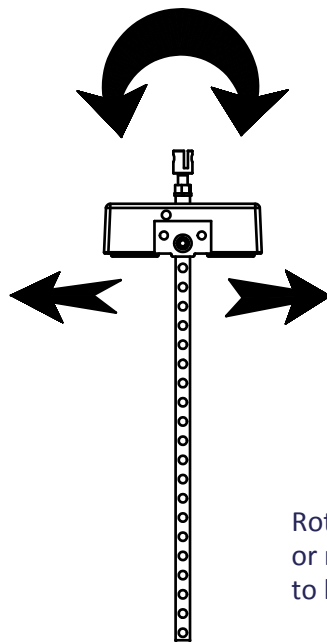
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



Step 3

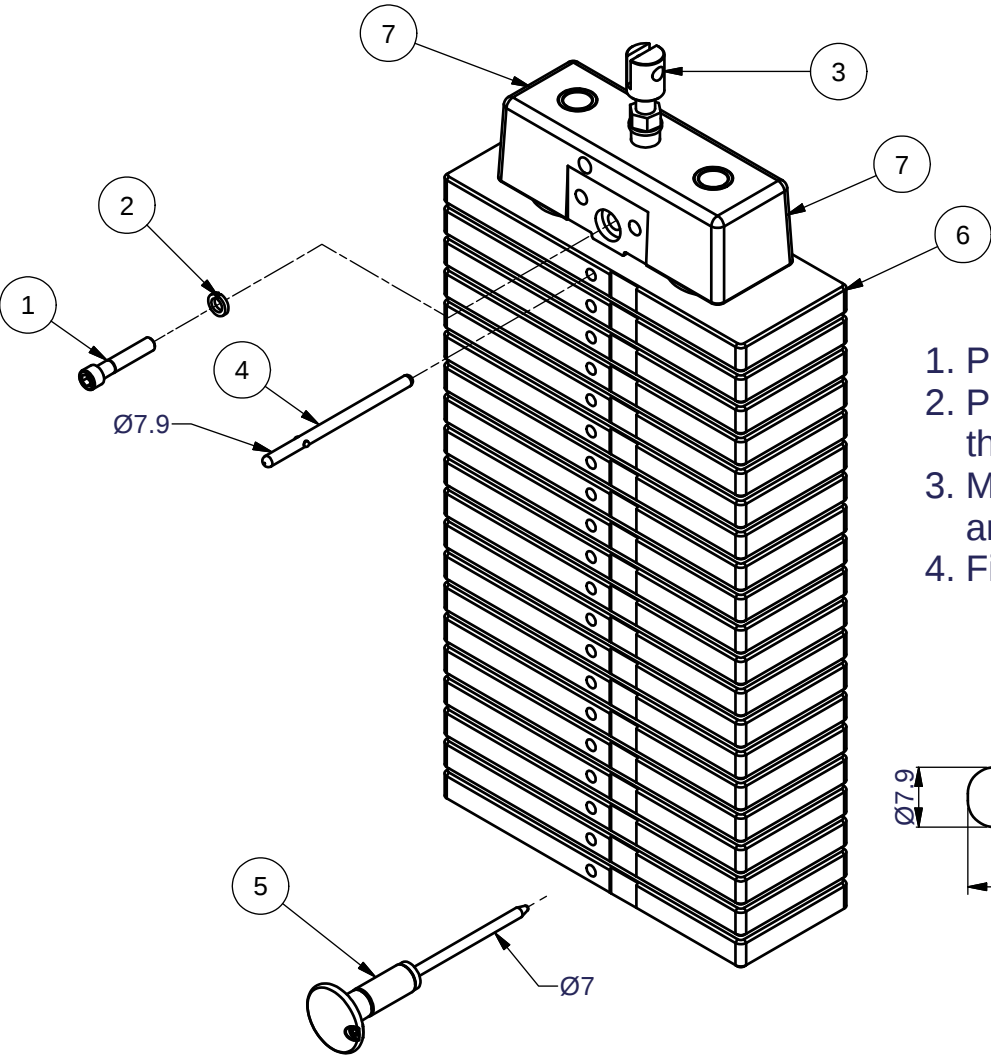
Place the selector pin to each weight plate
(5,10,15,20...) to check the smoothness.



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.

