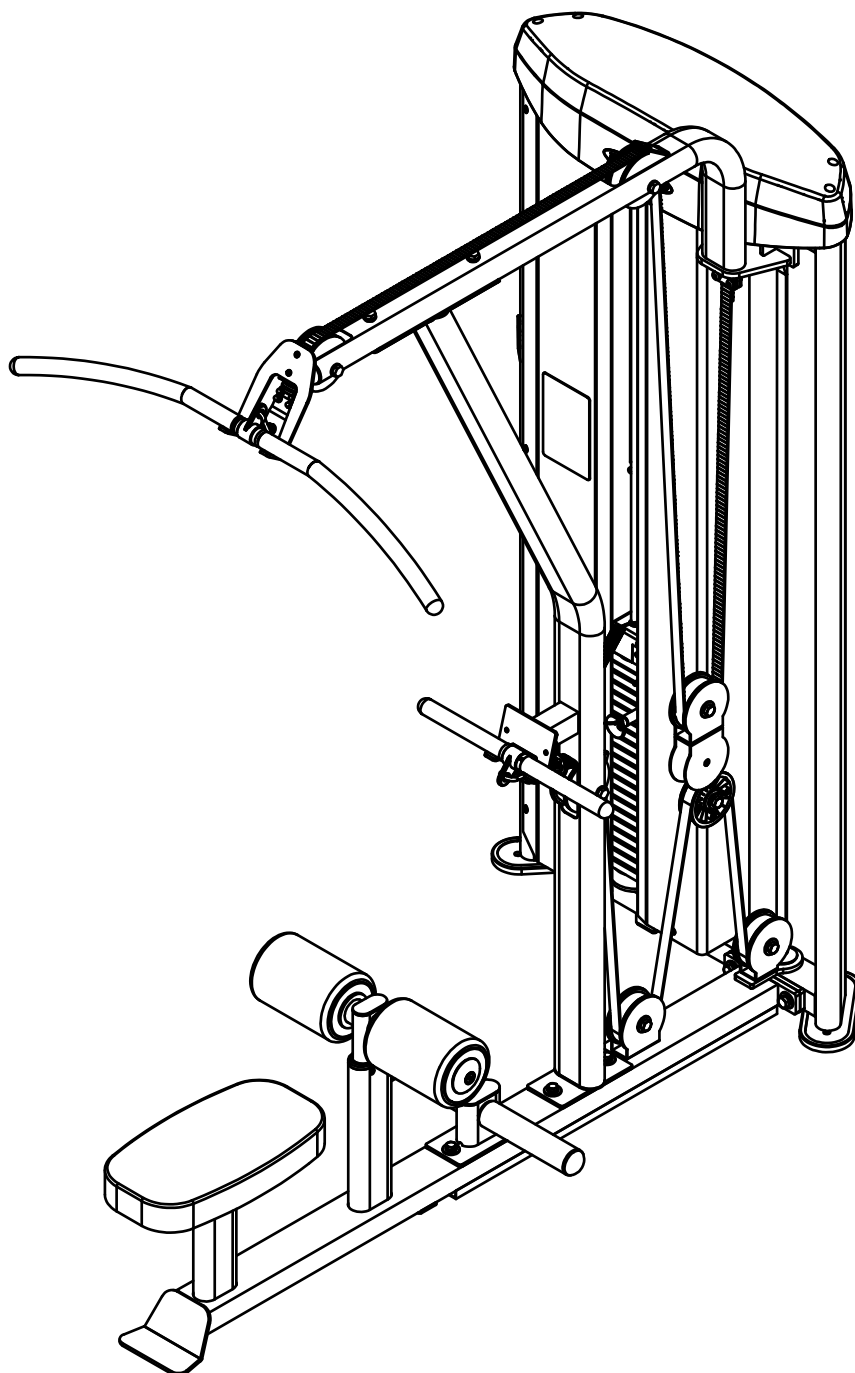


MEGA POWER



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

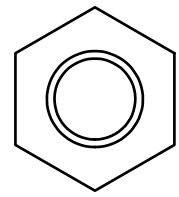
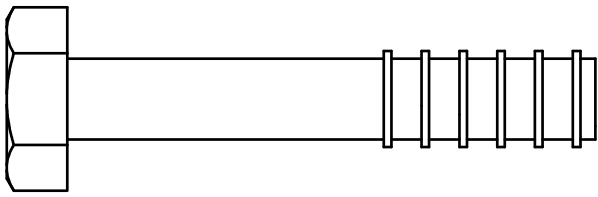
Fax: 886-2-27229750

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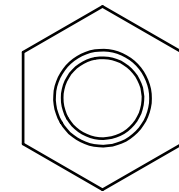
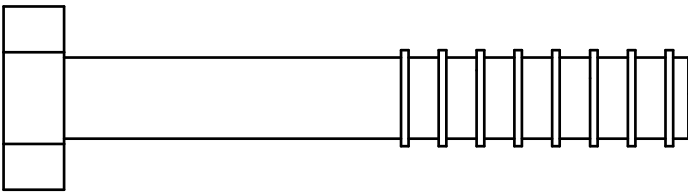
MLM300B.2 OWNER'S MANUAL

MLM300B ASSEMBLY INSTRUCTIONS

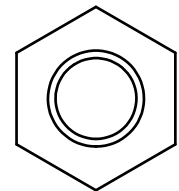
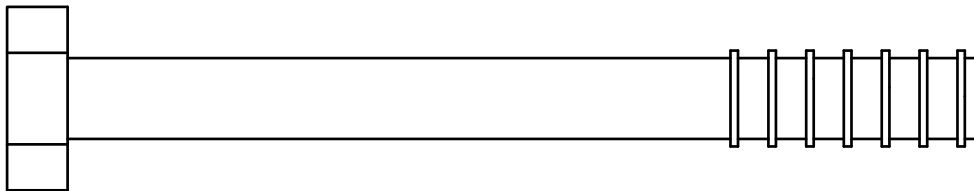
HARDWARE ILLUSTRATION



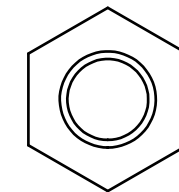
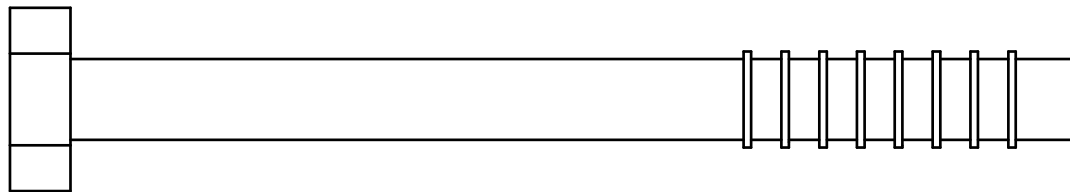
(A1)HEX BOLT 1/2"X2-3/4"L PARTIAL THREAD QTY.3



(A2)HEX BOLT 1/2"X3-1/4"L PARTIAL THREAD QTY.2



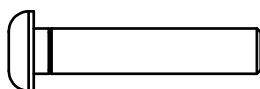
(A3)HEX BOLT 1/2"X4-3/4"L PARTIAL THREAD QTY.2



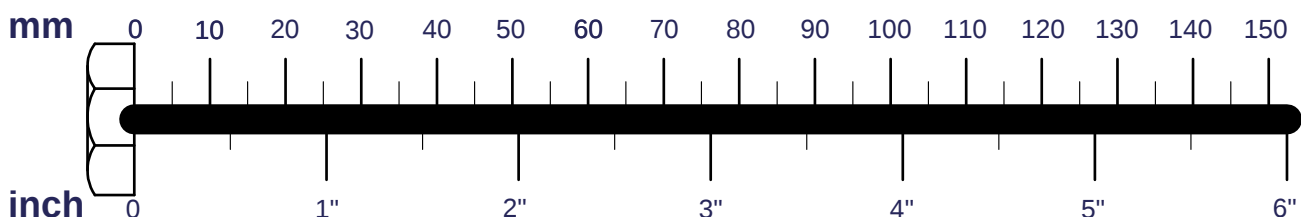
(A4)HEX BOLT 1/2"X5-1/4"L PARTIAL THREAD QTY.1



(A5) CONE SCREW M5X8L PARTIAL THREAD QTY.2

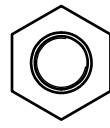
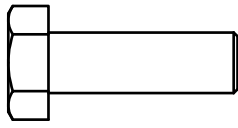


(A6)ROUND ALLEN HEAD M6X30L PARTIAL THREAD QTY.8

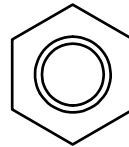
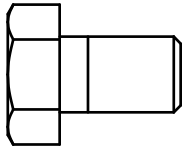


MLM300B ASSEMBLY INSTRUCTIONS

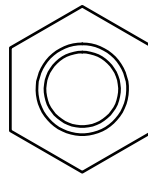
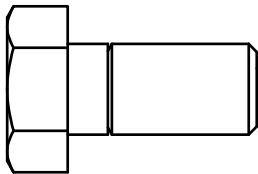
HARDWARE ILLUSTRATION



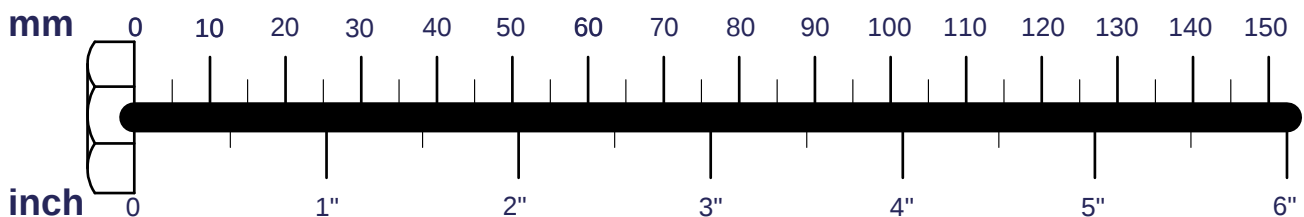
(A7)HEX BOLT M8X25L PARTIAL THREAD QTY.4



(A8)HEX BOLT M10X16L PARTIAL THREAD QTY.2

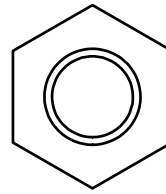
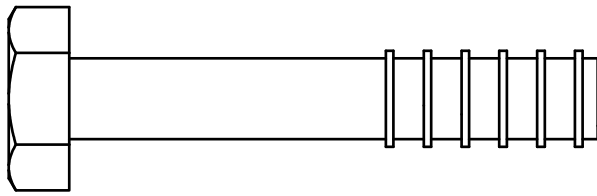


(A10)HEX BOLT M12X25L PARTIAL THREAD QTY.4

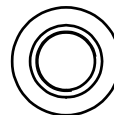
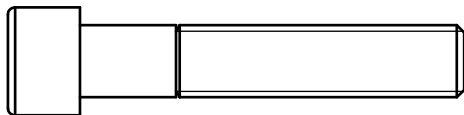


MLM300B ASSEMBLY INSTRUCTIONS

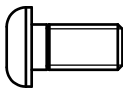
DOOR FRAME HARDWARE ILLUSTRATION



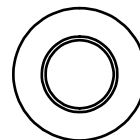
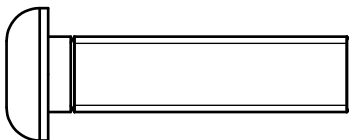
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



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



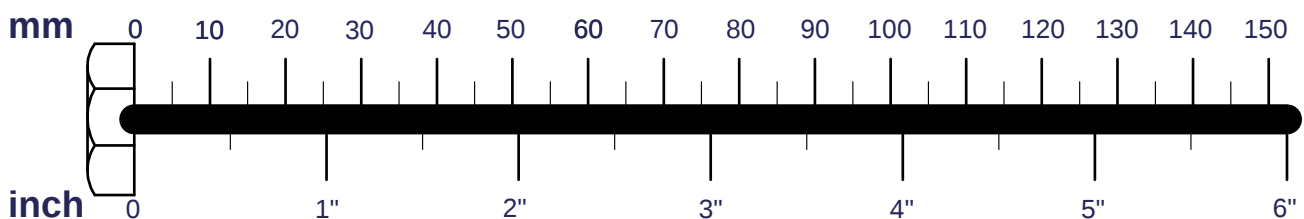
(AA3)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16



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

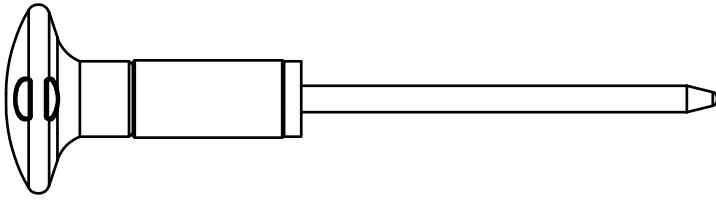


(AA5)ELASTIC BELT (F920003) QTY.1

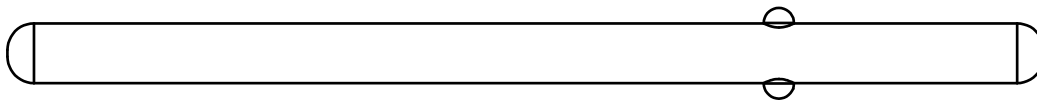


MLM300B ASSEMBLY INSTRUCTIONS

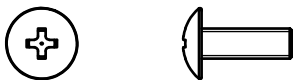
DOOR FRAME HARDWARE ILLUSTRATION



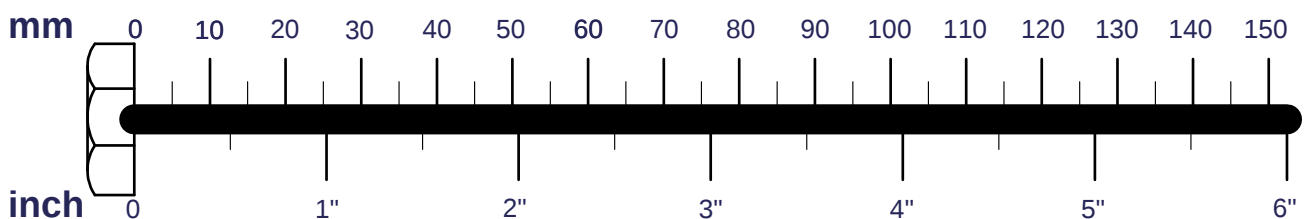
(AA6)10 、 15 、 20LB PIN (8250-162) QTY.1



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

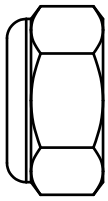


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

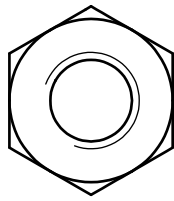


MLM300B ASSEMBLY INSTRUCTIONS

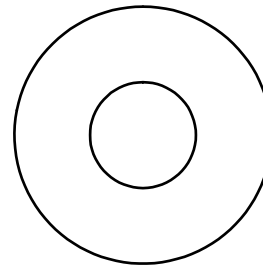
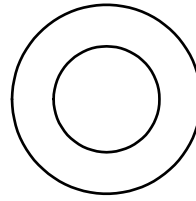
HARDWARE ILLUSTRATION



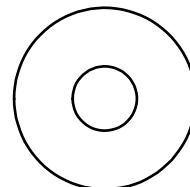
(B1)NYLON LOCK NUT 1/2" QTY.8



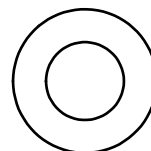
(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.8



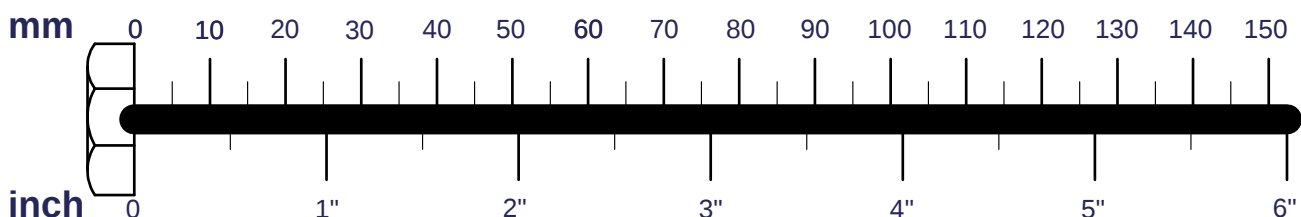
(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.8



(C4)M8(I.D.)FLAT WASHER Ø24 QTY.4

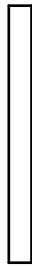
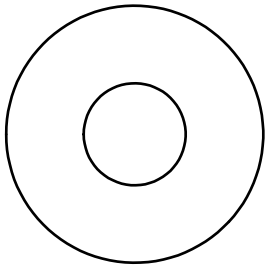


(C5)M10(I.D.)FLAT WASHER Ø19 QTY.2

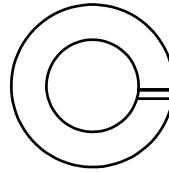


MLM300B ASSEMBLY INSTRUCTIONS

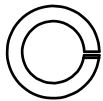
HARDWARE ILLUSTRATION



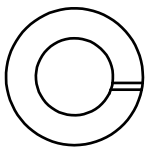
(C6)M12(I.D.)FLAT WASHER Ø34 QTY.4



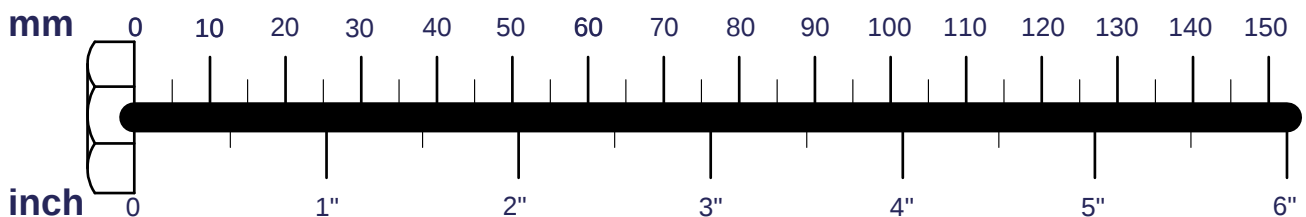
(C10)M12 SPRING WASHER QTY.4



(C8)M8 SPRING WASHER QTY.4

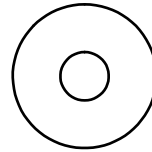
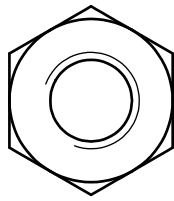
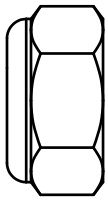


(C9)M10 SPRING WASHER QTY.2

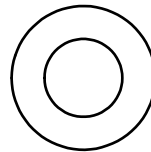
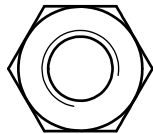
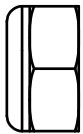


MLM300B ASSEMBLY INSTRUCTIONS

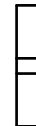
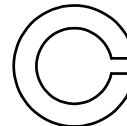
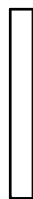
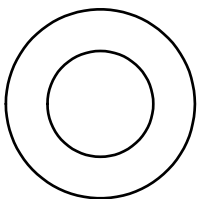
DOOR FRAME HARDWARE ILLUSTRATION



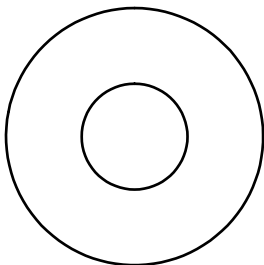
(BB1)NYLON LOCK NUT 1/2" QTY.3 (CC3)M6(I.D.)FLAT WASHER Ø19 QTY.16



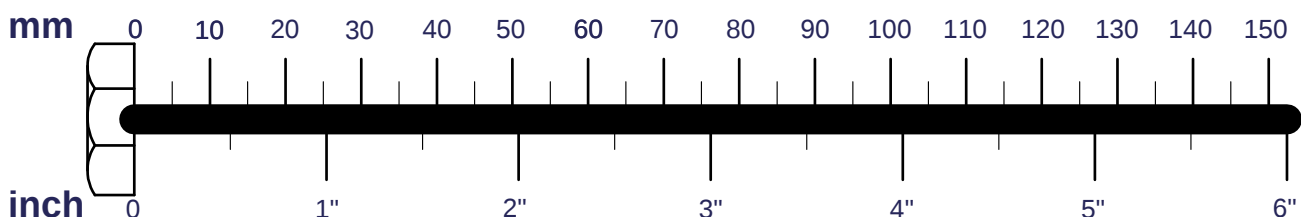
(BB2)NYLON LOCK NUT M10 QTY.1 (CC4)M10(I.D.)FLAT WASHER Ø19 QTY.2



(CC1)1/2"(I.D.)FLAT WASHER Ø25 QTY.2 (CC5) 3/8" SPRING WASHER QTY.1



(CC2)1/2"(I.D.)FLAT WASHER Ø34 QTY.4

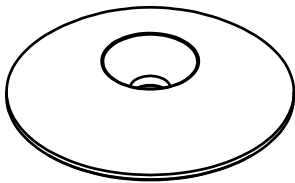


MLM300B ASSEMBLY INSTRUCTIONS

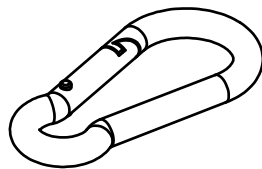
HARDWARE ILLUSTRATION

D1.Ø75 CAP COVER (8130-236)-----	[2PCS]
D3.Ø8 SPRING SNAP LINK (8810-001)-----	[2PCS]
D4.Ø120XØ51X3T NYLON WASHER (9214-039)-----	[4PCS]
D6.EXERCISE CHART (9420-147)-----	[1PCS]
D7.Ø115 PULLEY (9213-042B)-----	[6PCS]
D8.5430mm BELT (FMLM300BA1)-----	[1PCS]
D9.4750mm BELT (FMLM300BB)-----	[1PCS]
D21.20X40 END CAP(9211-008)-----	[2PCS]

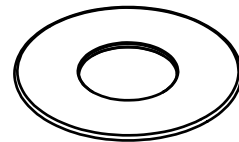
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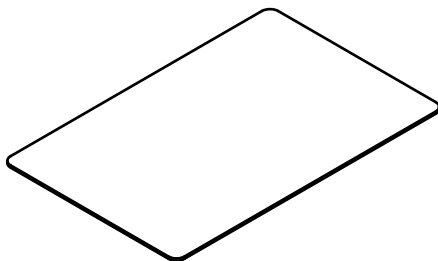
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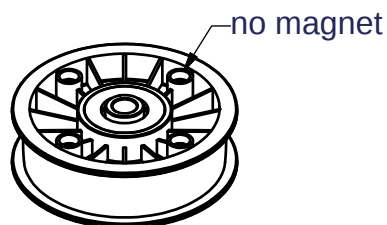
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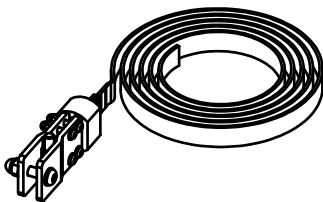
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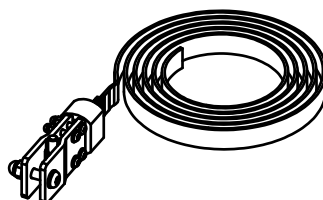
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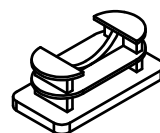
D8



D9



D21

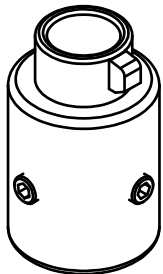


MLM300B ASSEMBLY INSTRUCTIONS

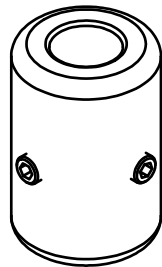
DOOR FRAME HARDWARE ILLUSTRATION

D10.3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D11.3/4" SHAFT COLLAR(9211-167)-----	[2PCS]
D12.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
D13.108X263 RUBBER PAD(9310-075)-----	[2PCS]
D15.Ø115 PULLEY(9213-042B)-----	[3PCS]
D16.BOTTLE BRACKET(8388-025)-----	[1PCS]
D17.BOTTLE RACK(9260-320)-----	[1PCS]
D18.BOTTLE(9260-123)-----	[1PCS]
D19.TOP PLATE(8400-033)-----	[1PCS]
D20.SELECTOR ROD(8210-216C)-----	[1PCS]

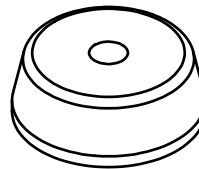
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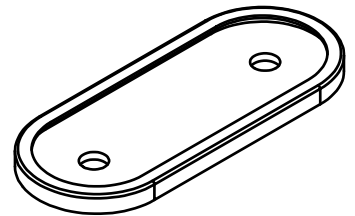
D11



D12

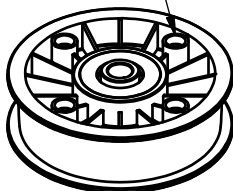


D13

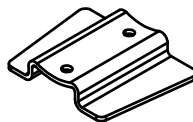


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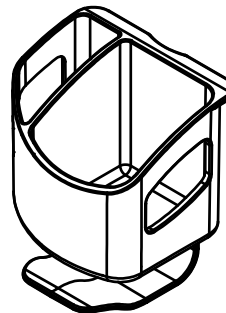
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D16



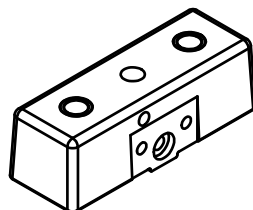
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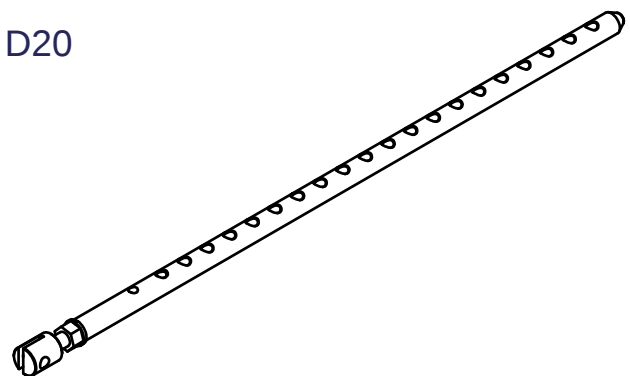
D18



D19



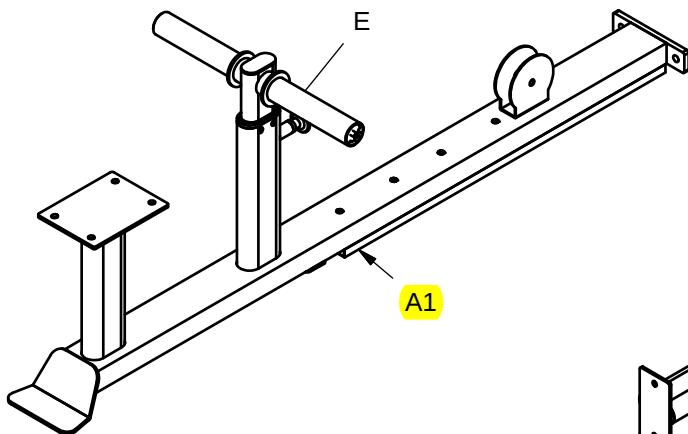
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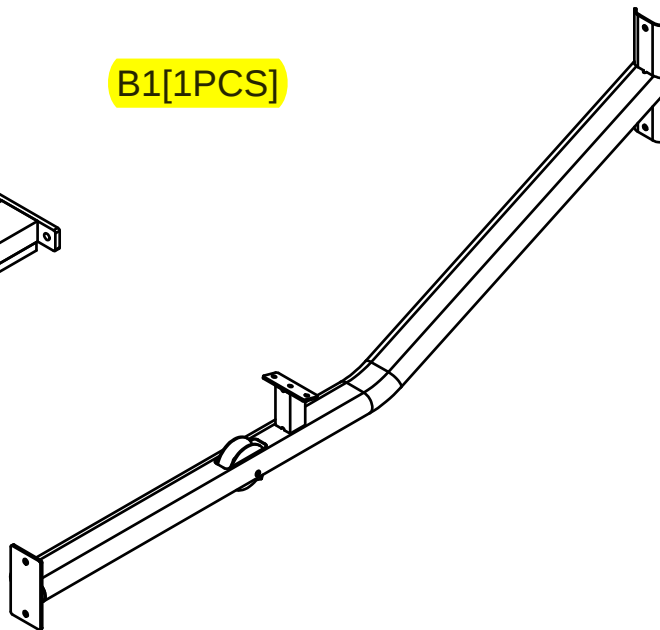
MLM300B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

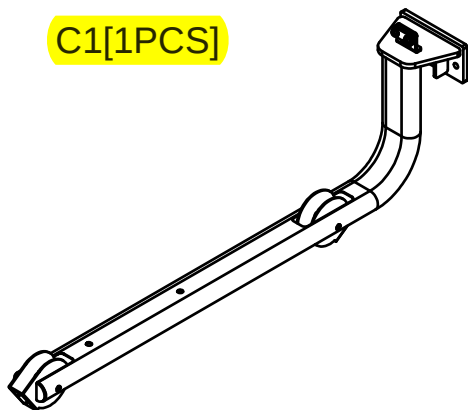
A1[1PCS]



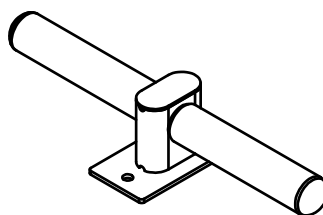
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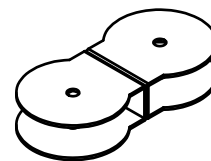
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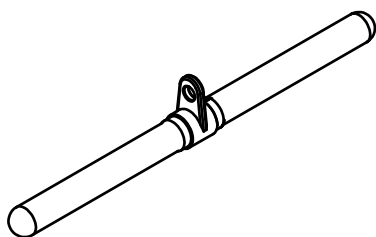
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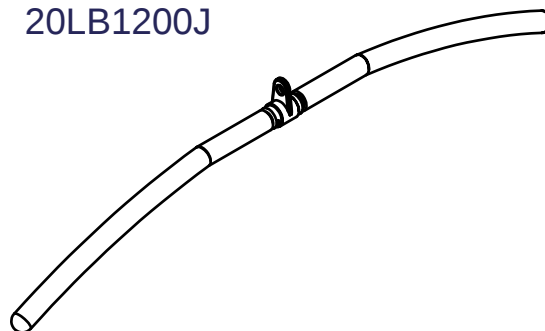
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H[1PCS]
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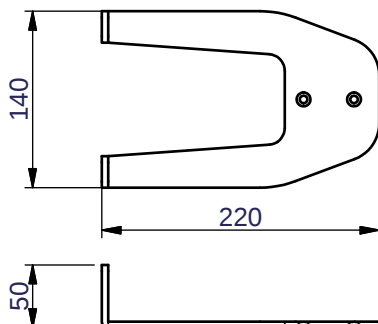
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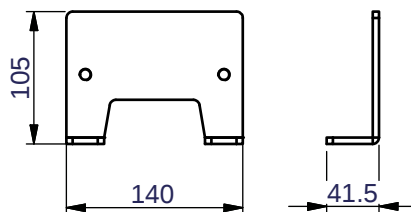
MLM300B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

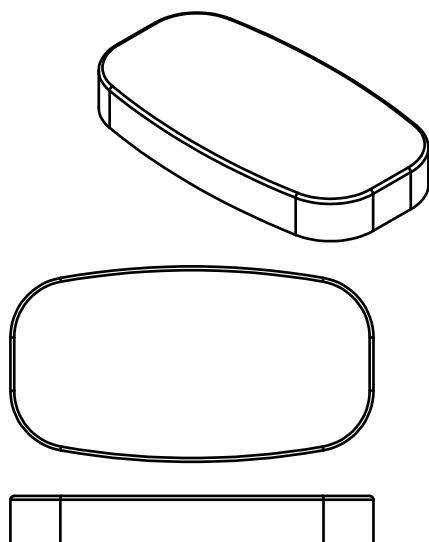
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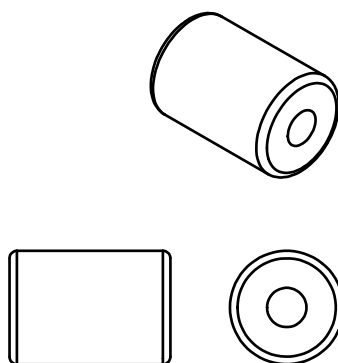
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M[1PCS]
9121-106



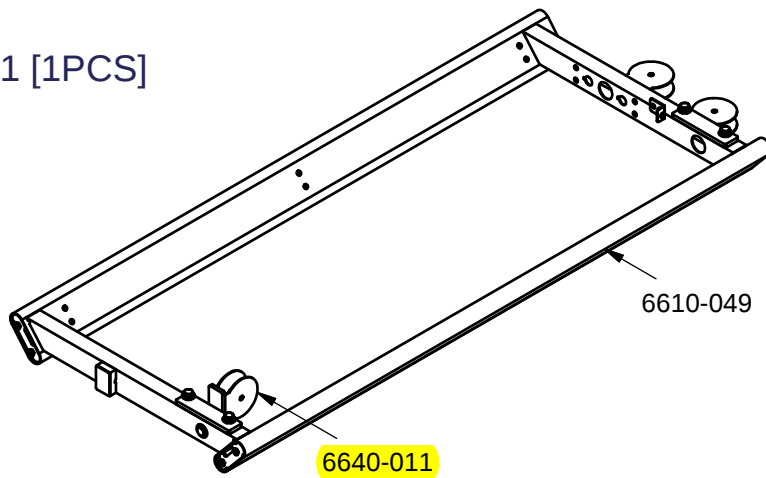
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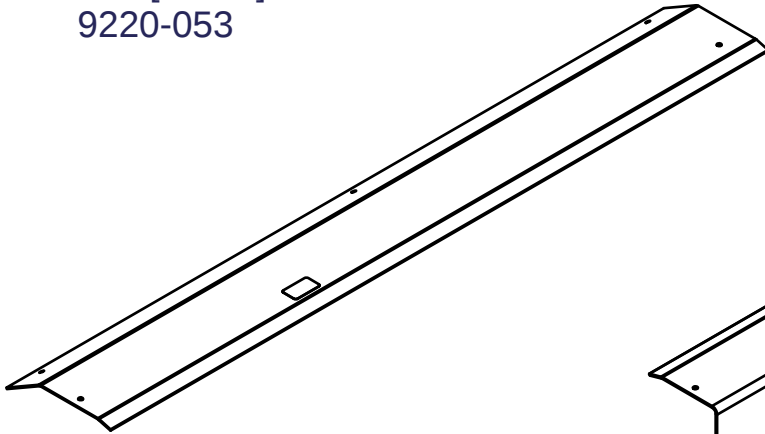
MLM300B ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

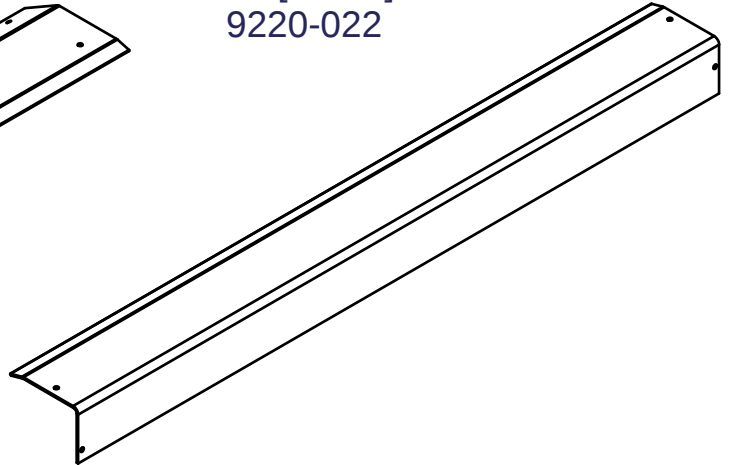
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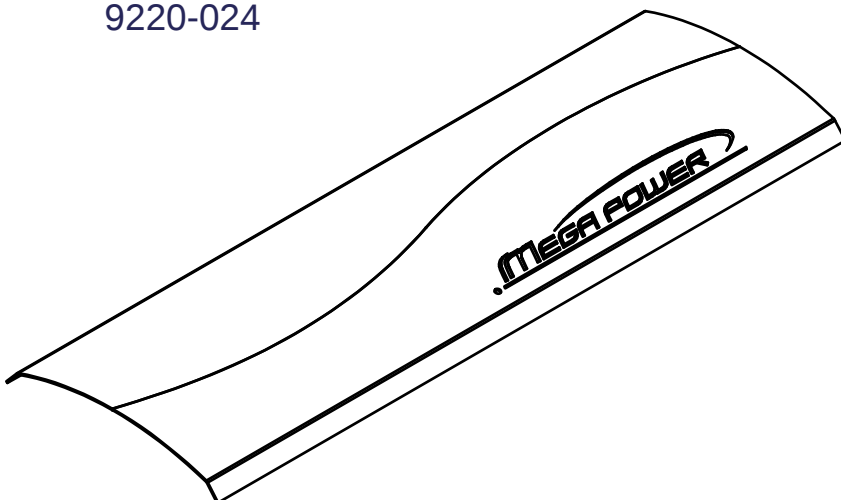
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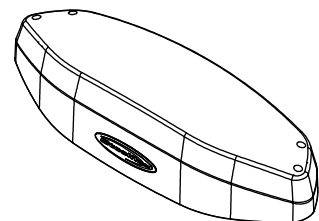
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AE[1PCS]
9220-024



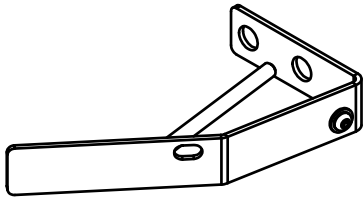
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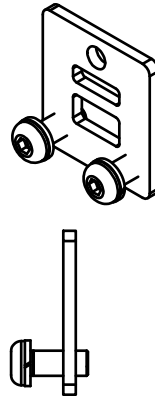
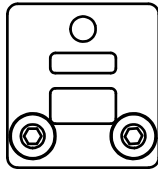
MLM300B ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

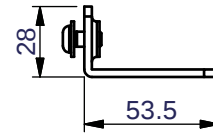
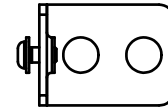
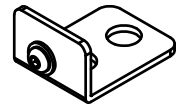
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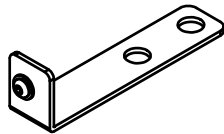
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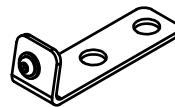
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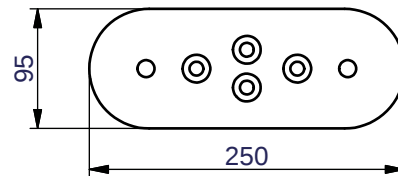
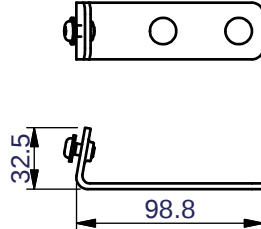
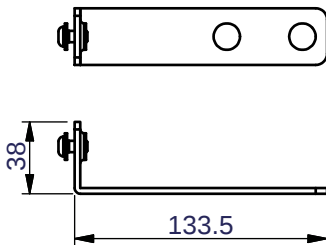
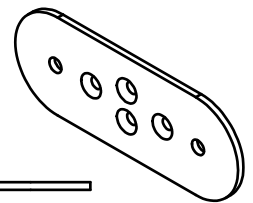
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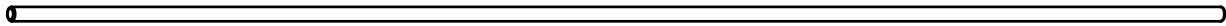
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8331-058



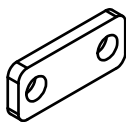
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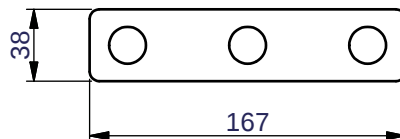
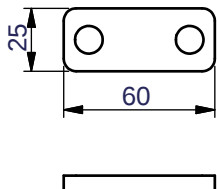
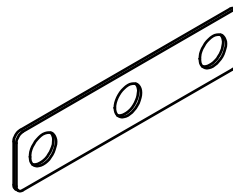
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8280-043



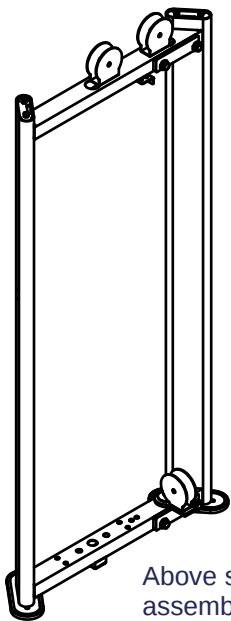
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8311-117



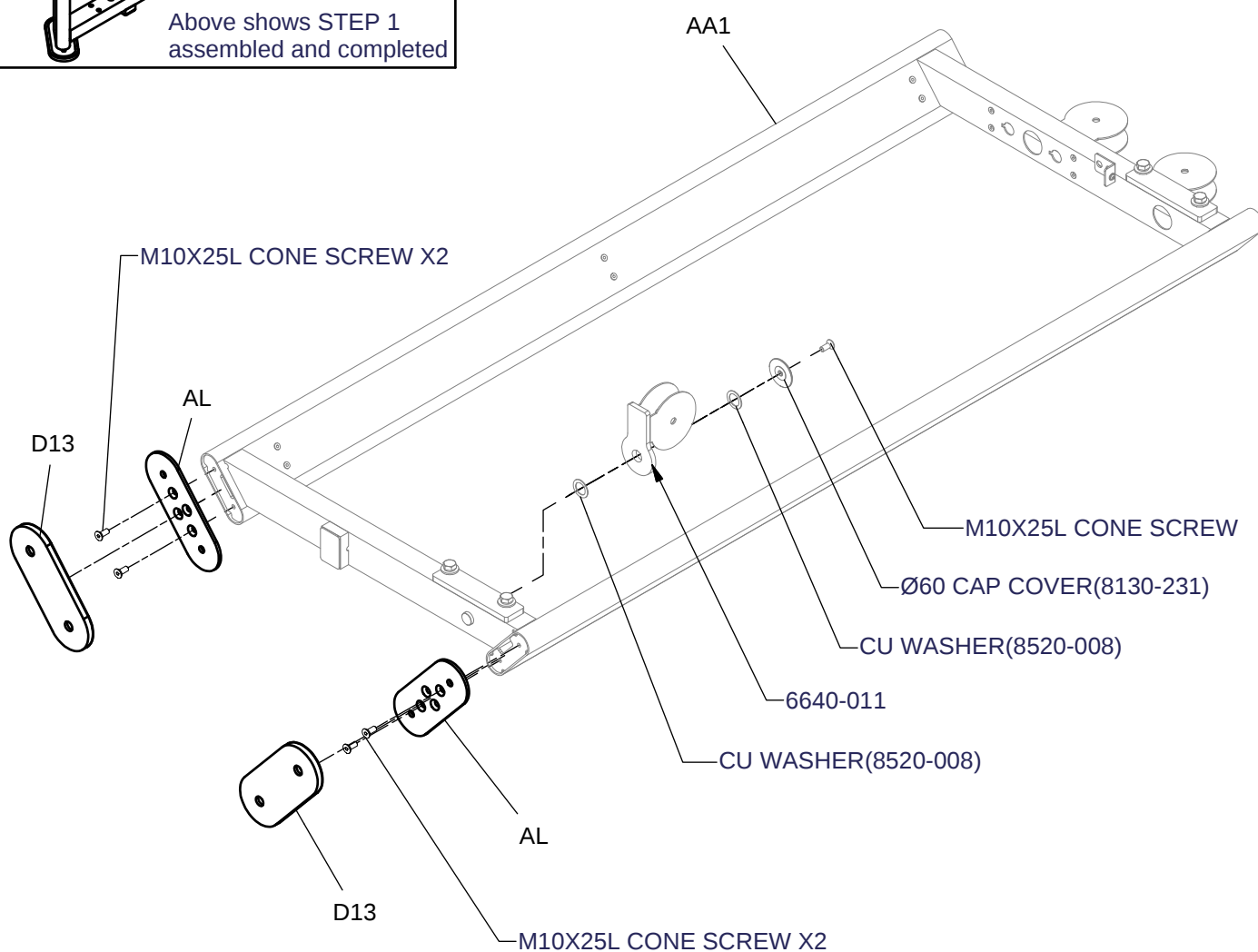
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8311-194



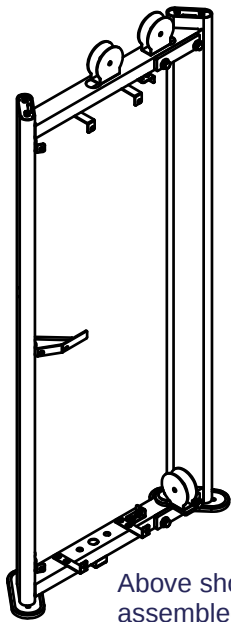
MLM300B ASSEMBLY INSTRUCTIONS



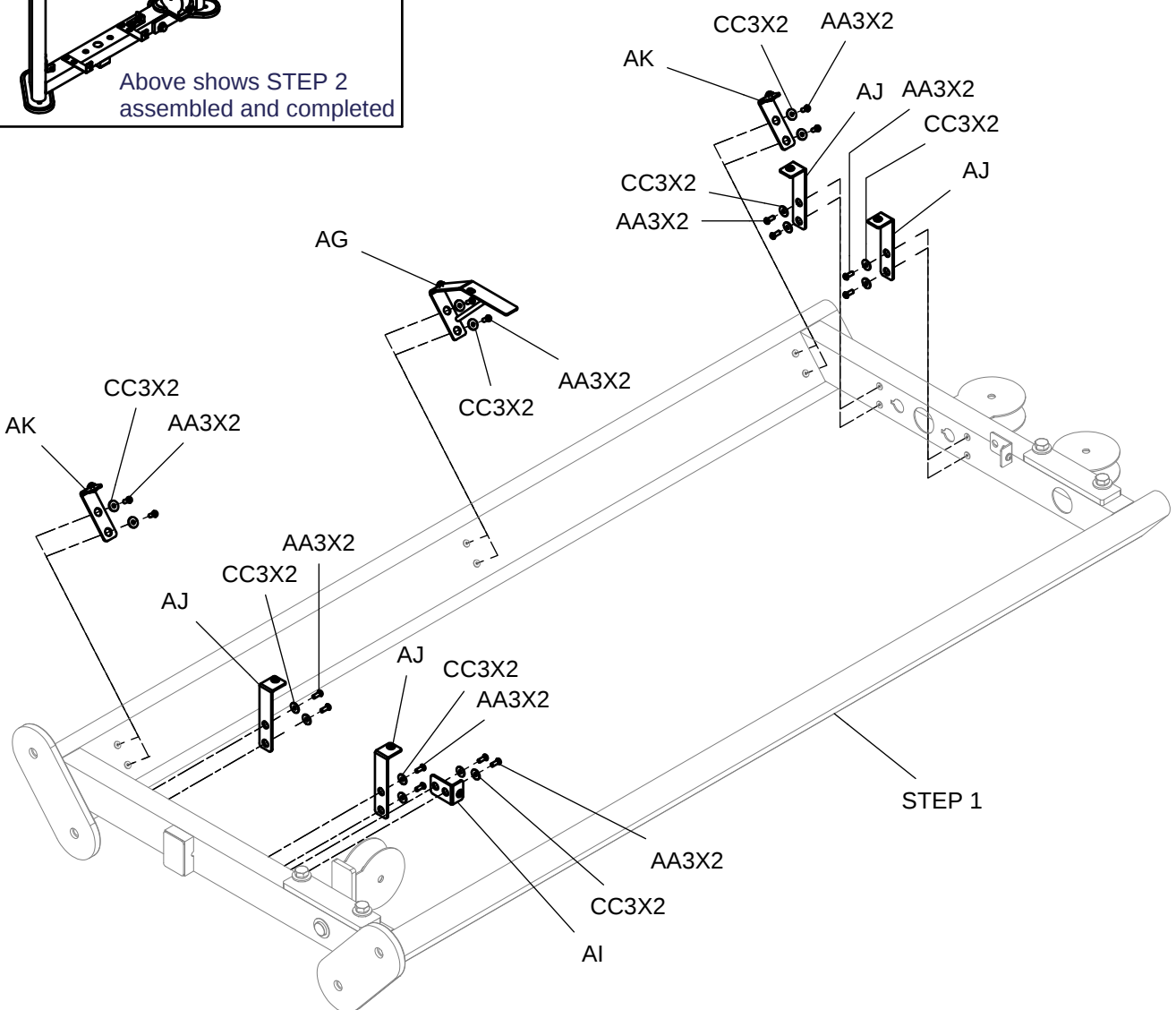
Above shows STEP 1
assembled and completed



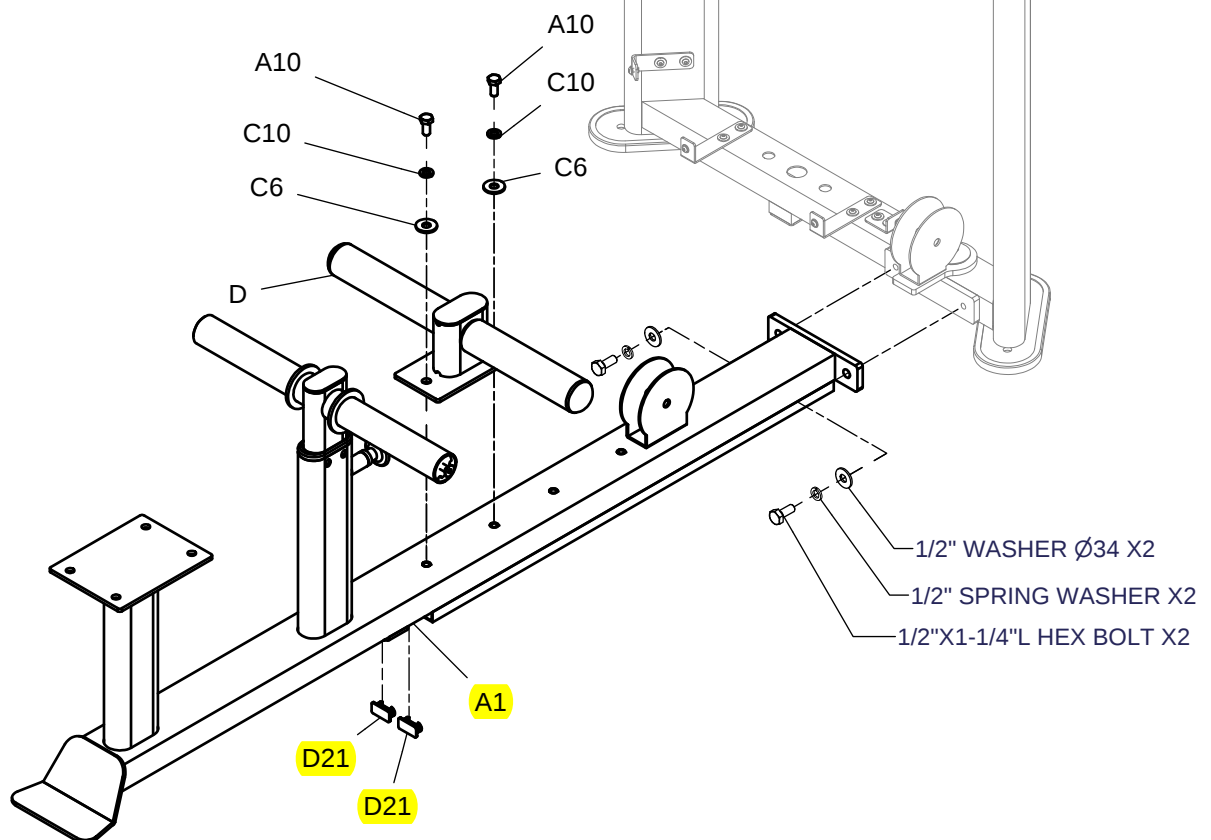
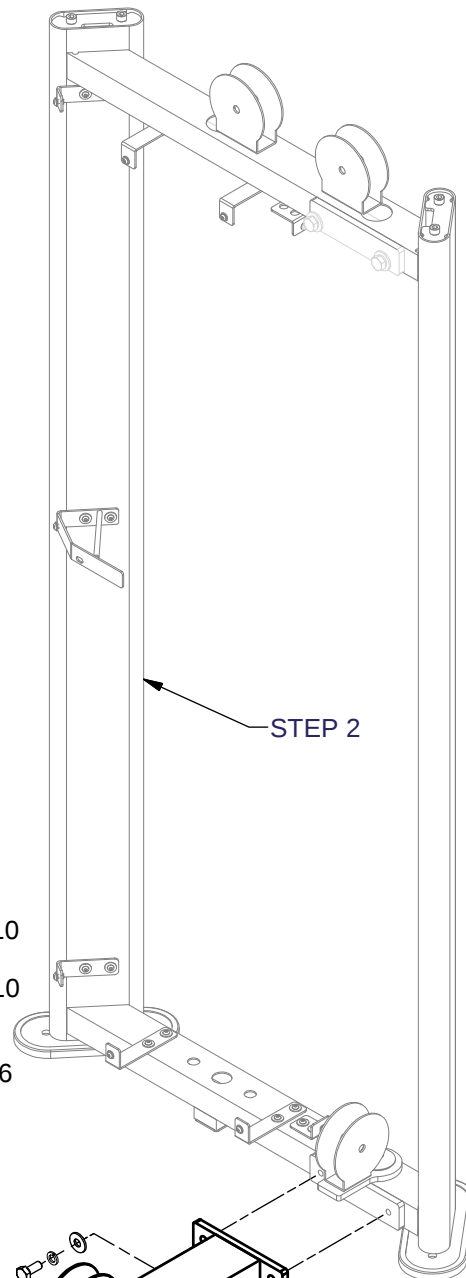
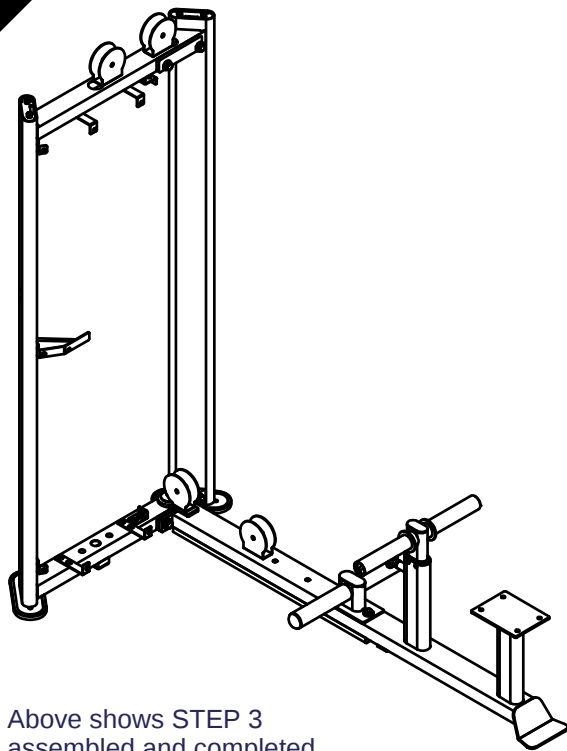
MLM300B ASSEMBLY INSTRUCTIONS



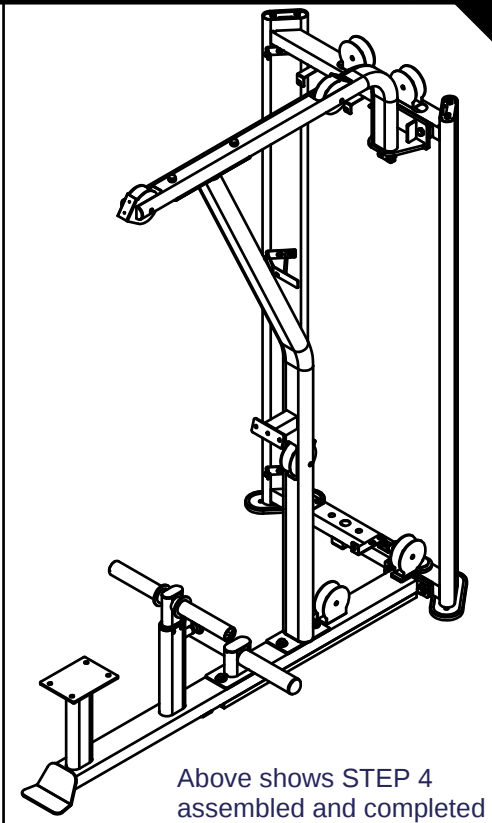
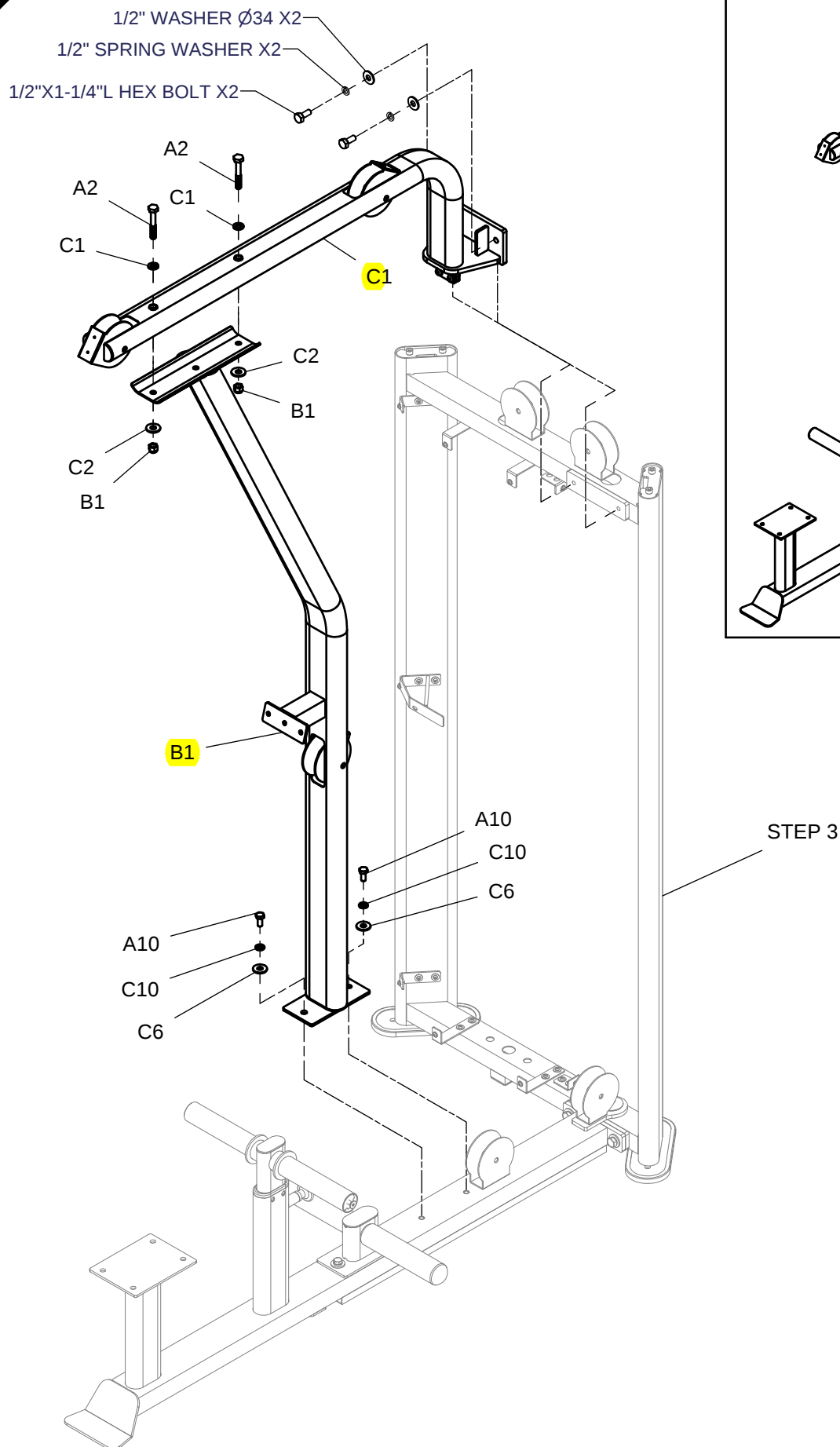
Above shows STEP 2
assembled and completed



MLM300B ASSEMBLY INSTRUCTIONS



MLM300B ASSEMBLY INSTRUCTIONS



MLM300B ASSEMBLY INSTRUCTIONS

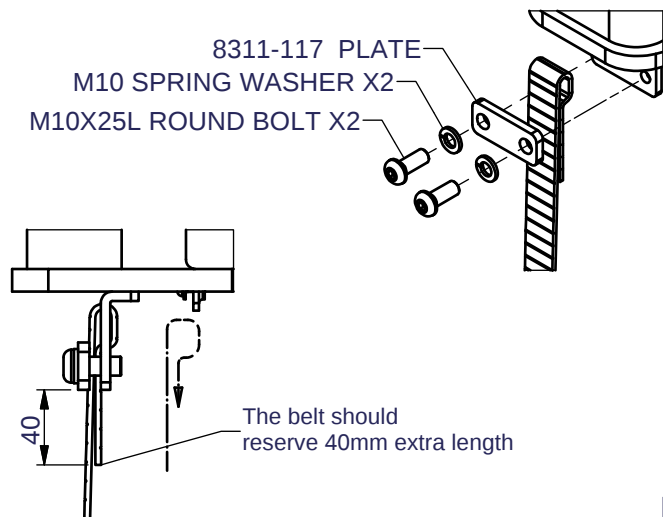
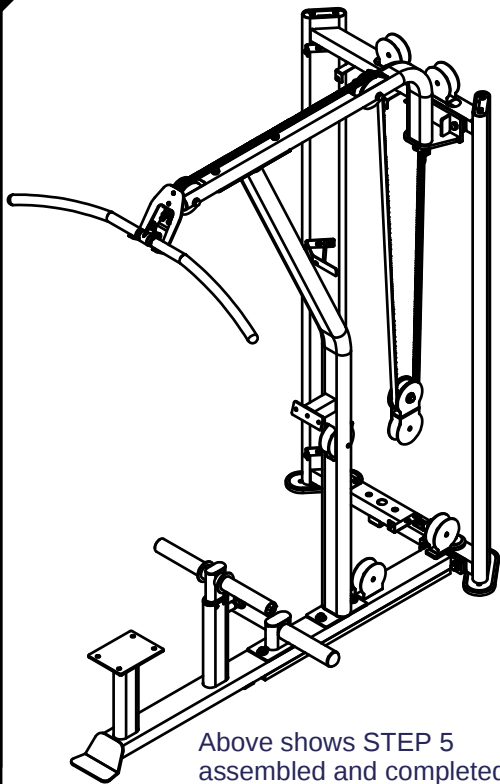
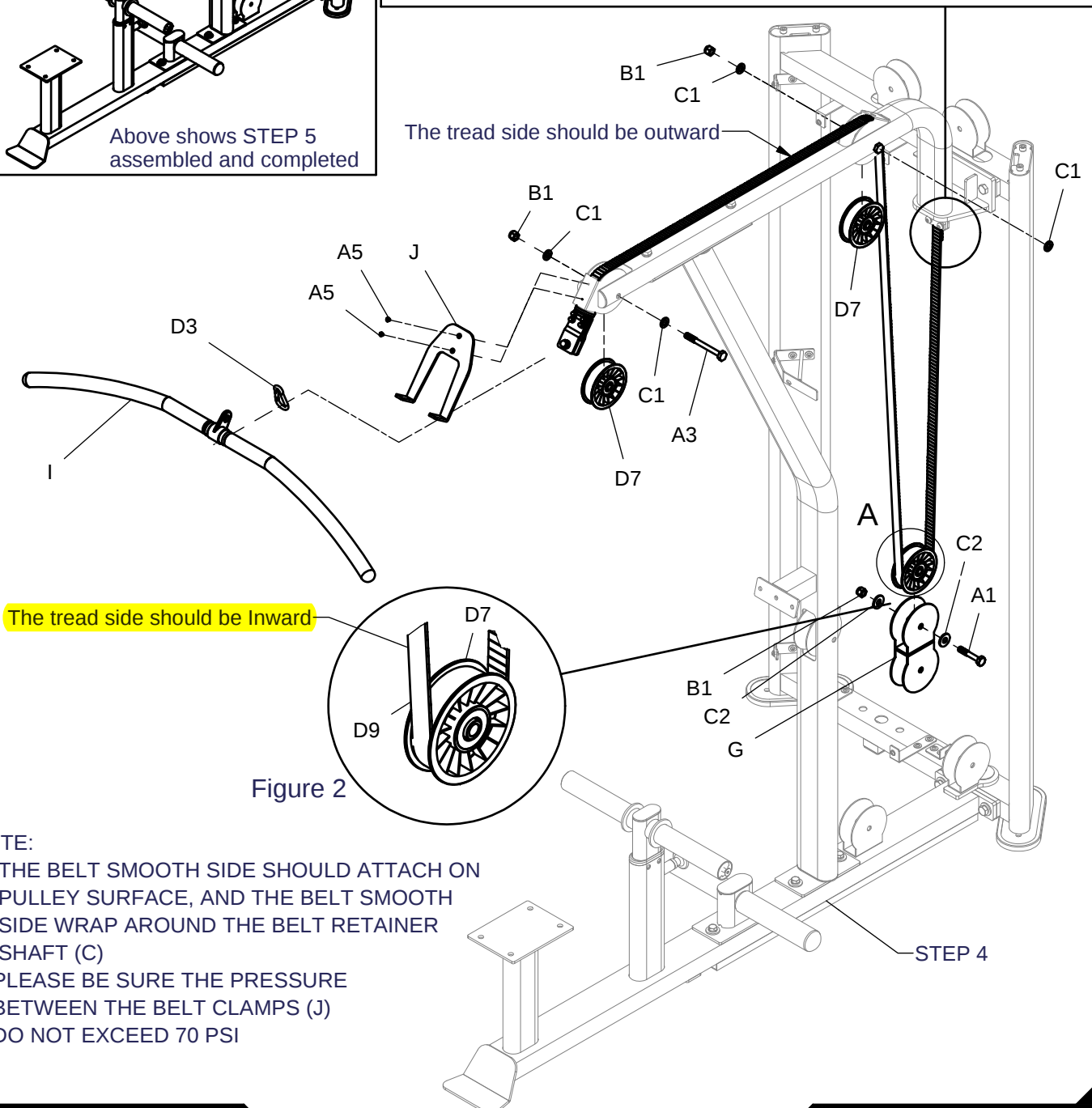


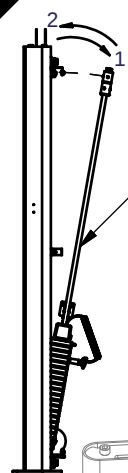
Figure 1



NOTE:

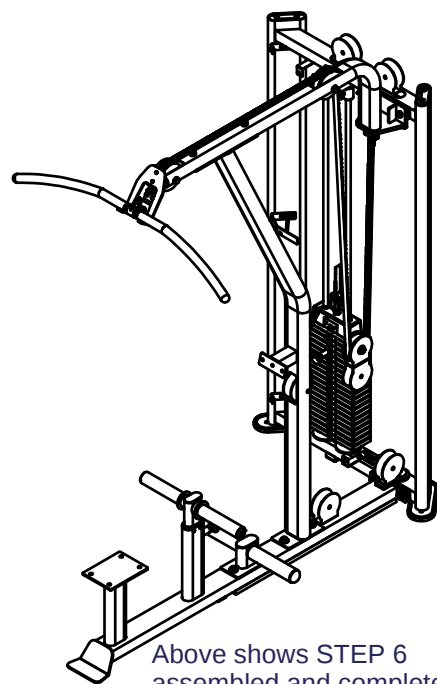
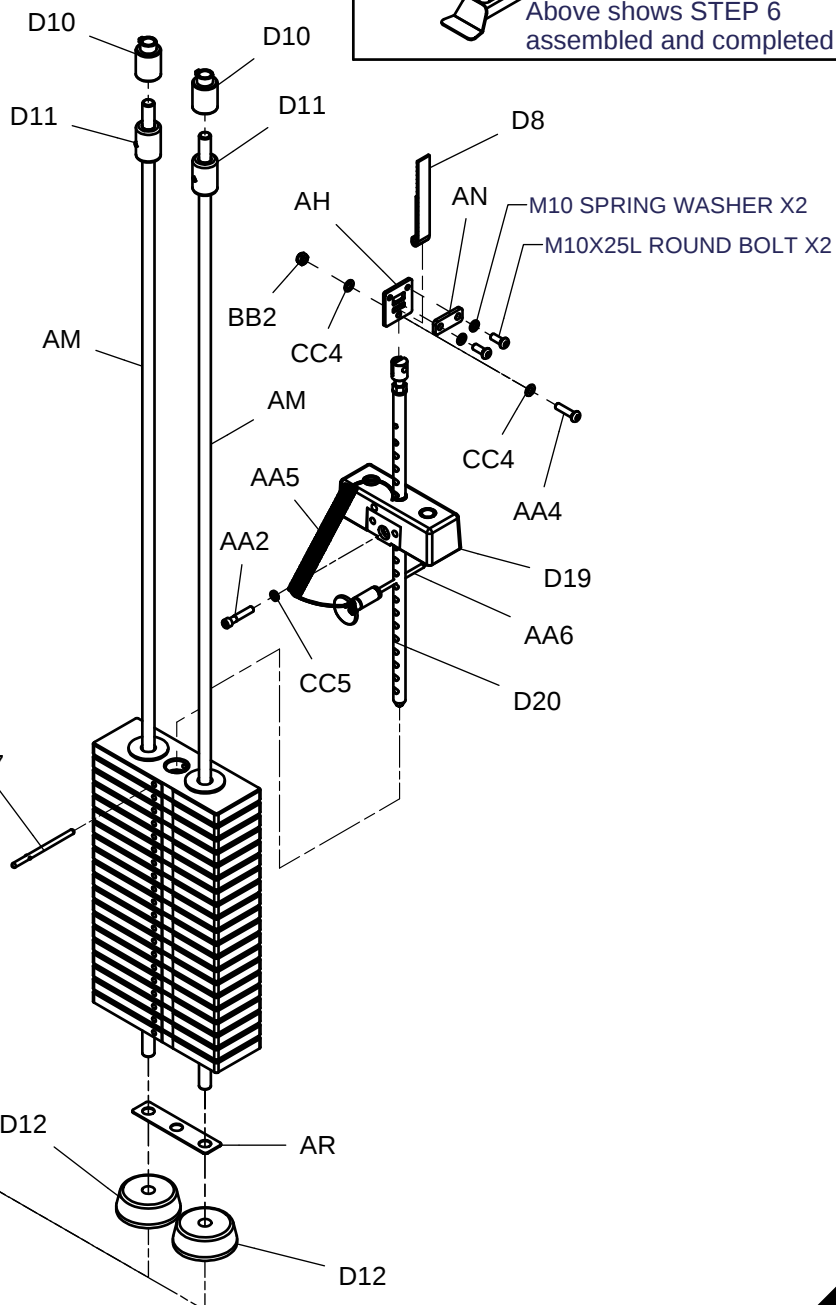
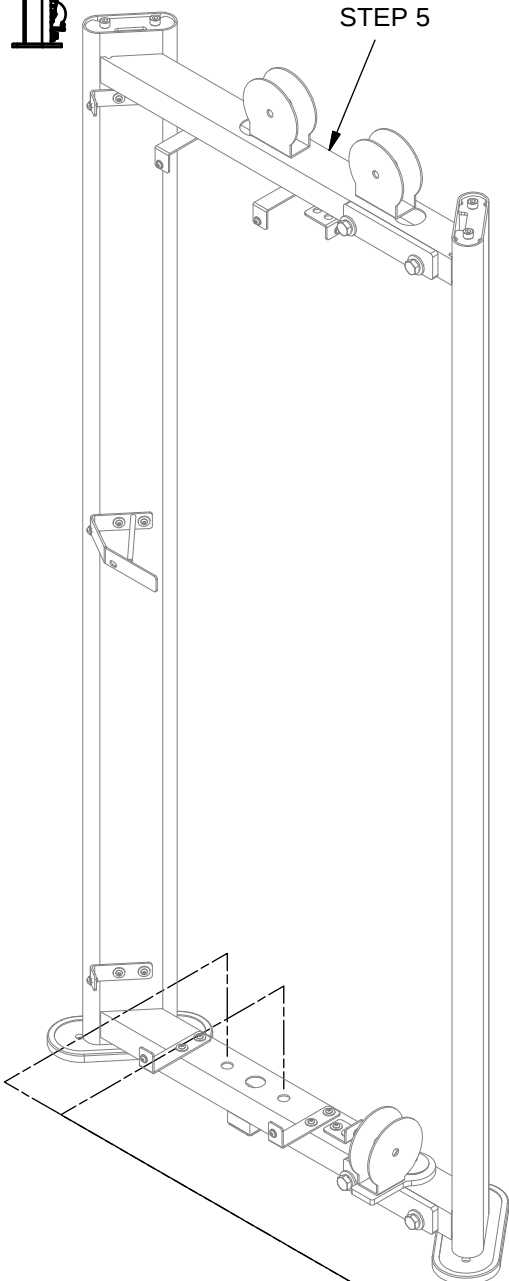
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (C)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (J) DO NOT EXCEED 70 PSI

MLM300B ASSEMBLY INSTRUCTIONS



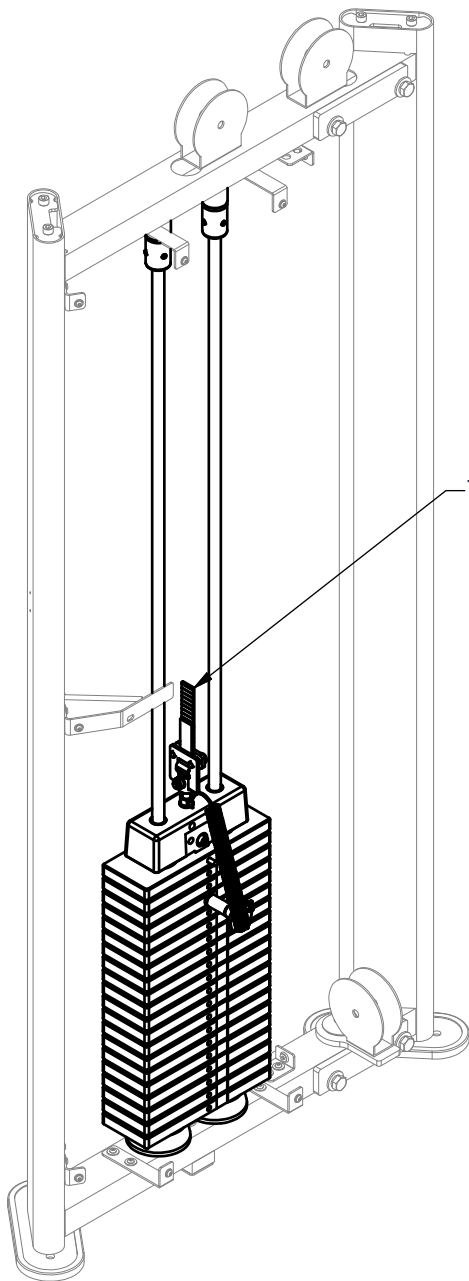
push guide rods (AM) to tilt one side and then install weight stacks. once finishing the weight stack installation , pull guide rods (AM) back and continue setup D19→D10 · D11

STEP 5

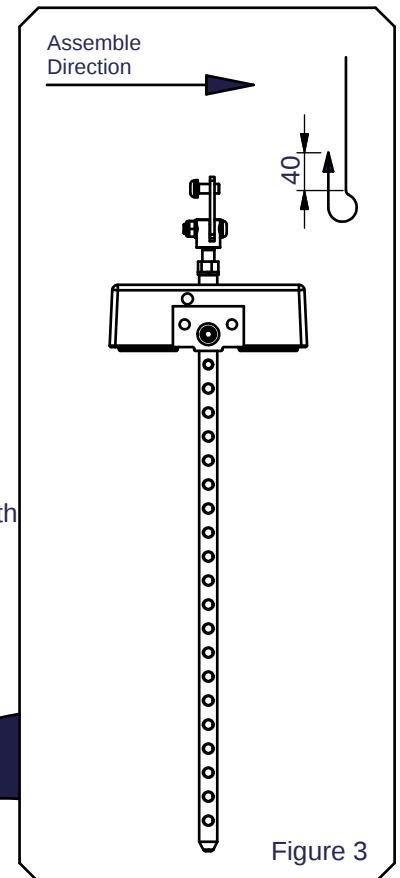


Above shows STEP 6 assembled and completed

MLM300B ASSEMBLY INSTRUCTIONS

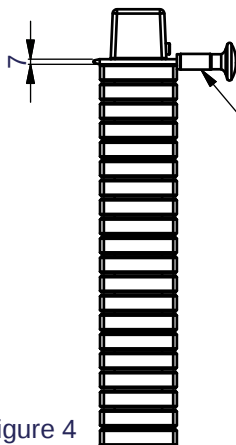


The belt should reserve 40mm extra length



NOTE:

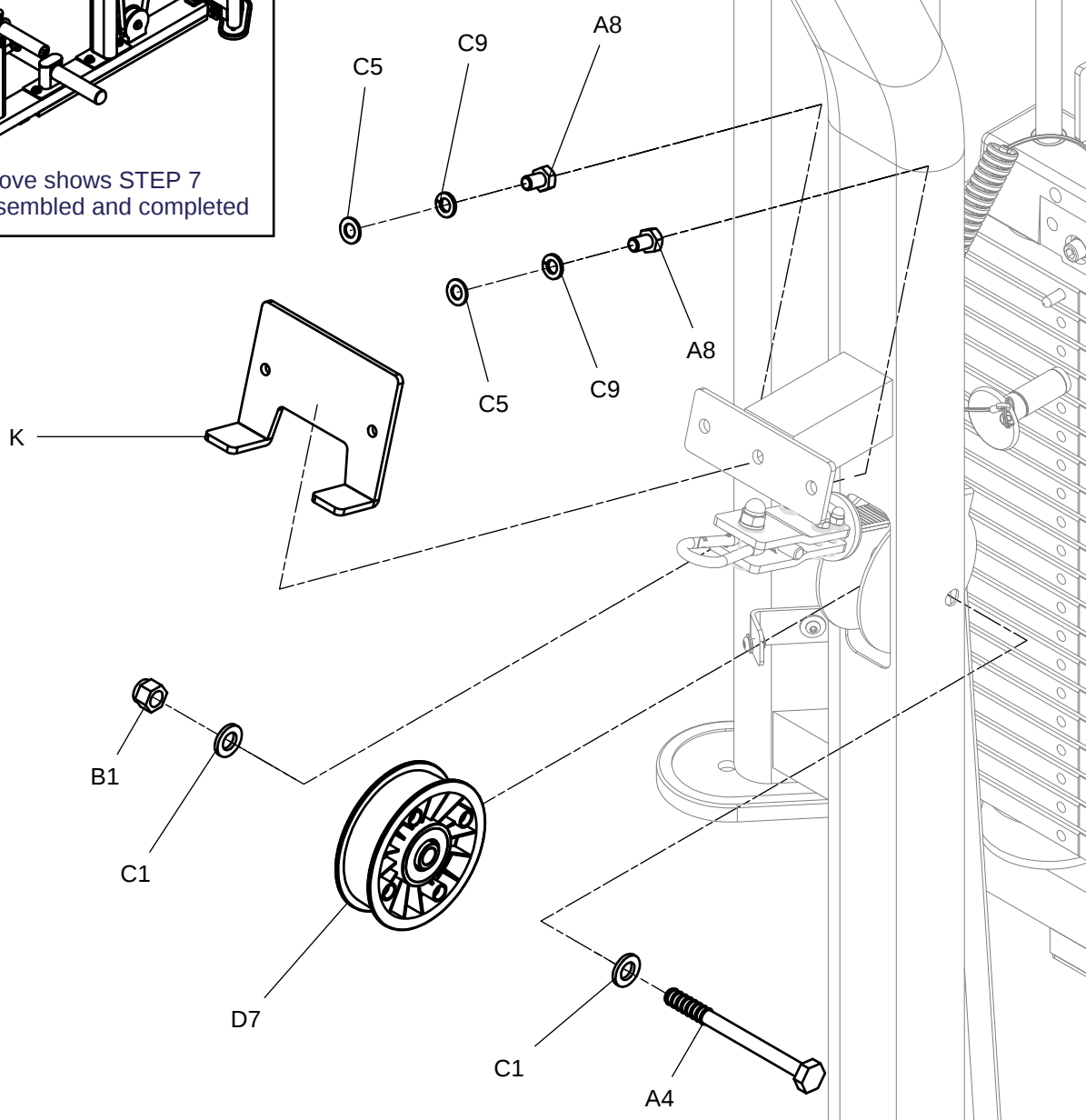
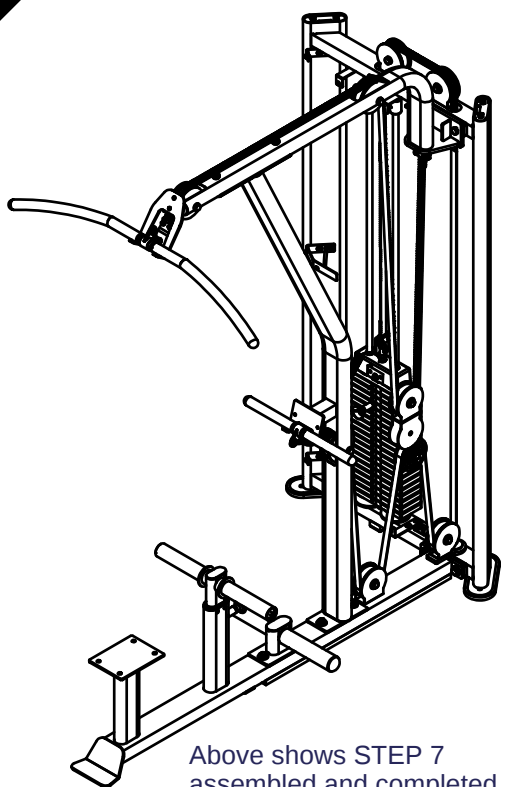
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (AH)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (AN) DO NOT EXCEED 70 PSI



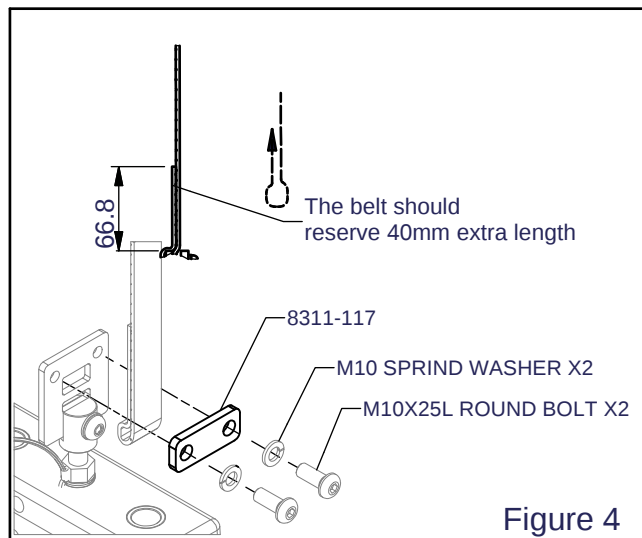
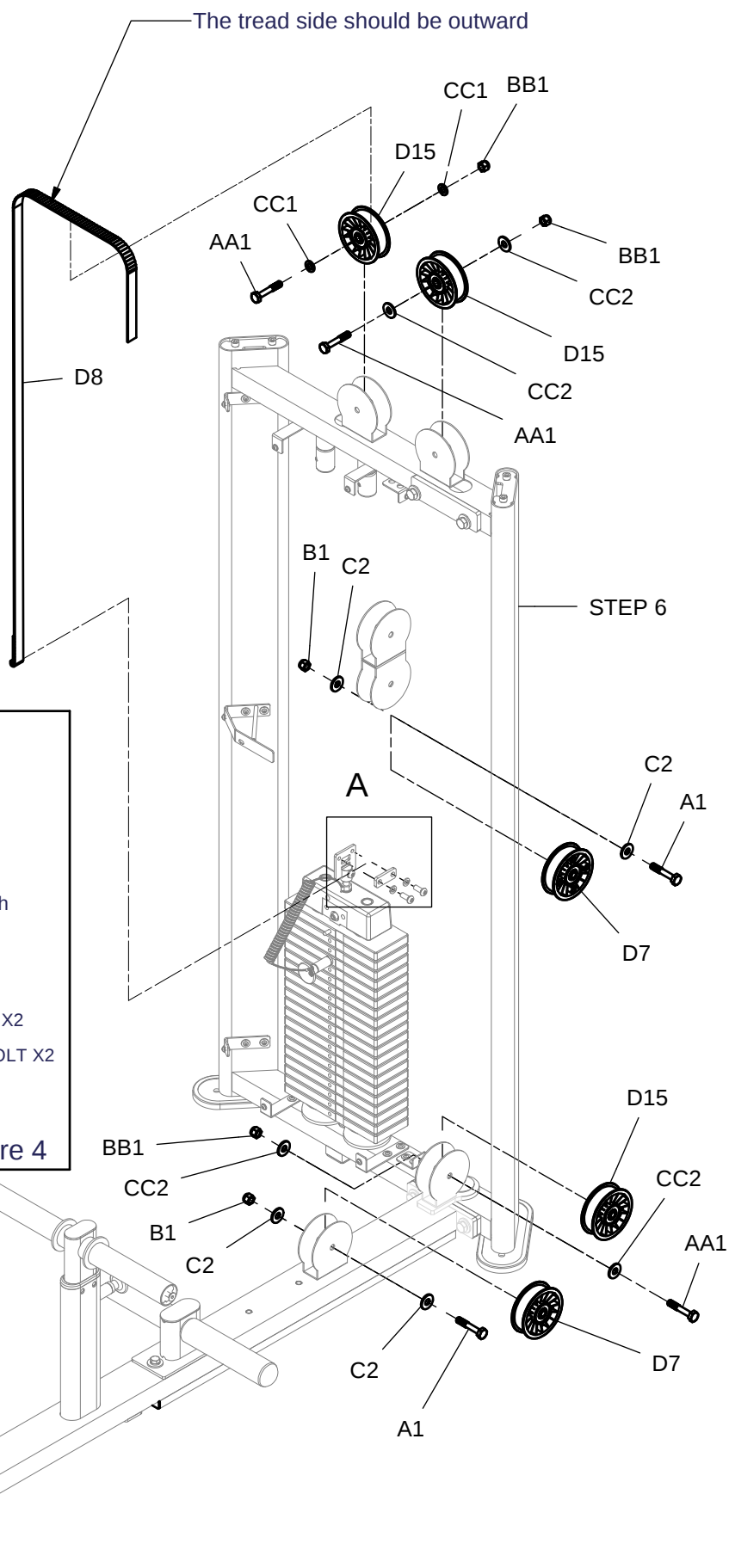
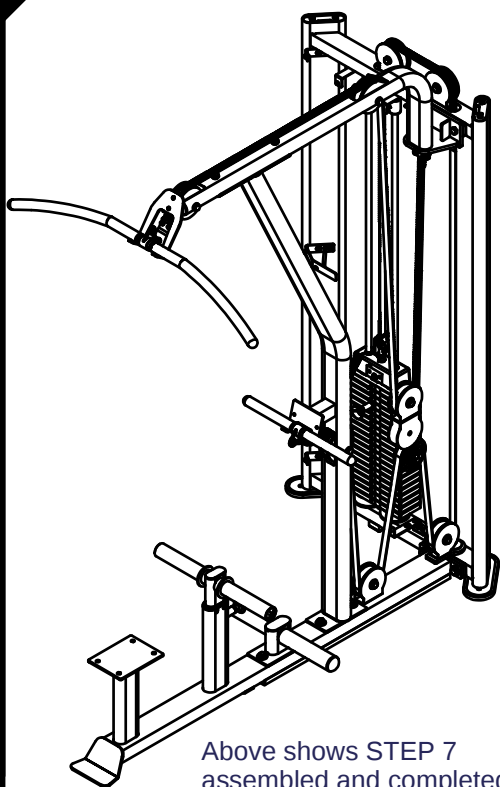
Adjust Belt Procedure:

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.

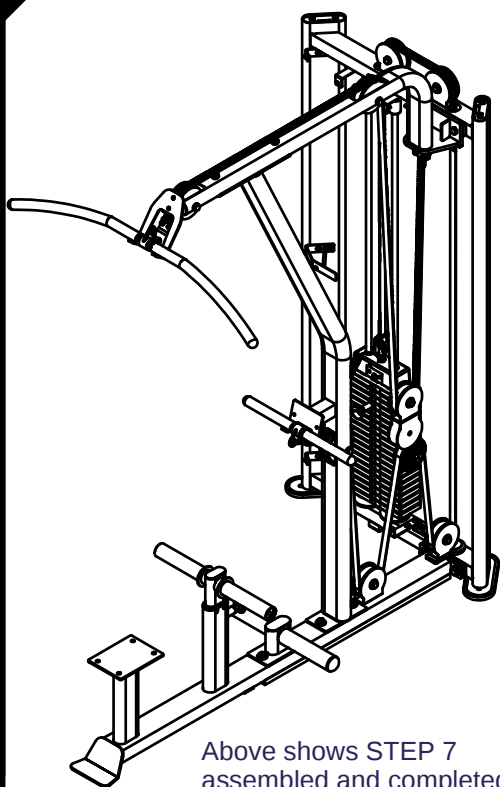
MLM300B ASSEMBLY INSTRUCTIONS



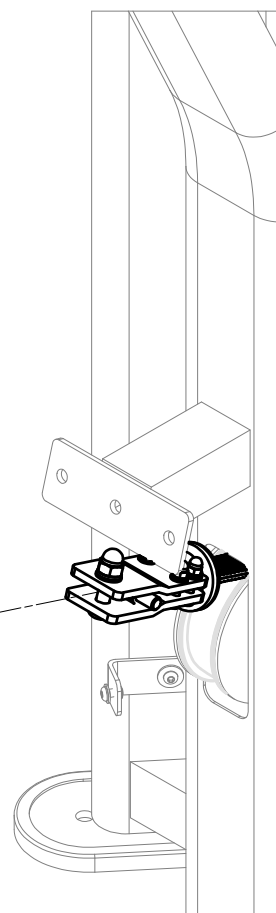
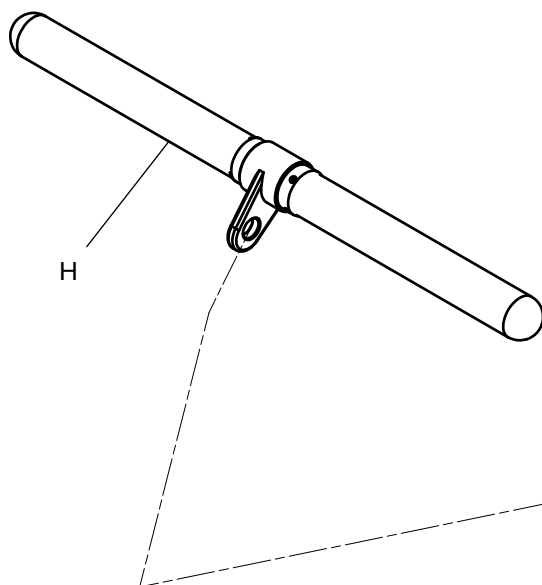
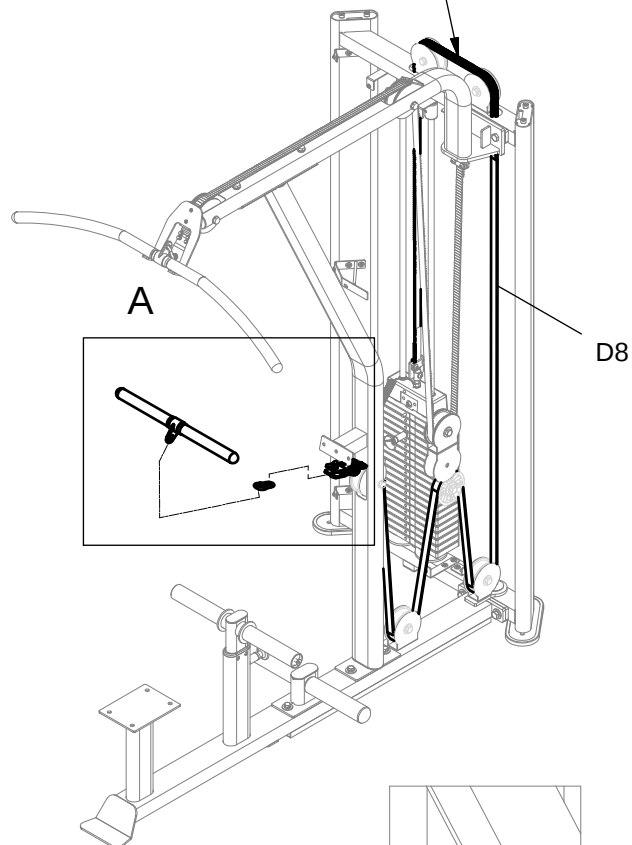
MLM300B ASSEMBLY INSTRUCTIONS



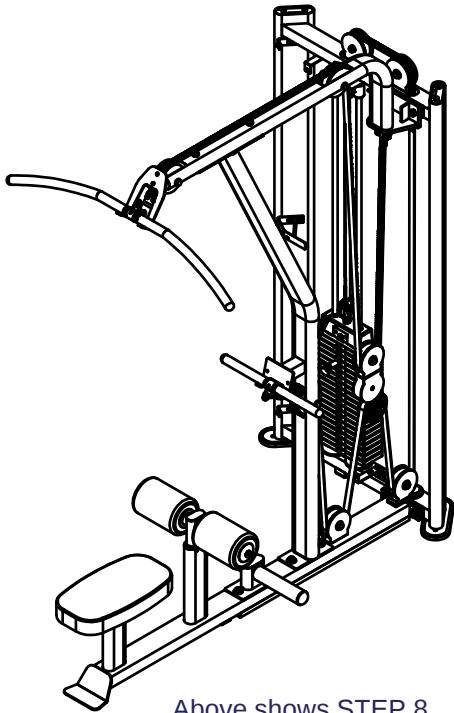
MLM300B ASSEMBLY INSTRUCTIONS



The tread side should be outward

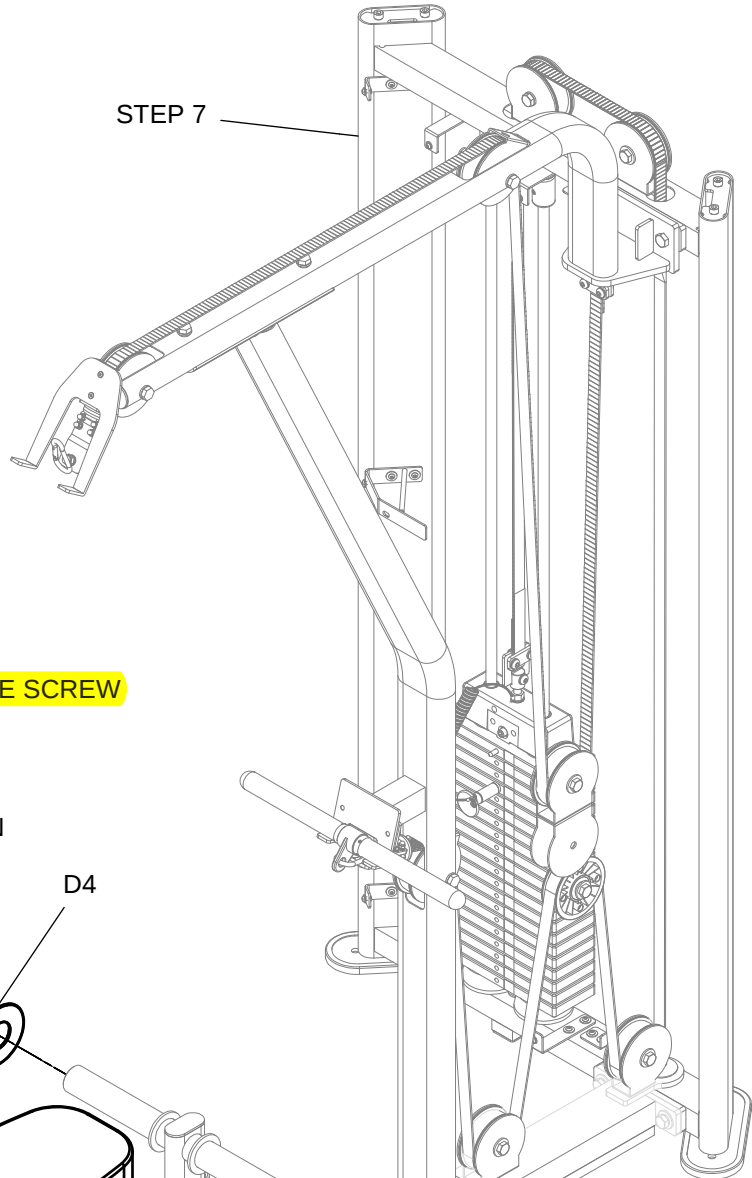


MLM300B ASSEMBLY INSTRUCTIONS

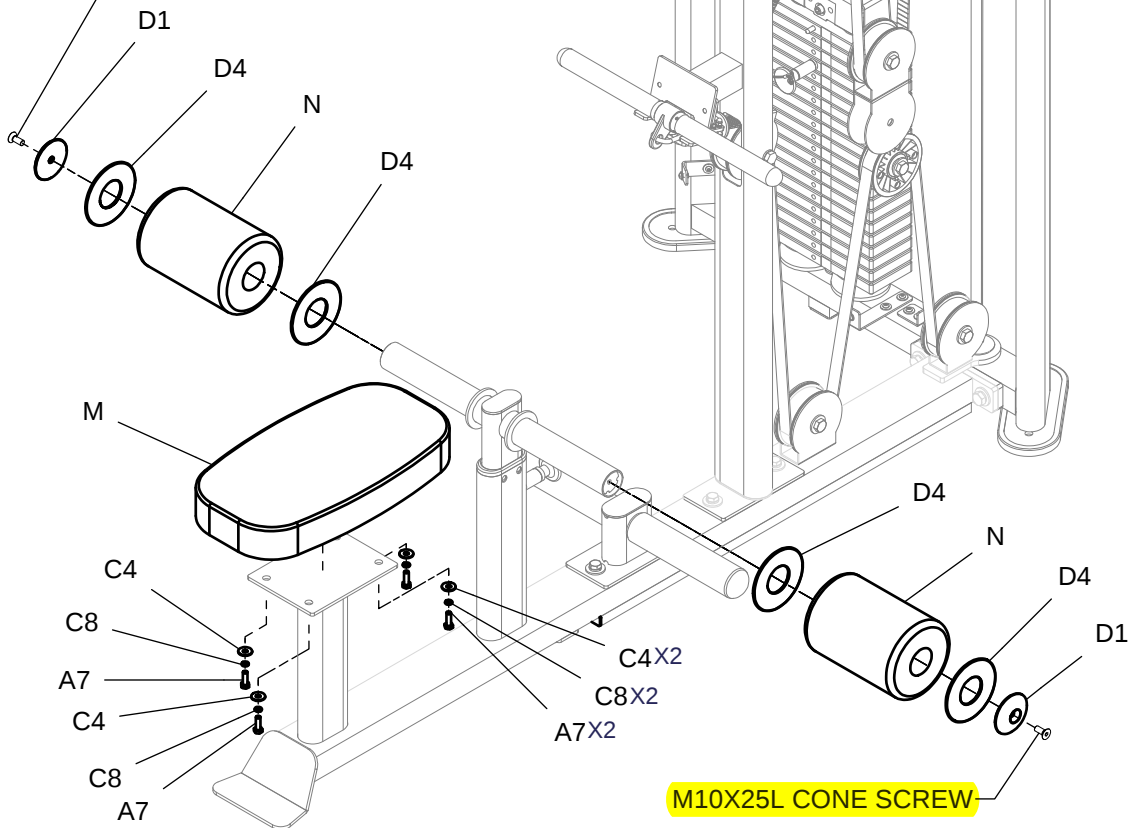


Above shows STEP 8
assembled and completed

STEP 7

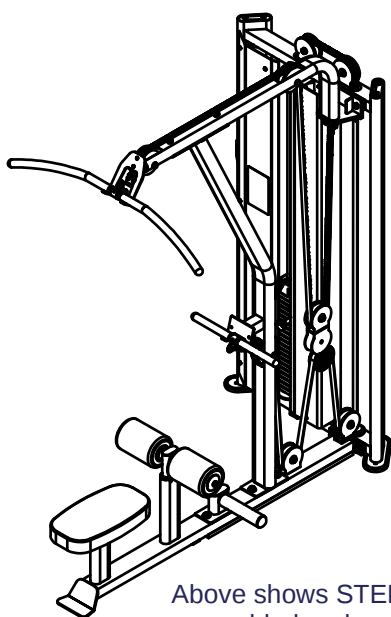
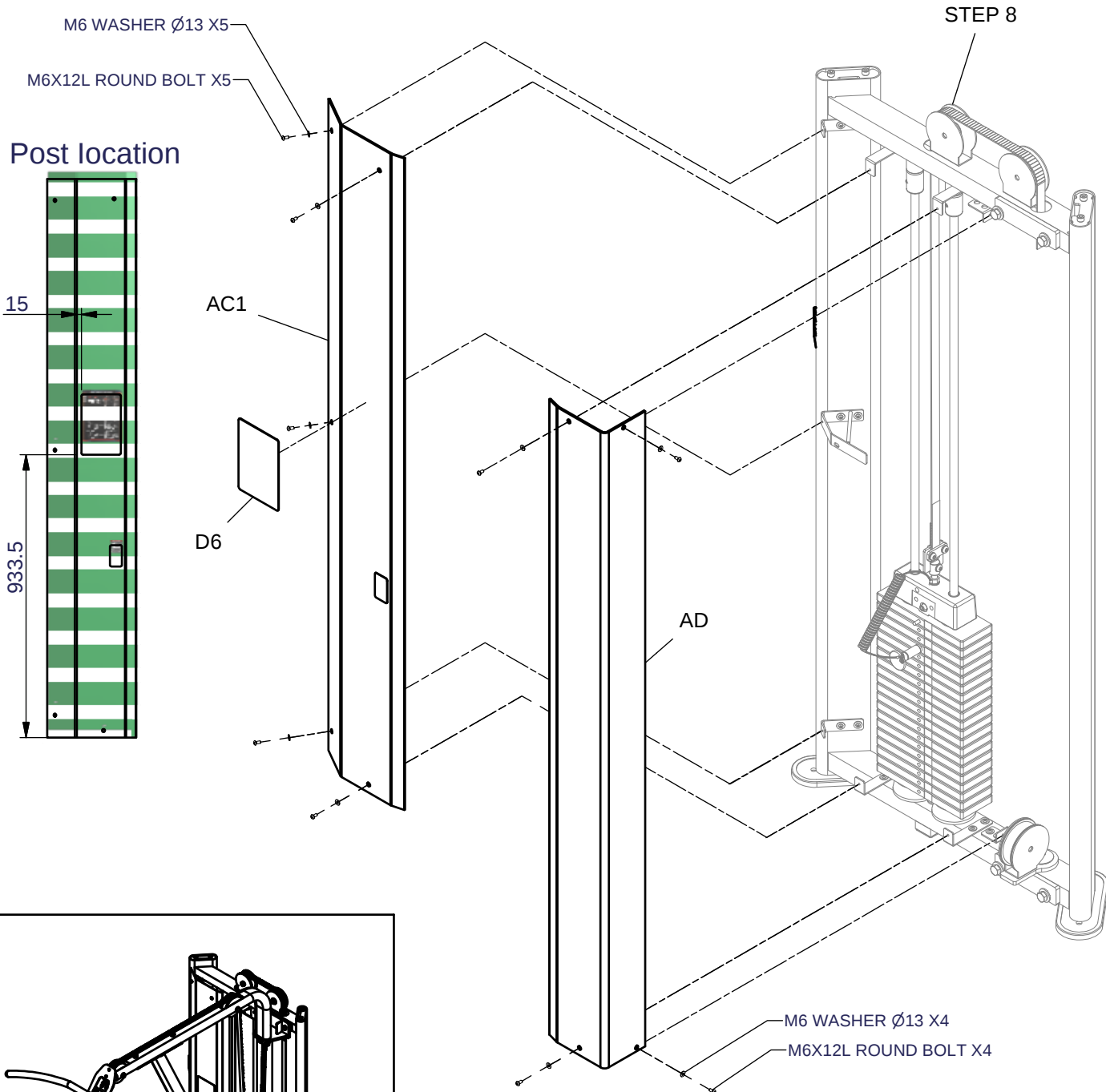


M10X25L CONE SCREW



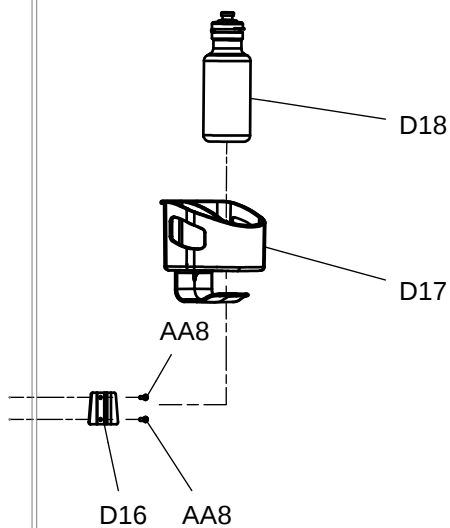
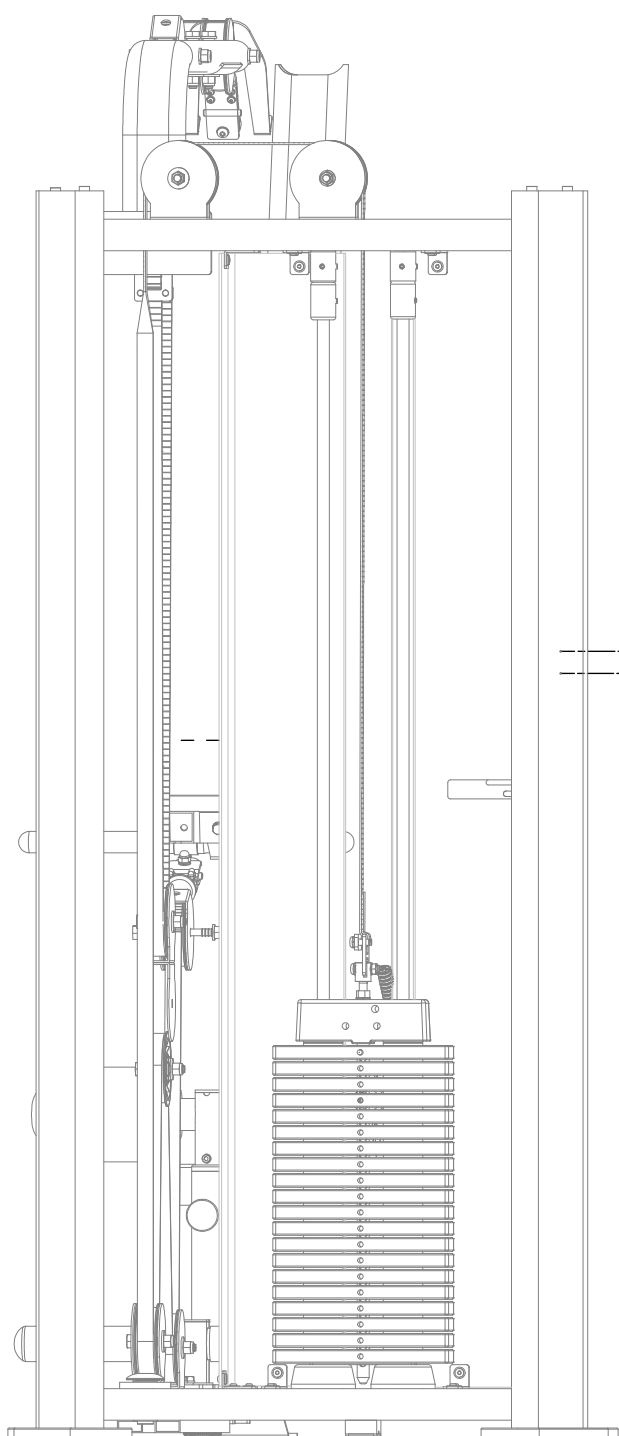
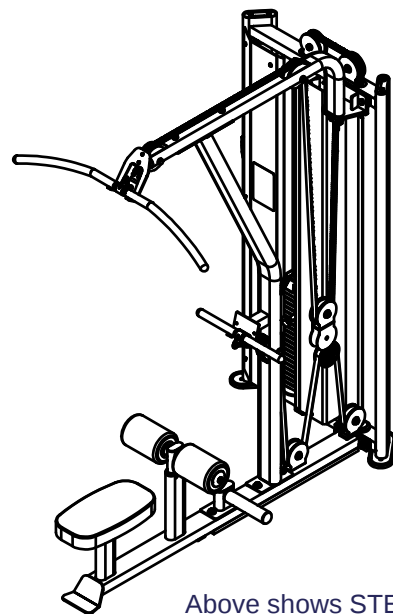
M10X25L CONE SCREW

MLM300B ASSEMBLY INSTRUCTIONS

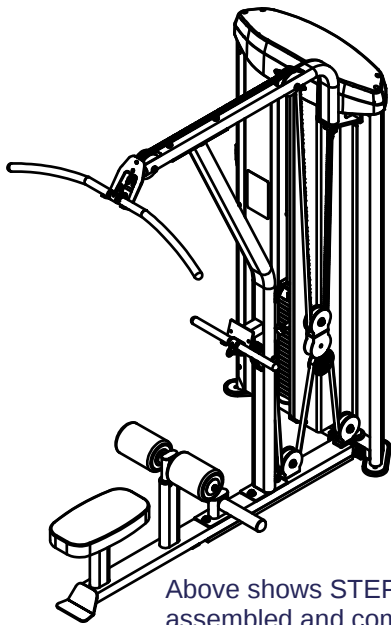


Above shows STEP 9
assembled and completed

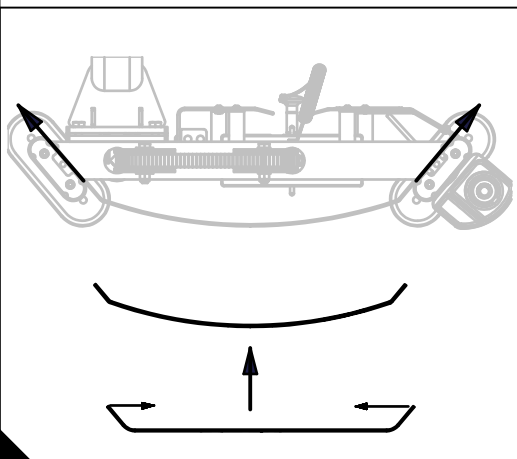
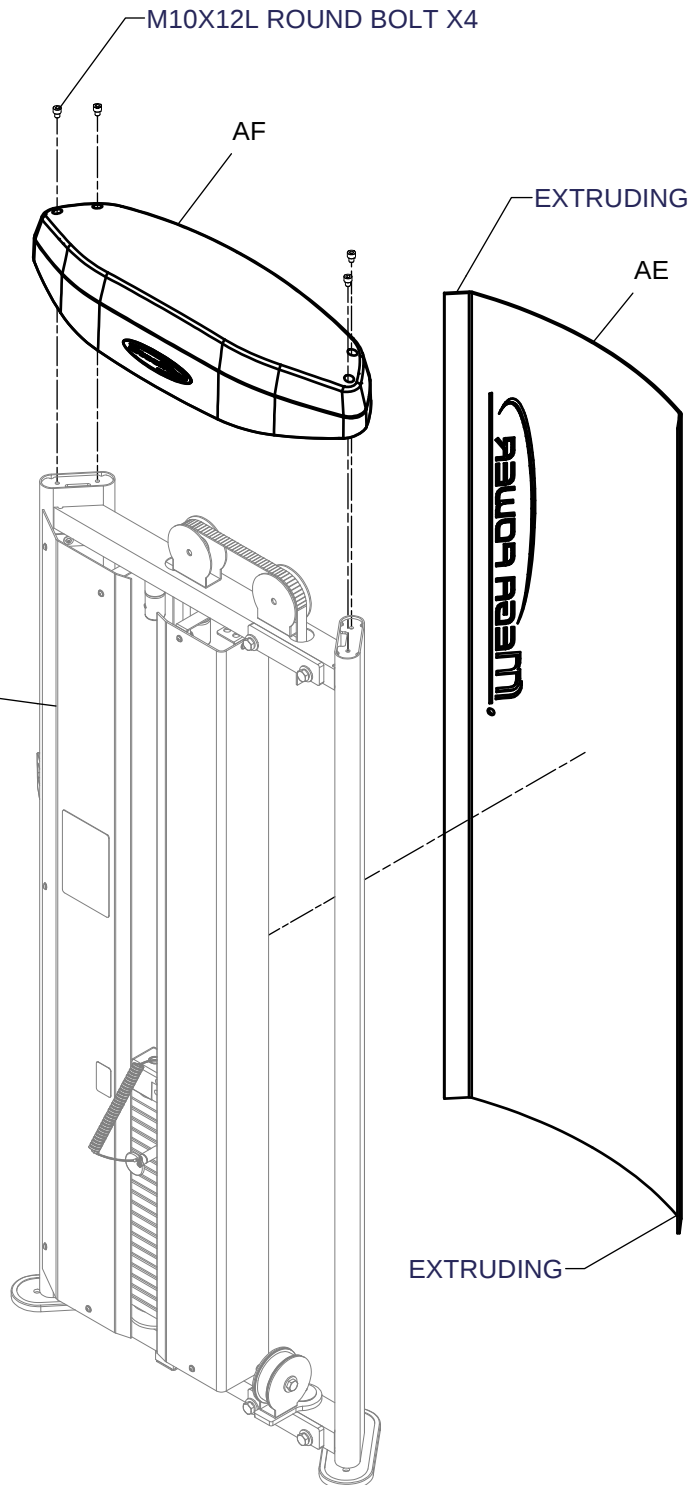
MLM300B ASSEMBLY INSTRUCTIONS



MLM300B ASSEMBLY INSTRUCTIONS



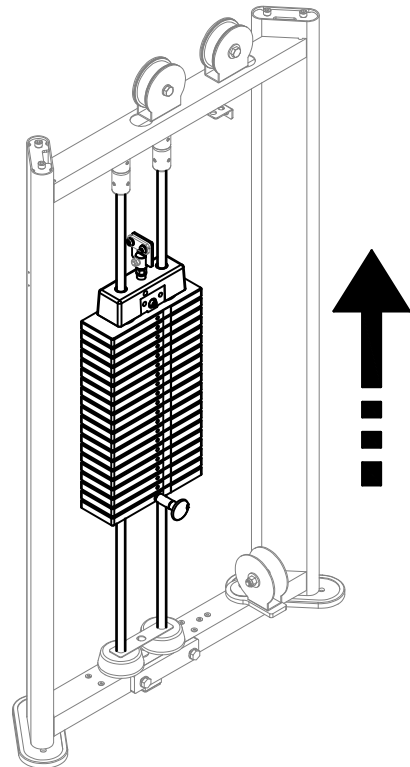
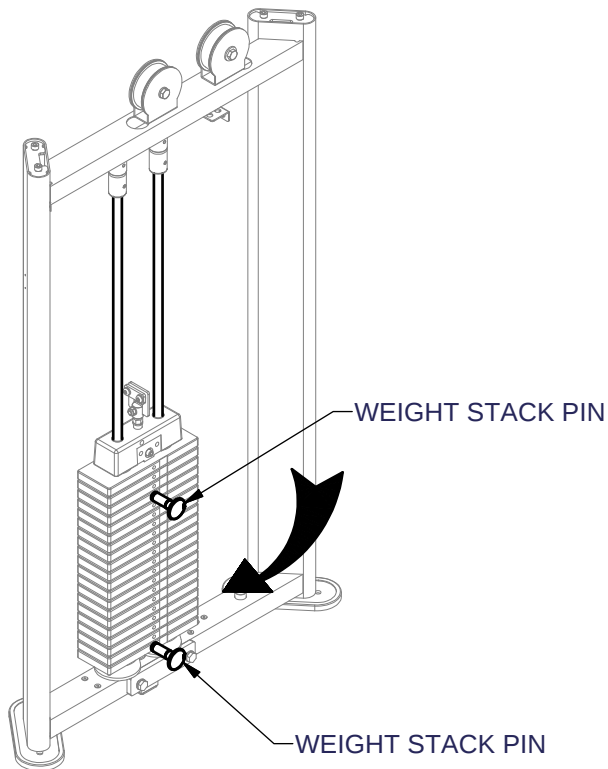
Above shows STEP 10
assembled and completed



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.

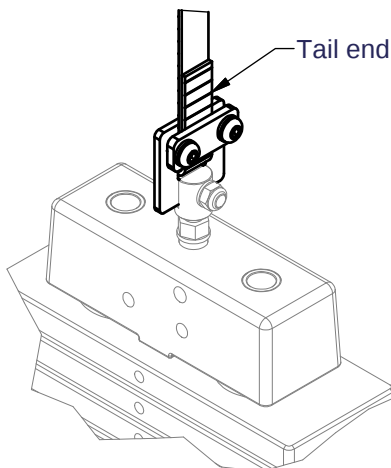
ASSEMBLY INSTRUCTIONS

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.

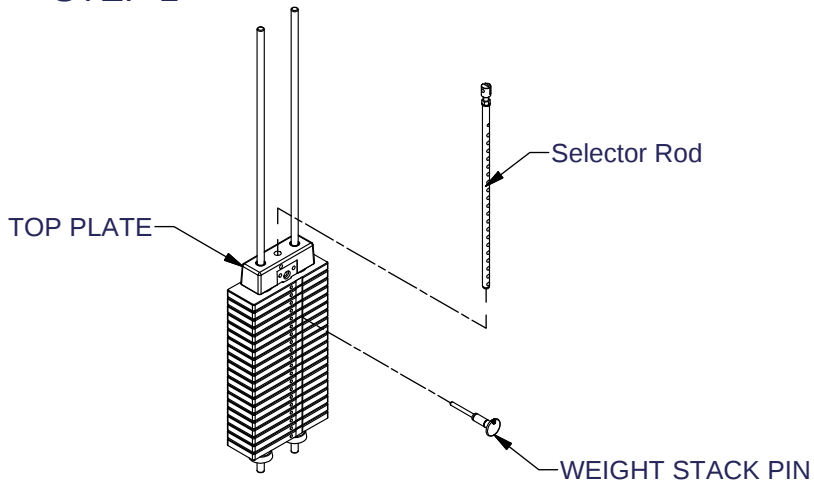
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

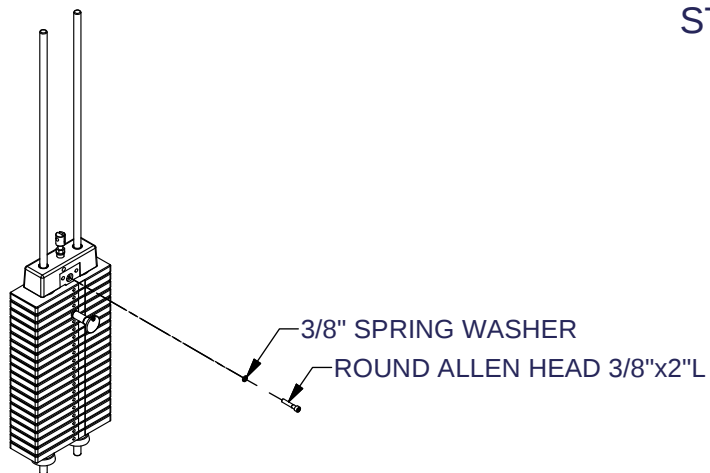


Step 1

Place Selector Rod into Top Plate.

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

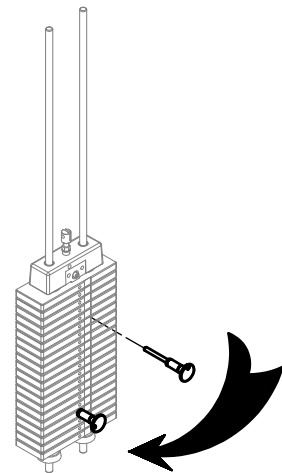
STEP 2



Step 2

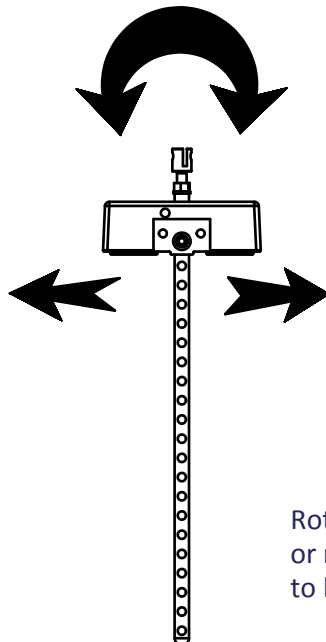
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

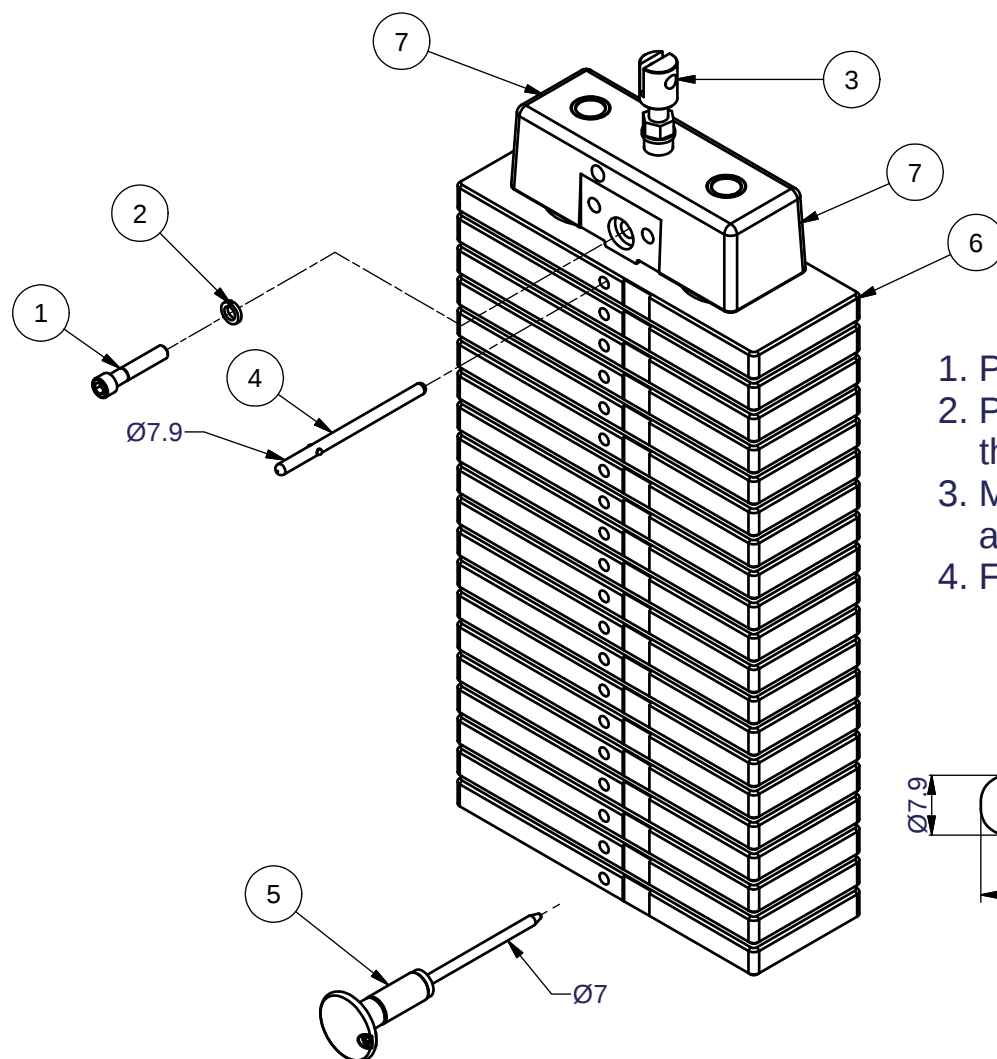
Place the selector pin to each weight plate (5,10,15,20...) to check the smoothness.



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.

