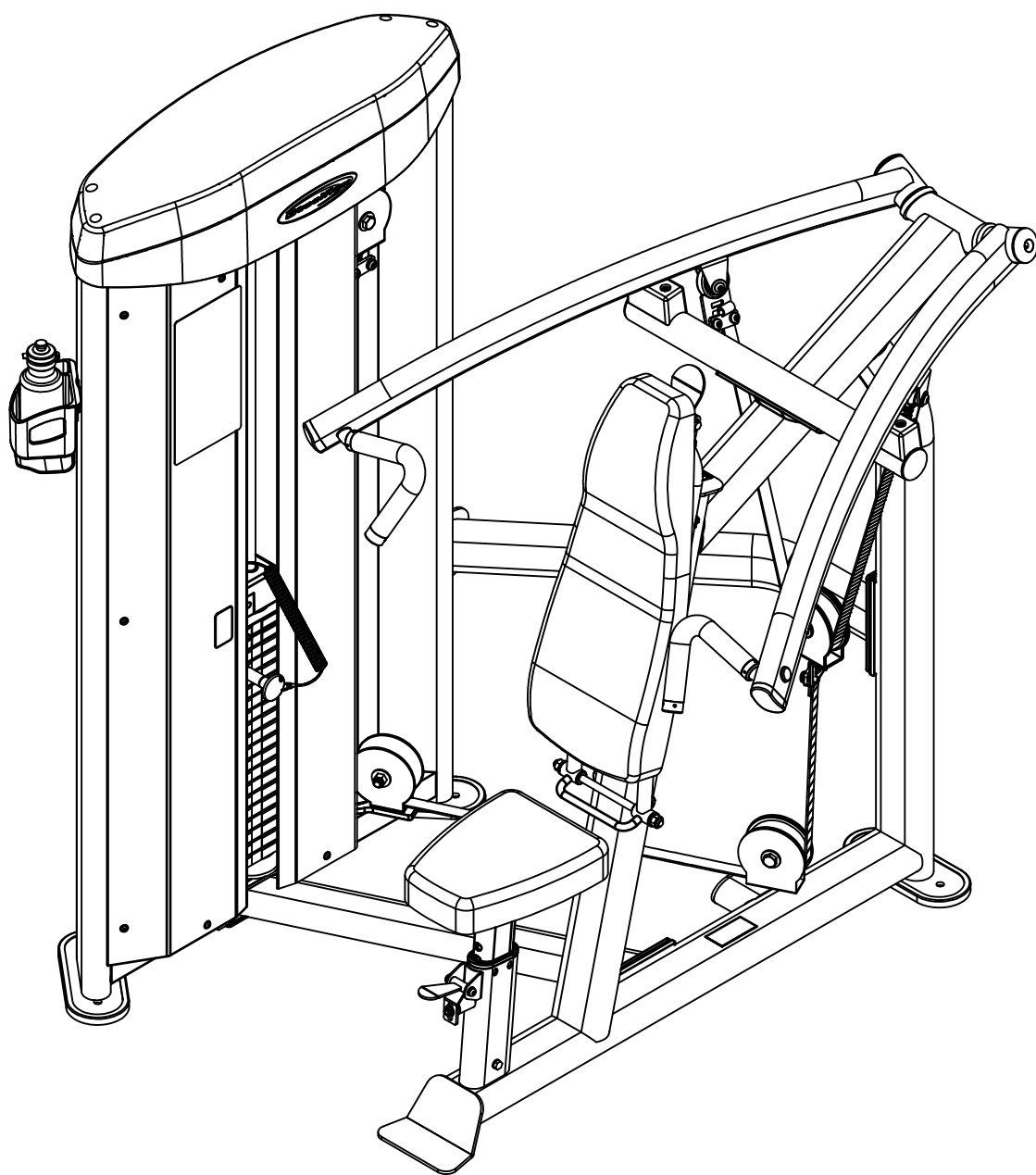


MEGA POWER



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

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

Tel: 886-2-27209980

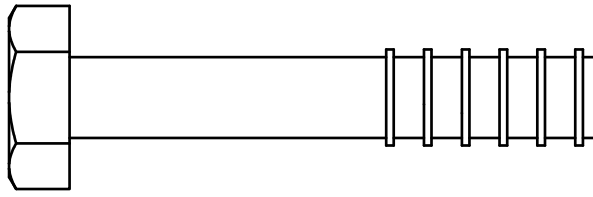
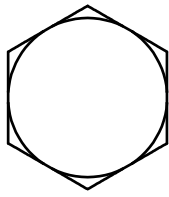
Fax: 886-2-27229750

www.steelflexfitness.com

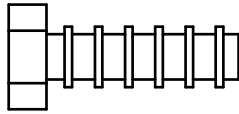
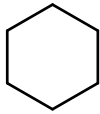
MSP-800.4 OWNER'S MANUAL

MSP-800 ASSEMBLY INSTRUCTIONS

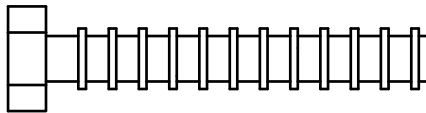
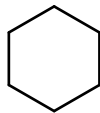
HARDWARE ILLUSTRATION



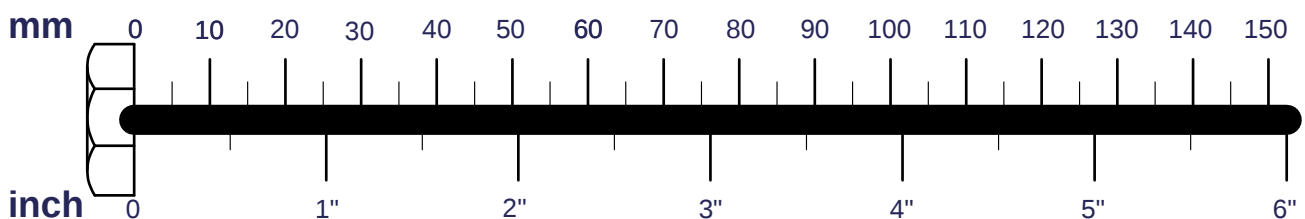
(A1)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



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

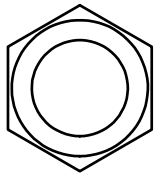


(A3)HEX BOLT 5/16"x2"L PARTIAL THREAD QTY.4

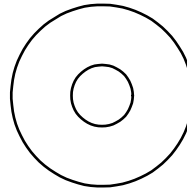
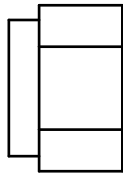


MSP-800 ASSEMBLY INSTRUCTIONS

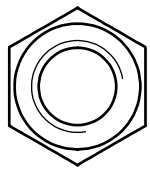
HARDWARE ILLUSTRATION



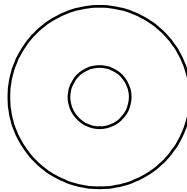
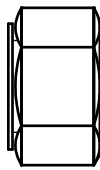
(B1)NYLON LOCK NUT 1/2" QTY.3



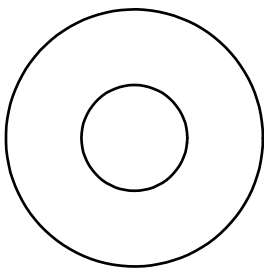
(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.4



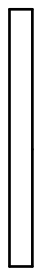
(B2)NYLON LOCK NUT M12 QTY.2



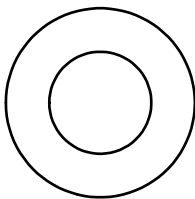
(C4)5/16"(I.D.)ARC WASHER R13 QTY.4



(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.6



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



(C2)M12(I.D.)FLAT WASHER Ø25 QTY.2



mm

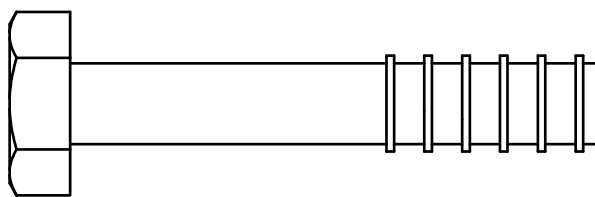
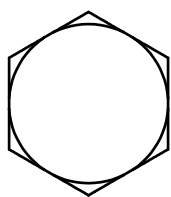
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

inch

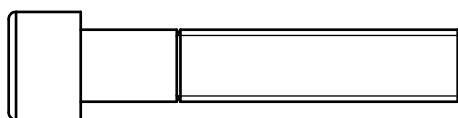
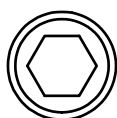
0 1" 2" 3" 4" 5" 6"

MSP-800 ASSEMBLY INSTRUCTIONS

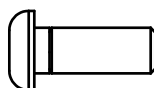
FRAME HARDWARE ILLUSTRATION FOR DOOR



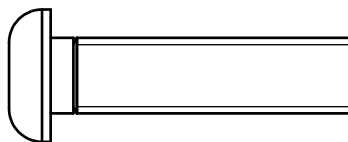
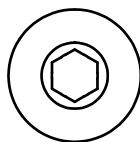
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



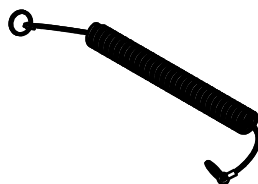
(AA2)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



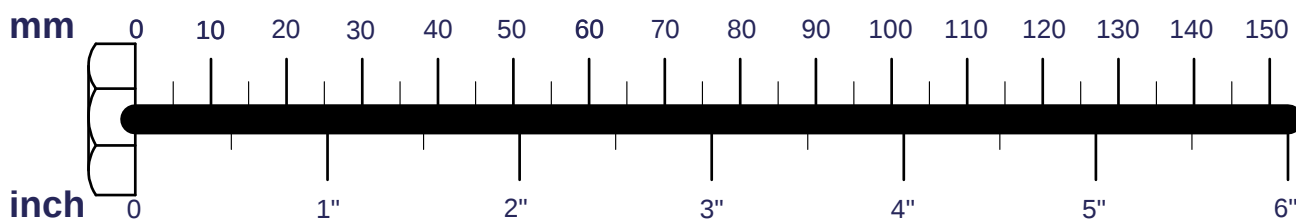
(AA3)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16



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

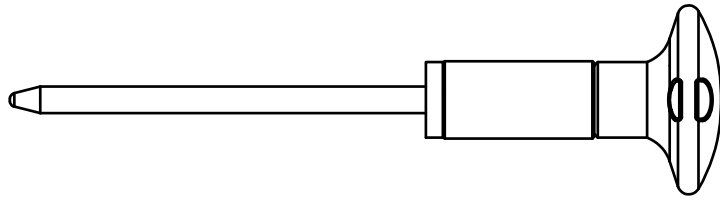


(AA5)ELASTIC BELT (F920003) QTY.1

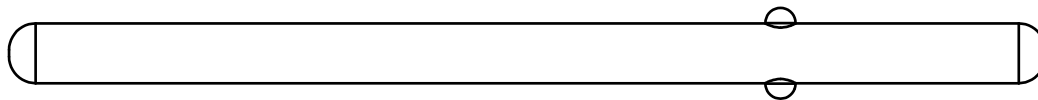


MSP-800 ASSEMBLY INSTRUCTIONS

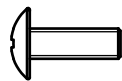
FRAME HARDWARE ILLUSTRATION FOR DOOR



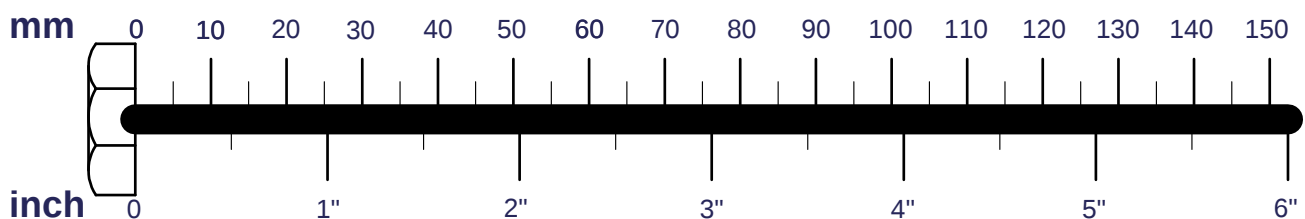
(AA6)10 、 15 、 20 LB PIN (8250-162) QTY.1



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

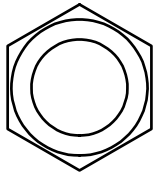


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

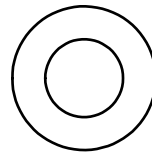
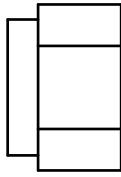


MSP-800 ASSEMBLY INSTRUCTIONS

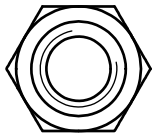
FRAME HARDWARE ILLUSTRATION FOR DOOR



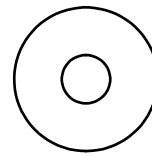
(BB1)NYLON LOCK NUT 1/2" QTY.3



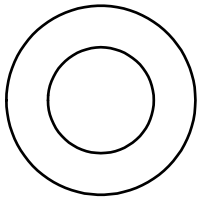
(CC4)M10 (I.D.)FLAT WASHER Ø19 QTY.2



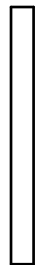
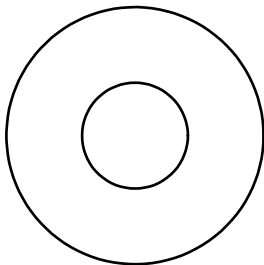
(BB2)NYLON LOCK NUT M10 QTY.1



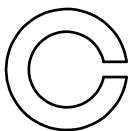
(CC5)M6 (I.D.)FLAT WASHER Ø19 QTY.16



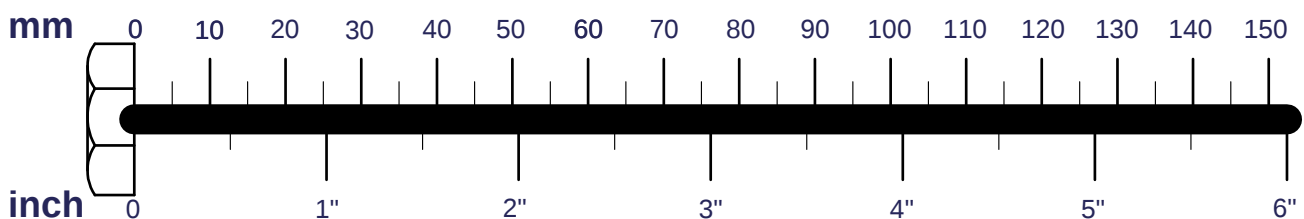
(CC1)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC2)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



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

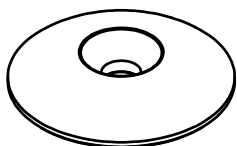


MSP-800 ASSEMBLY INSTRUCTIONS

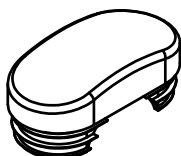
HARDWARE ILLUSTRATION

D1. Ø60 CAP COVER(8130-231)-----	[2PCS]
D2. 40X80X2t END CAP(9211-113)-----	[2PCS]
D3. Ø25 NYLON BUSHING (9211-151)-----	[4PCS]
D4. 50X100X56 RUBBER PAD(9214-038)-----	[2PCS]
D5. 108X15tX263L RUBBER PAD(9310-075)-----	[1PCS]
D6. Ø115X50L PULLEY(9213-042B)-----	[3PCS]
D7. 2270mm BELT (FMSP800A)-----	[1PCS]
D8. 1950mm BELT (FMSP800B)-----	[1PCS]

D1



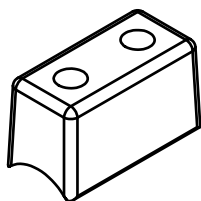
D2



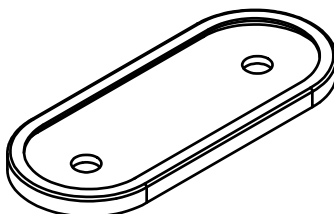
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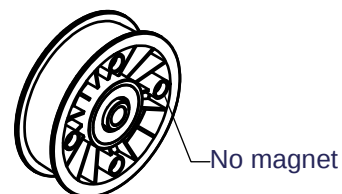
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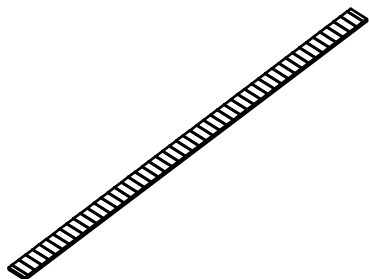
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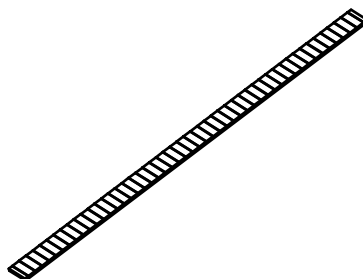
D6



D7



D8

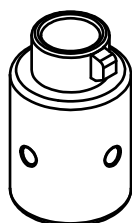


MSP-800 ASSEMBLY INSTRUCTIONS

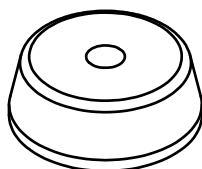
FRAME HARDWARE ILLUSTRATION FOR DOOR

DD1. 3/4" SHAFT COLLAR (9211-147)	-----[2PCS]
DD2. Ø4" RUBBER PAD (9310-017)	-----[2PCS]
DD3. 108X263 RUBBER PAD (9310-075)	-----[2PCS]
DD5. Ø115 PULLEY (9213-042B)	-----[3PCS]
DD6. 2270mm BELT (FMSP800C1)	-----[1PCS]
DD7. BOTTLE BRACKET BOARD (8388-025)	-----[1PCS]
DD8. BOTTLE RACK (9260-320)	-----[1PCS]
DD9. BOTTLE (9260-123)	-----[1PCS]
DD12. TOP PLATE(8400-033)	-----[1PCS]
DD13. 3/4" SHAFT COLLAR (9211-167)	-----[2PCS]
DD14. SELECTOR ROD (8210-216C)	-----[1PCS]

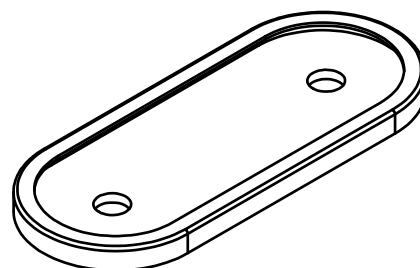
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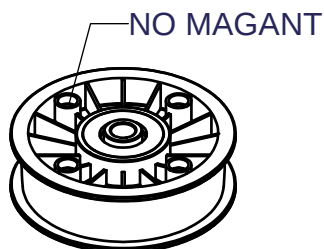
DD2



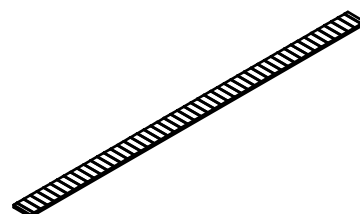
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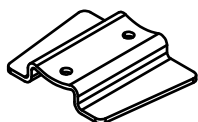
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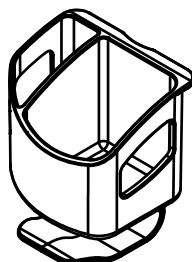
DD6



DD7



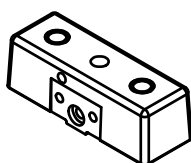
DD8



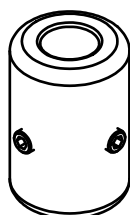
DD9



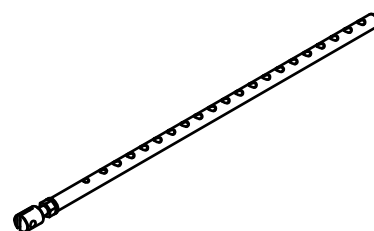
DD12



DD13



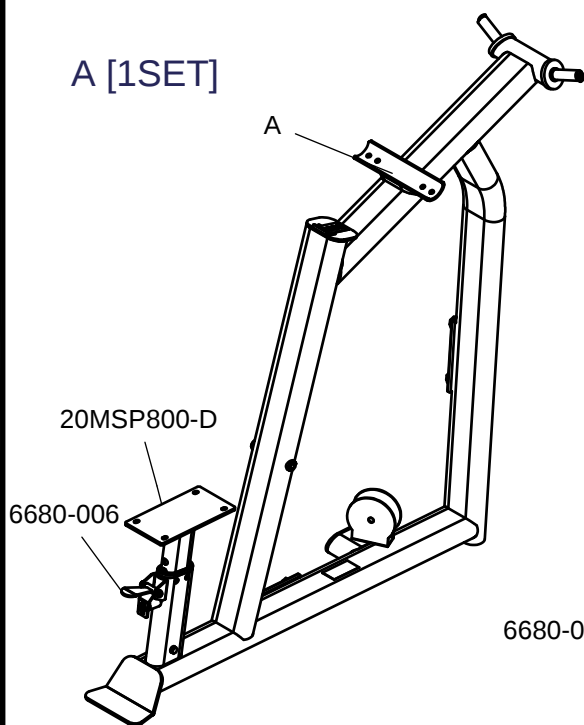
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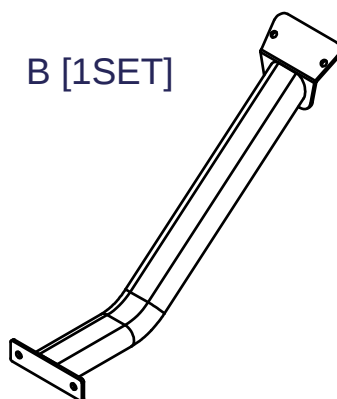
MSP-800 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

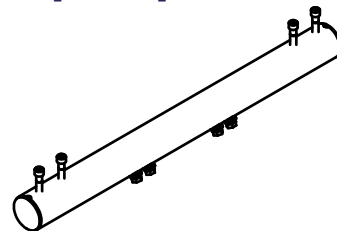
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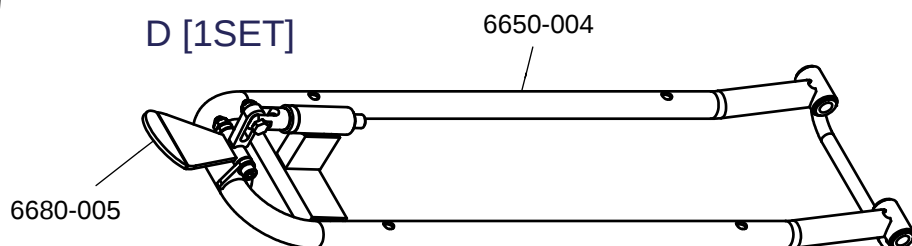
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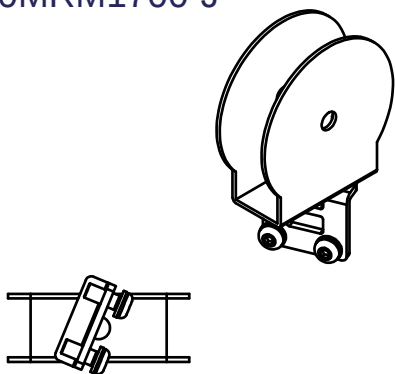
C [1PCS]



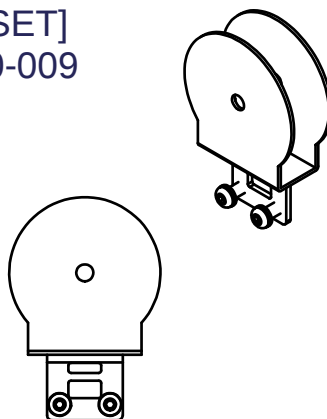
D [1SET]



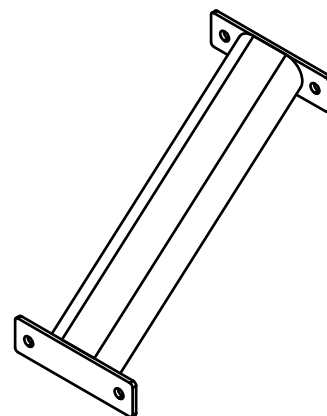
E [1SET]
20MRM1700-J



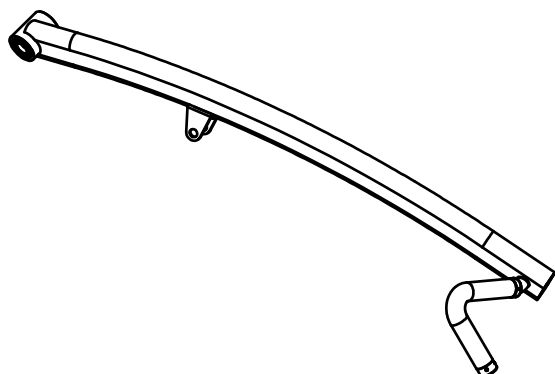
F [1SET]
6640-009



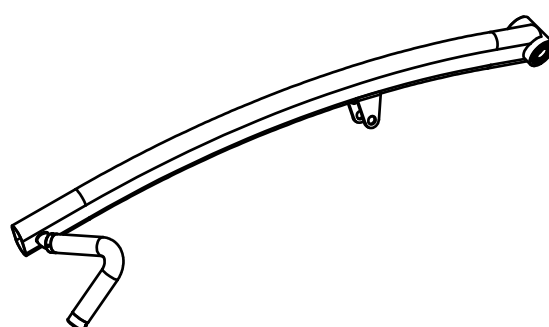
G [1PCS]



H [1PCS]
6690-003

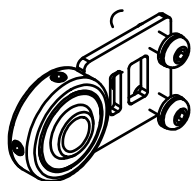


I [1PCS]
6690-004

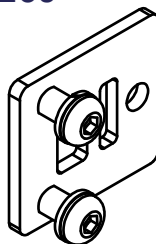


PARTS ILLUSTRATION SHEET

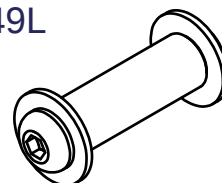
J [2PCS]
6640-010



K [1SET]
8313-169



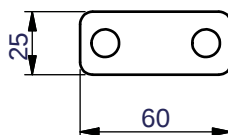
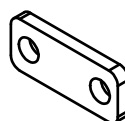
L [2PCS]
8210-155
Ø5/8"X49L



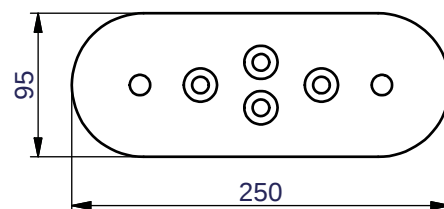
M [1PCS]
8260-069
Ø1/2"X255L



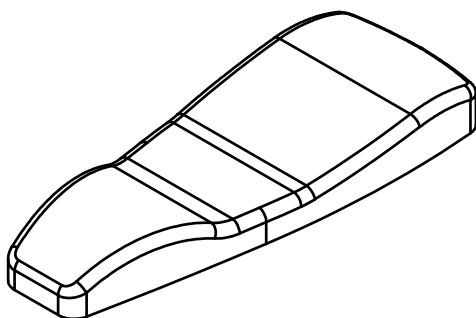
N [4PCS]
8311-117
60X25X6T



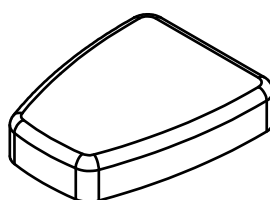
O [1PCS]
8313-144
95X6TX250L



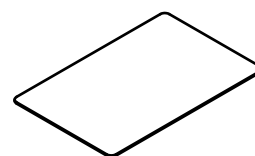
P [1PCS]
9111-069



Q [1PCS]
9121-070



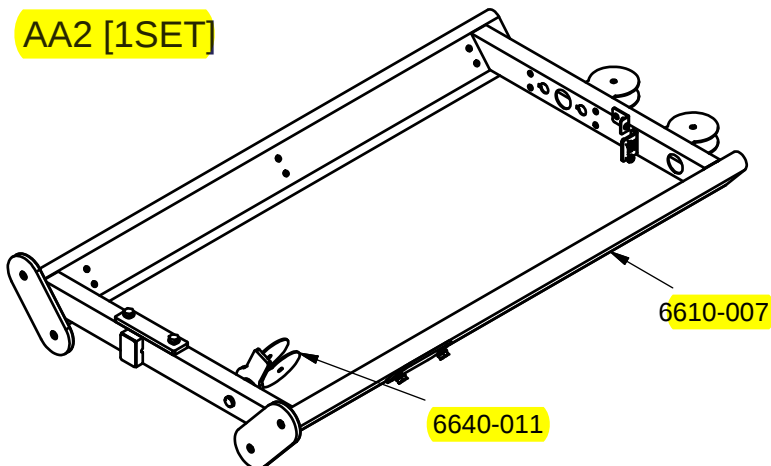
R [1PCS]
9420-104



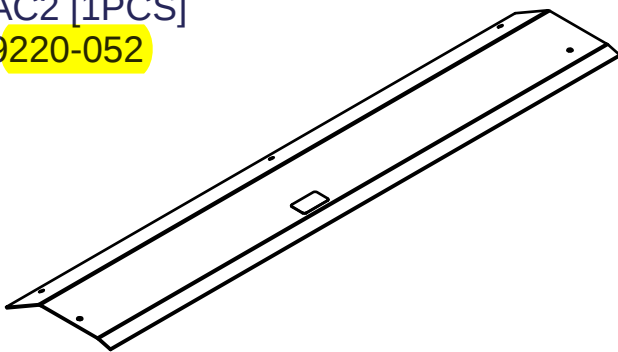
MSP-800 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

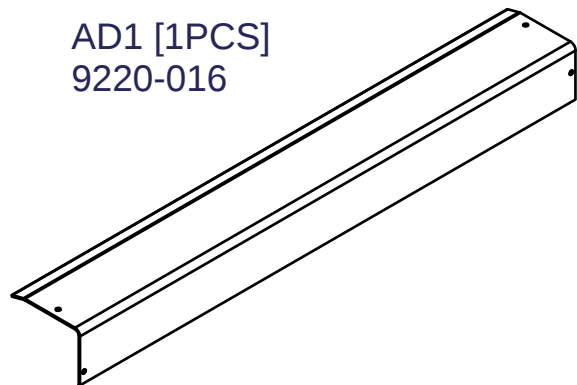
AA2 [1SET]



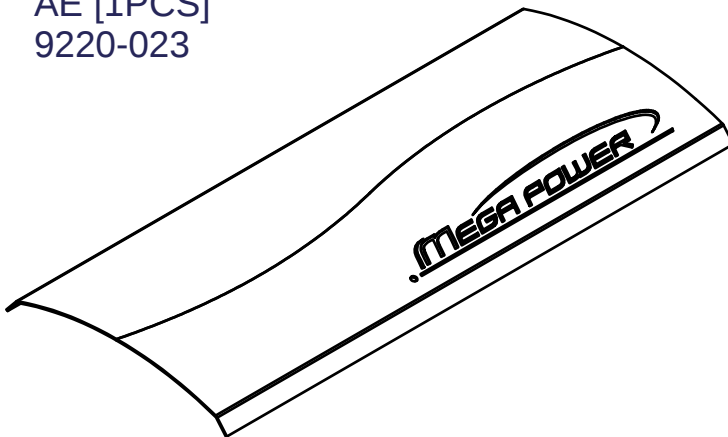
AC2 [1PCS]
9220-052



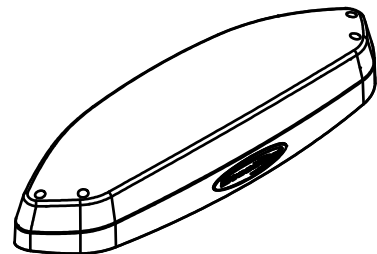
AD1 [1PCS]
9220-016



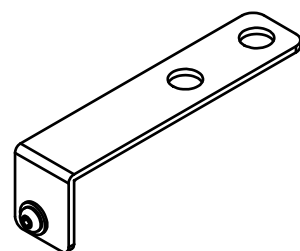
AE [1PCS]
9220-023



AF [1SET]
9211-148



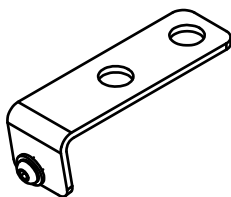
AH [4SET]
8331-057



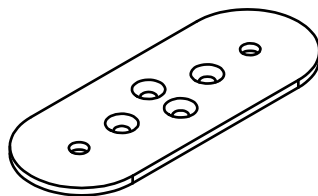
MSP-800 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

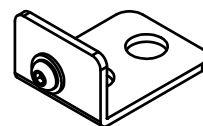
AI [3SET]
8331-058



AJ [2PCS]
8313-144



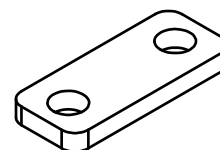
AK [1SET]
8331-056



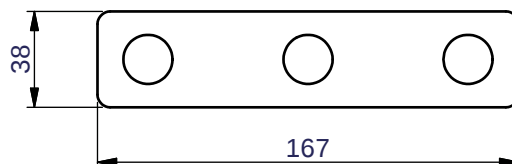
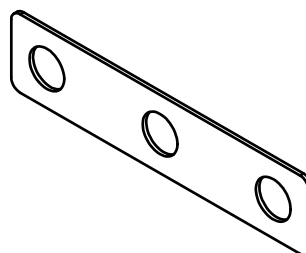
AL2 [2PCS]
8280-042
Ø3/4"X1433L



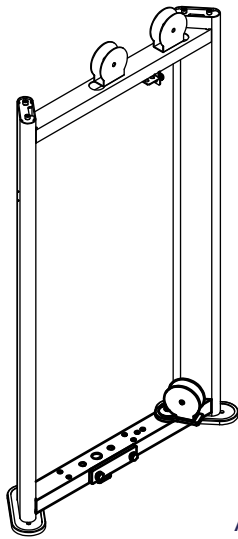
AO [2PCS]
8311-117



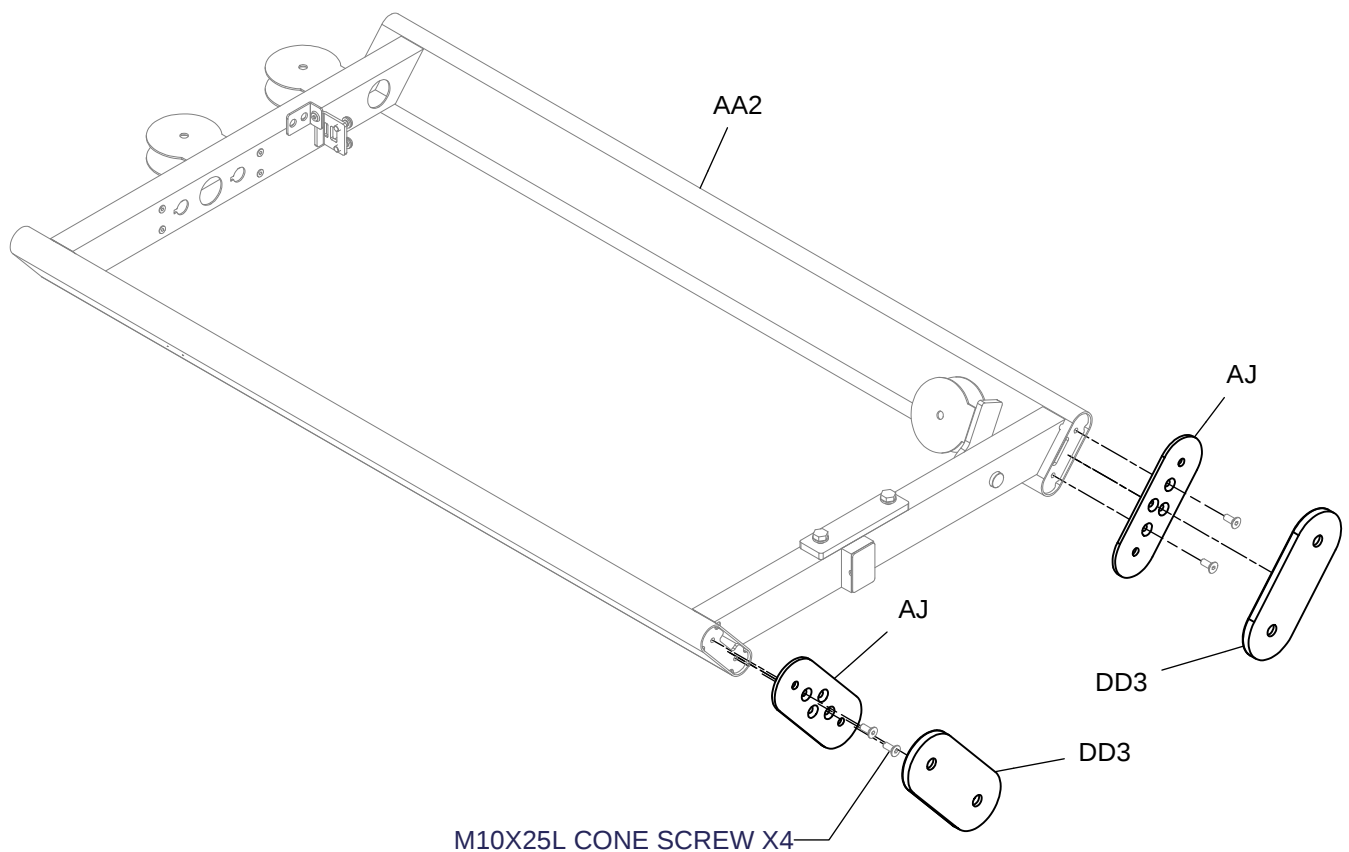
AQ [1SET]
8311-194



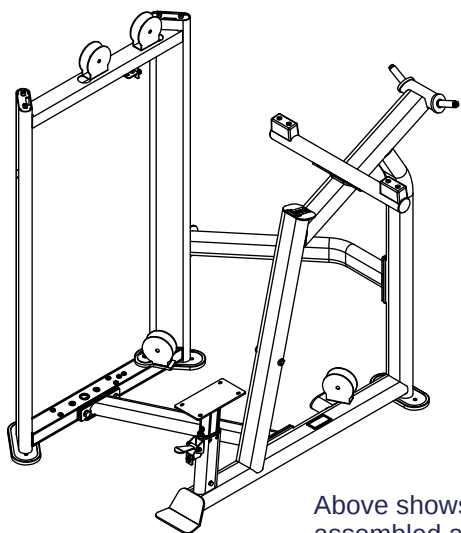
MSP-800 ASSEMBLY INSTRUCTIONS



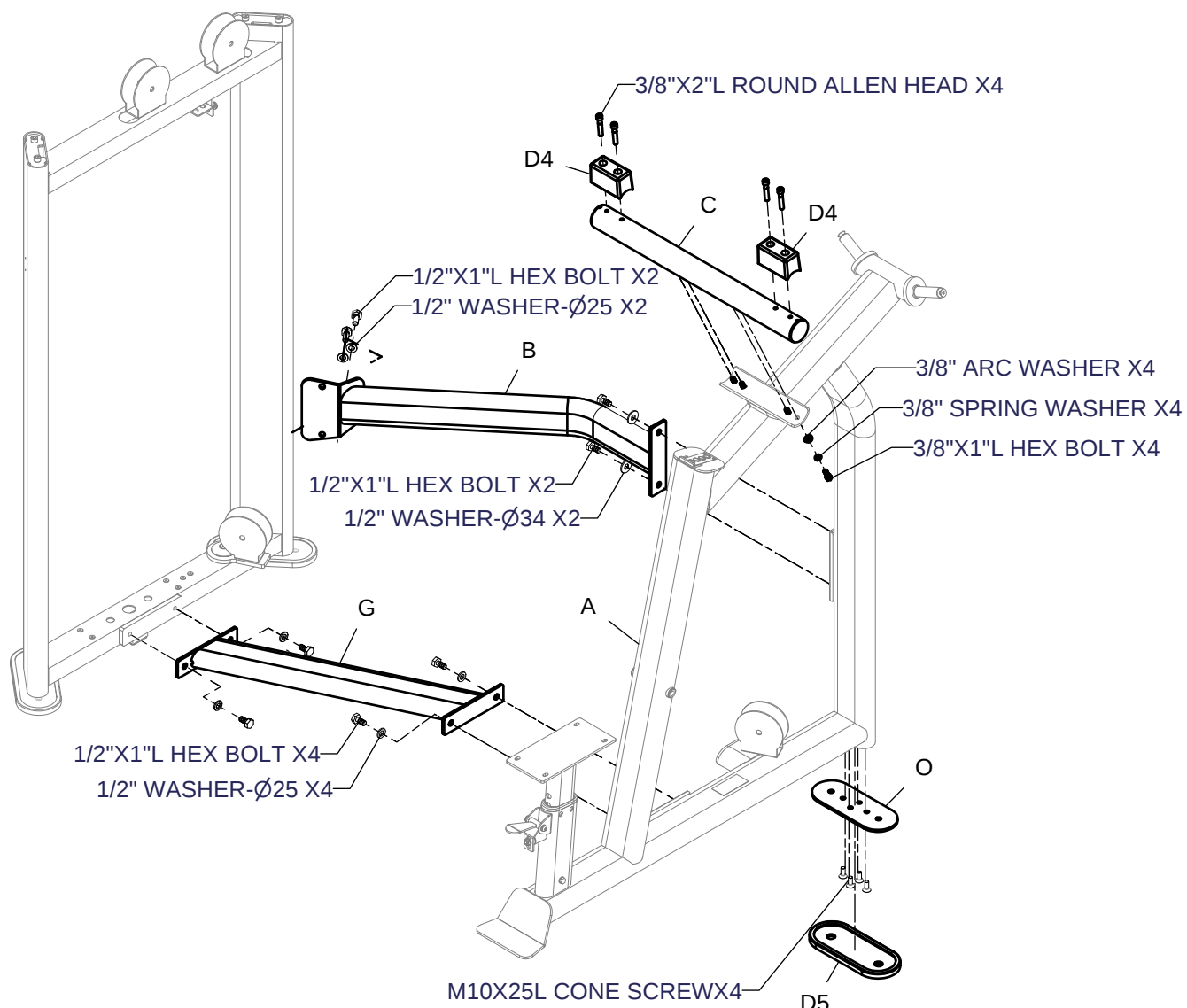
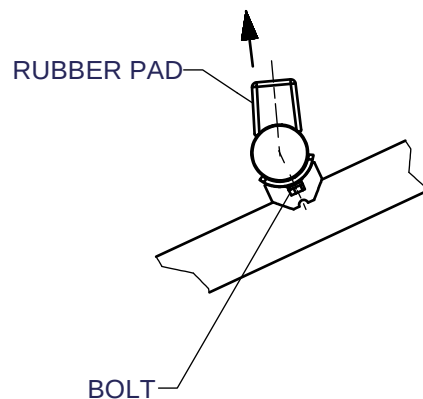
Above shows STEP 1
assembled and completed



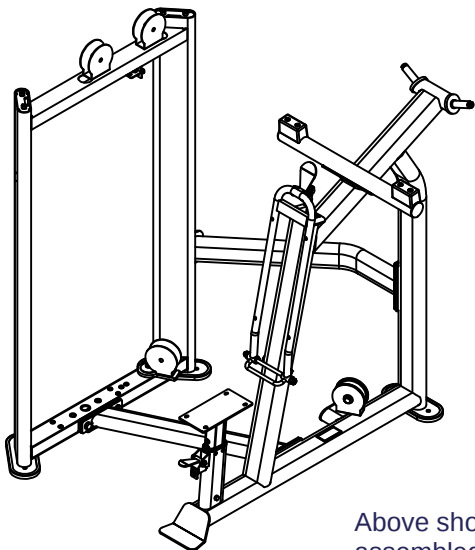
MSP-800 ASSEMBLY INSTRUCTIONS



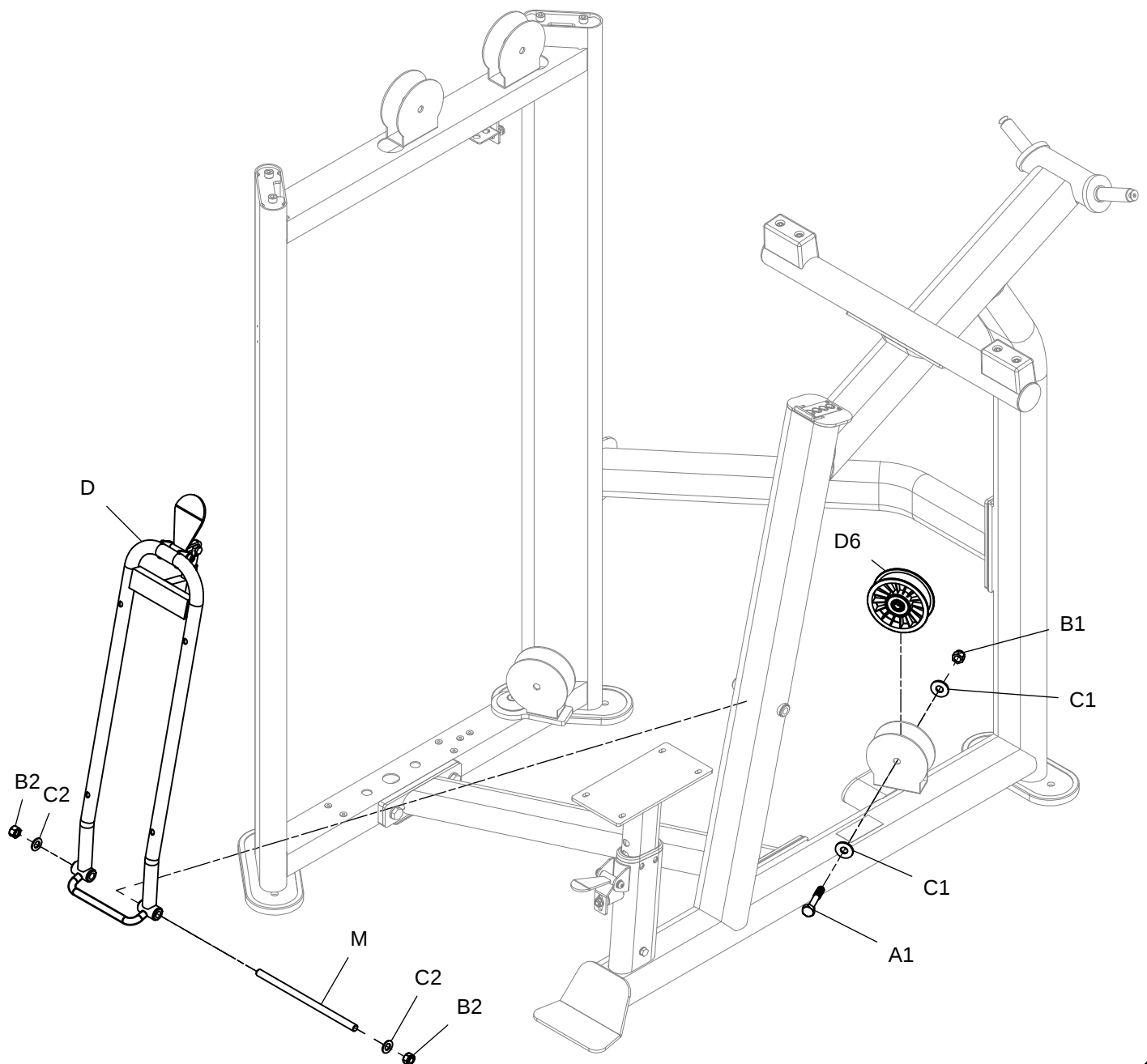
Above shows STEP 2
assembled and completed



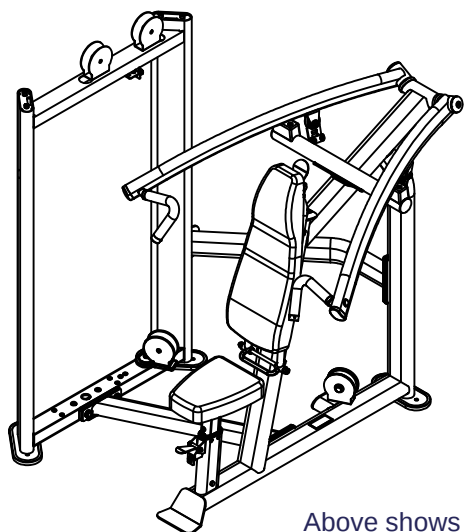
MSP-800 ASSEMBLY INSTRUCTIONS



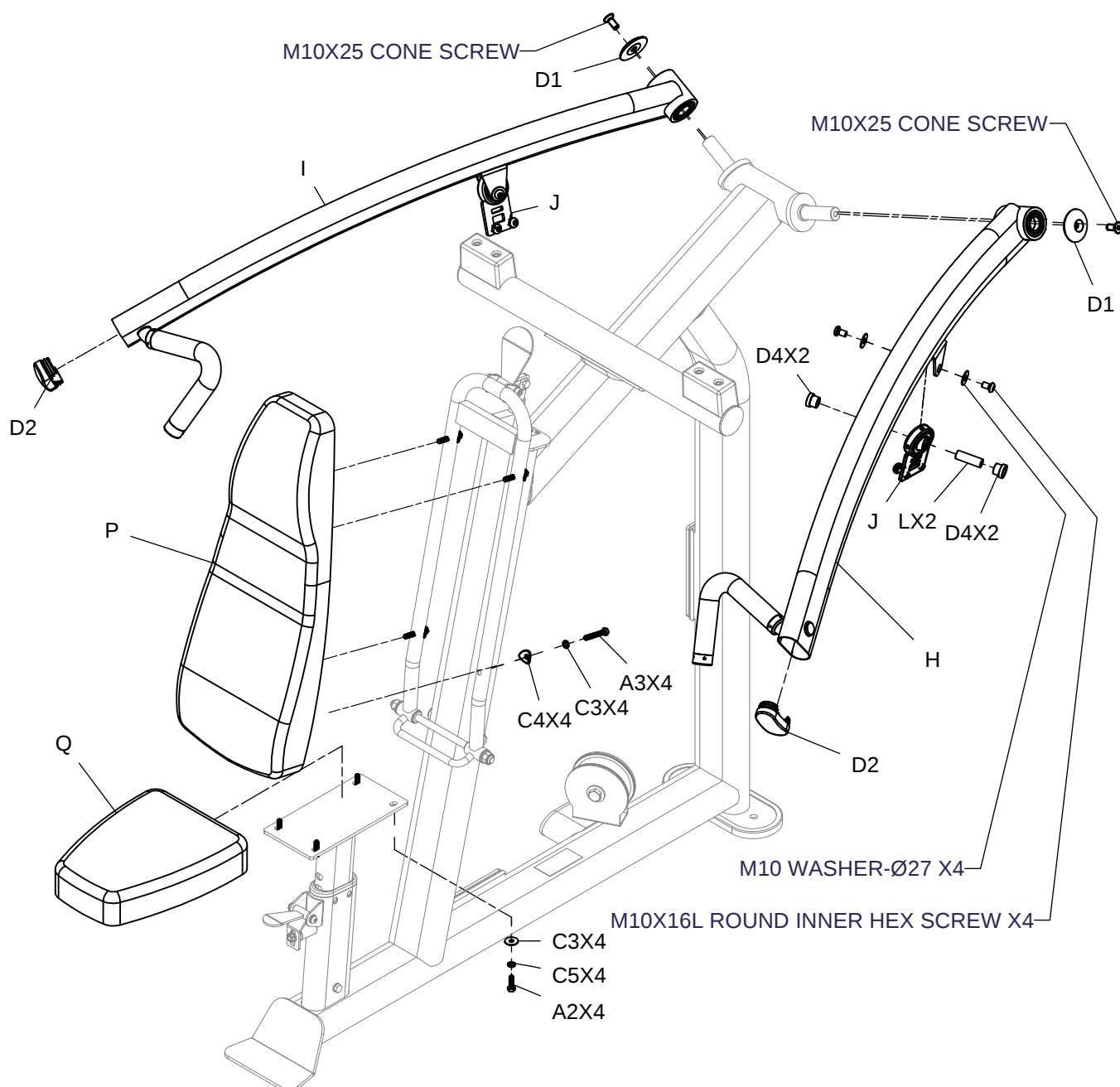
Above shows STEP 3
assembled and completed



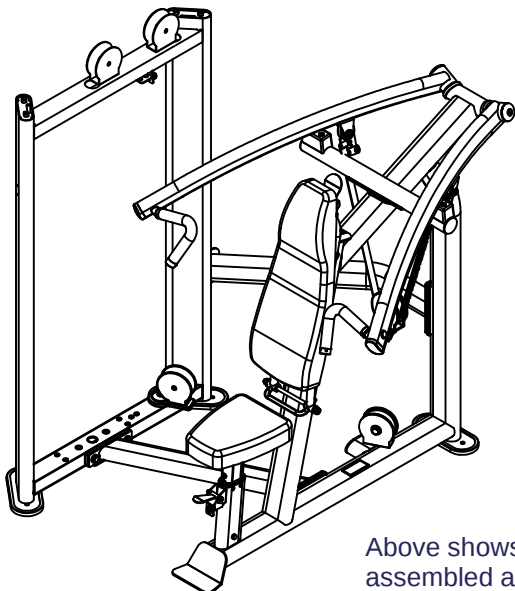
MSP-800 ASSEMBLY INSTRUCTIONS



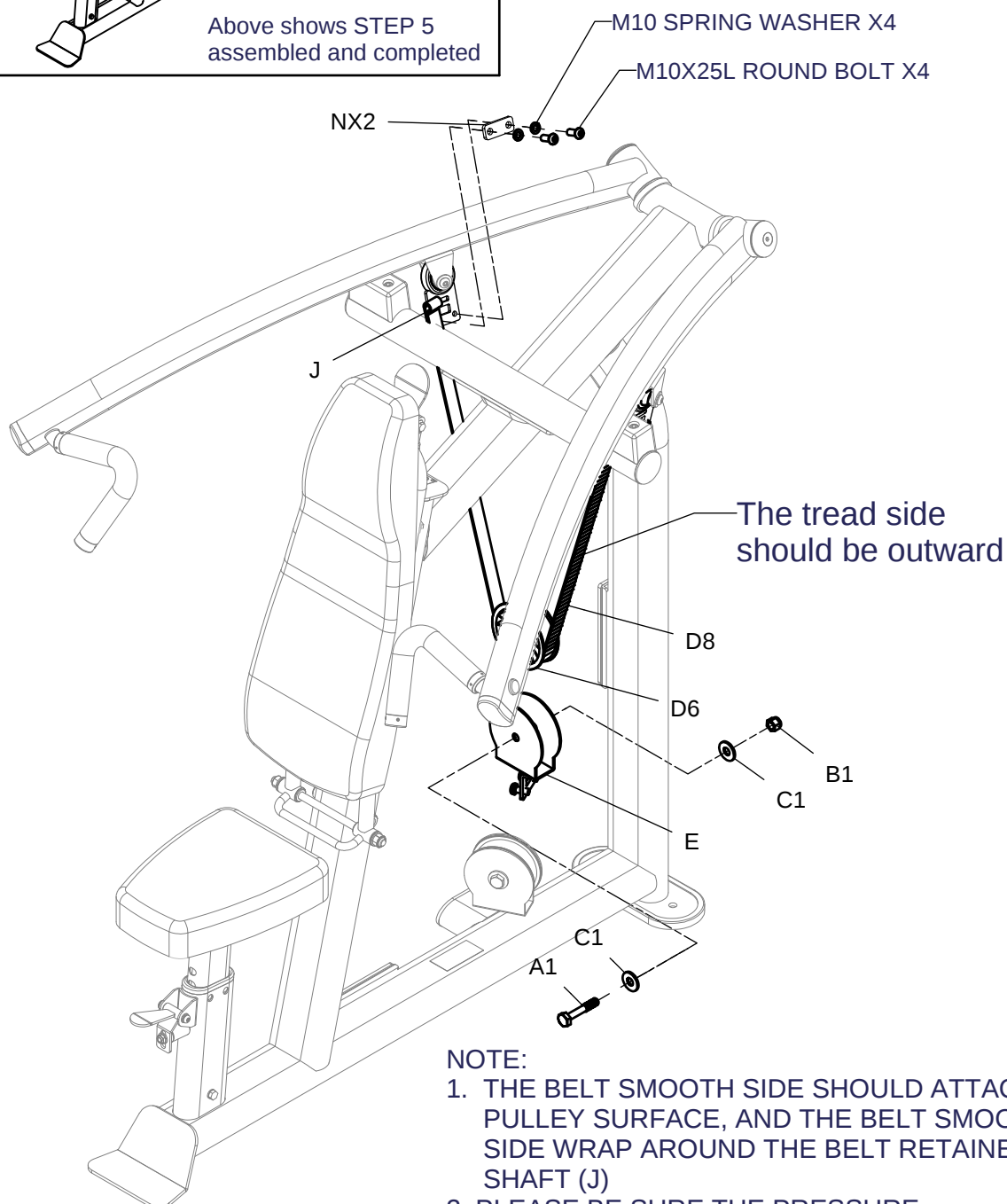
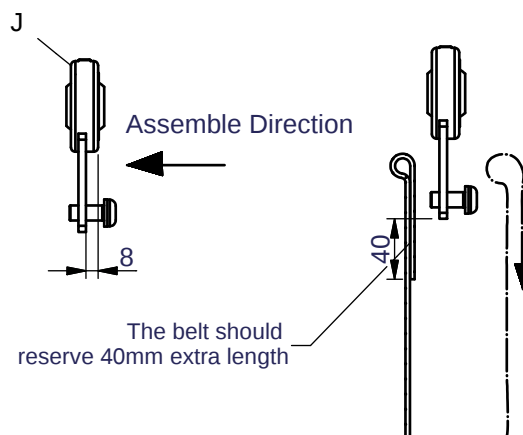
Above shows STEP 4
assembled and completed



MSP-800 ASSEMBLY INSTRUCTIONS



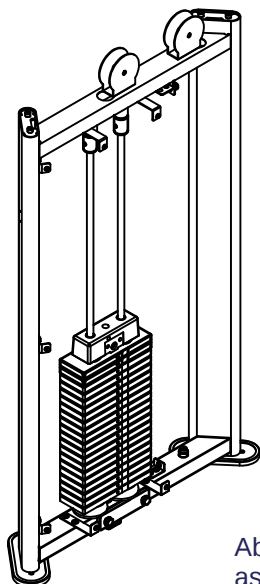
Above shows STEP 5 assembled and completed



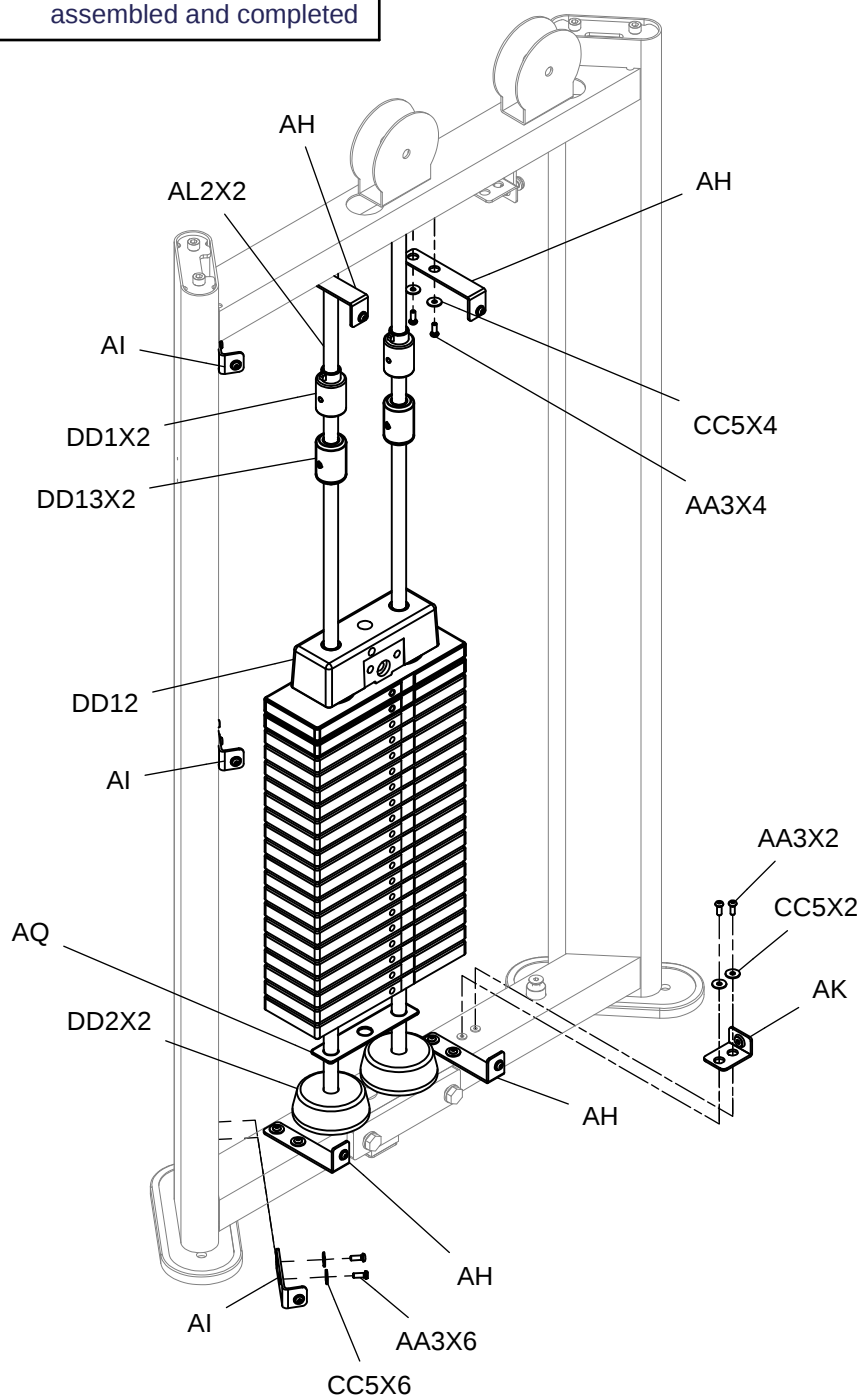
NOTE:

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

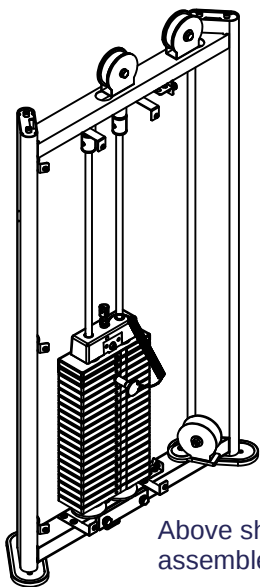
MSP800 ASSEMBLY INSTRUCTIONS



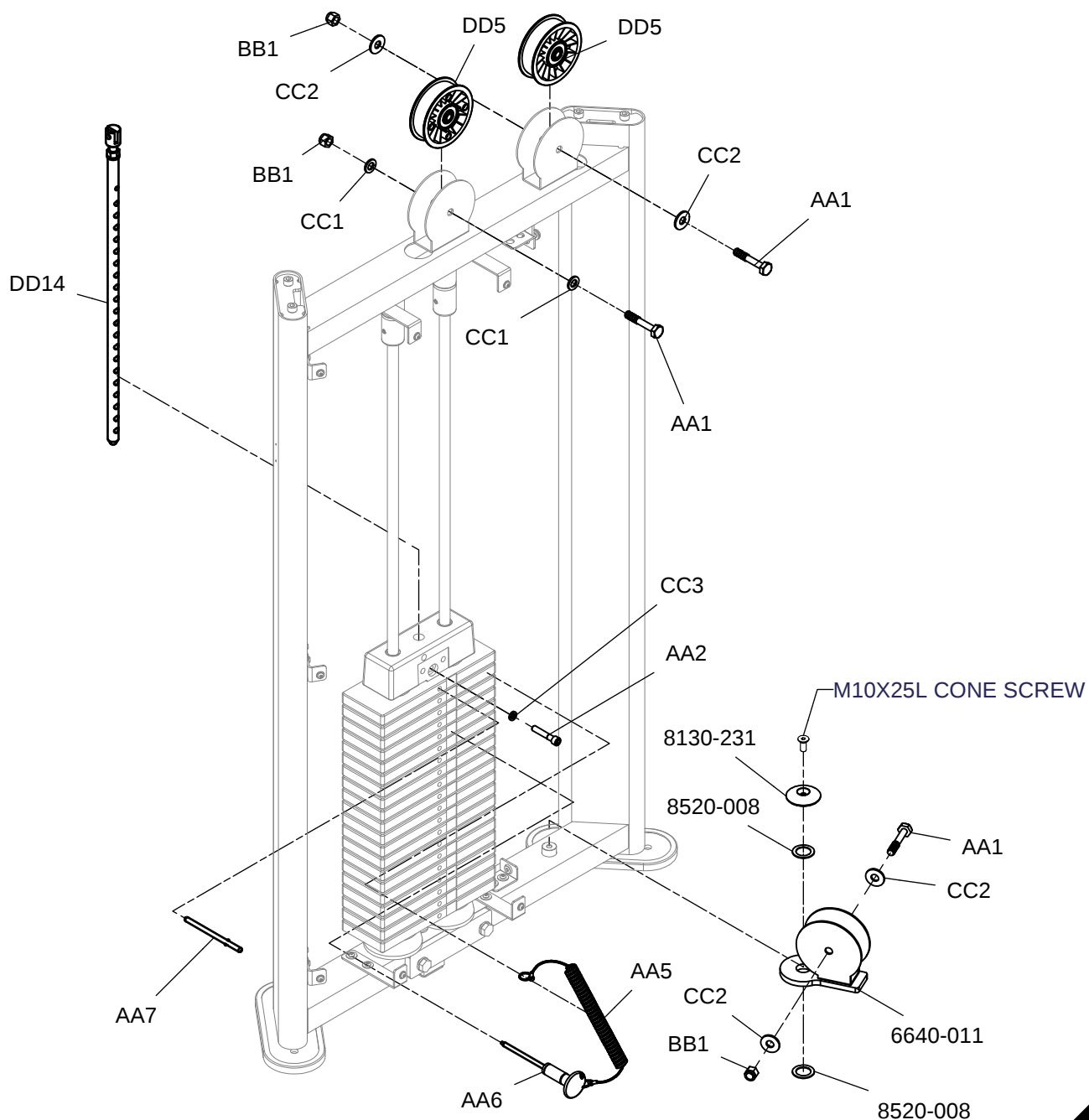
Above shows STEP 6
assembled and completed



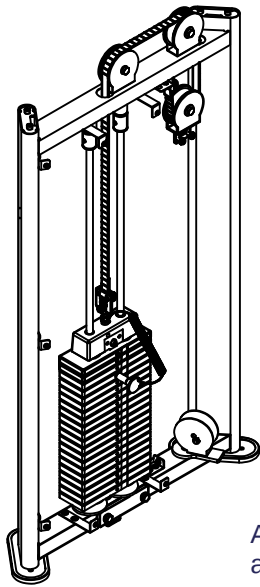
MSP800 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

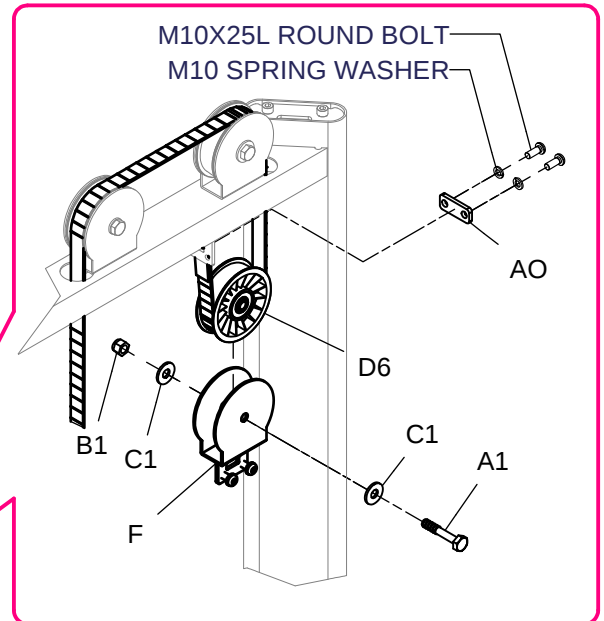


MSP800 ASSEMBLY INSTRUCTIONS

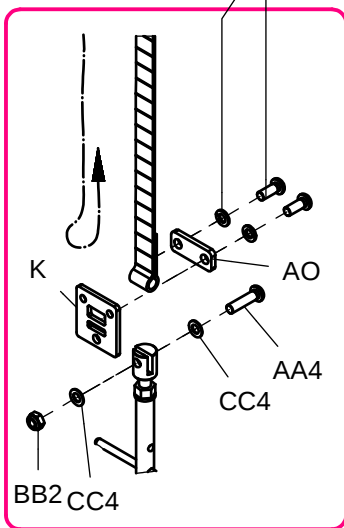


Above shows STEP 8 assembled and completed

The tread side should be outward



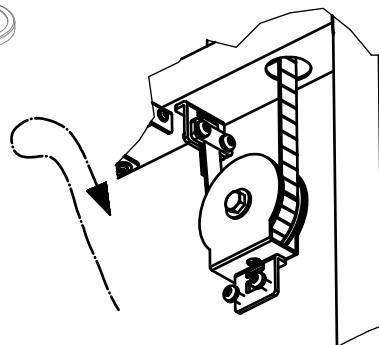
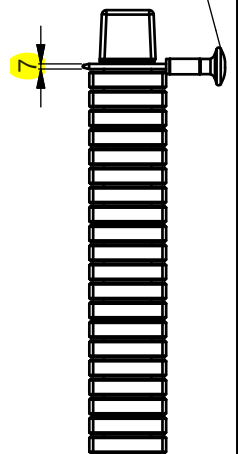
M10X25L ROUND BOLT
M10 SPRING WASHER



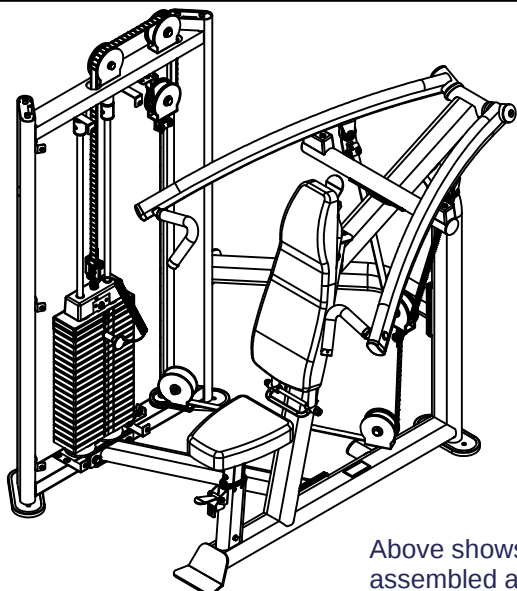
Adjust Belt Procedure:

1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the pin and let the top plate fall on the first weight plate.

The belt should reserve 40mm extra length

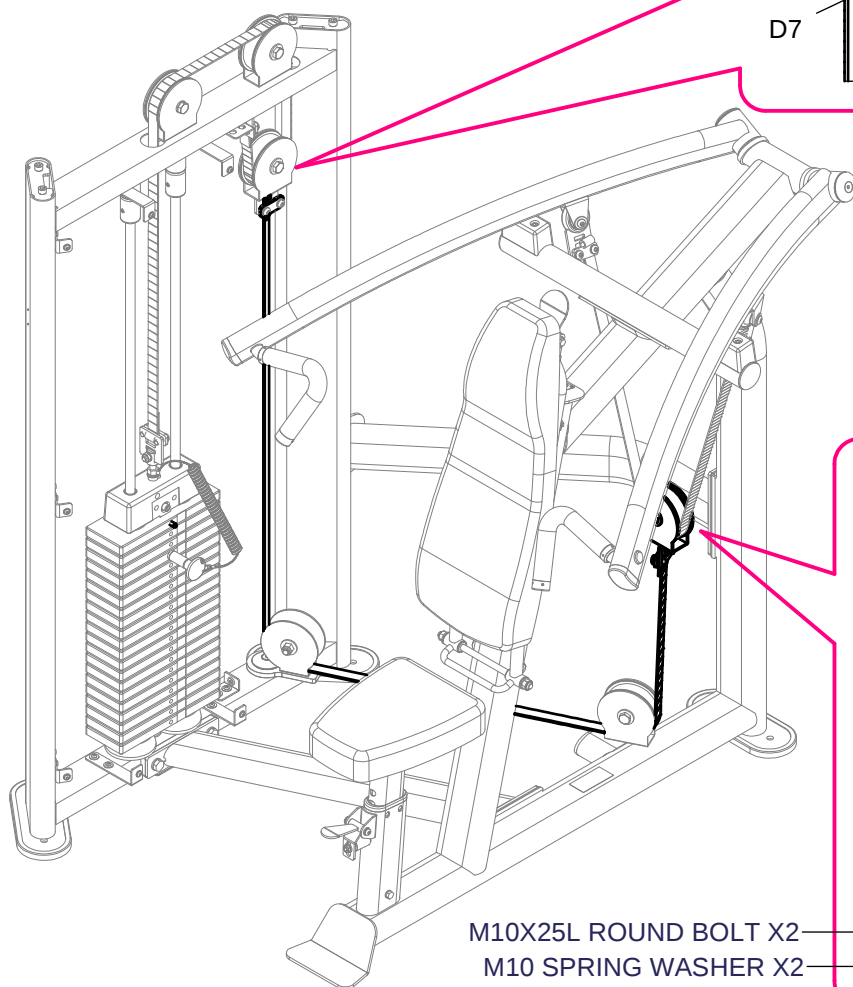
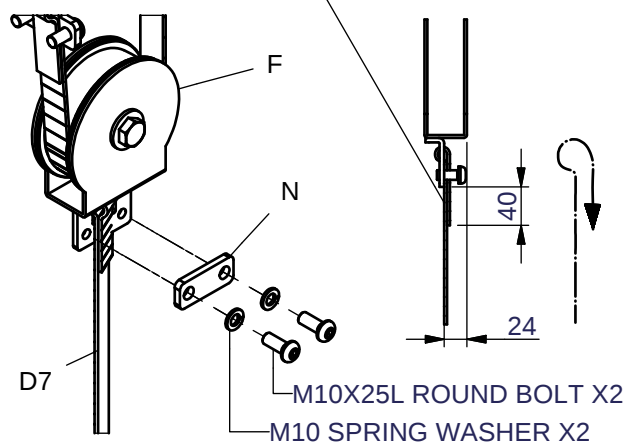


MSP800 ASSEMBLY INSTRUCTIONS



Above shows STEP 9 assembled and completed

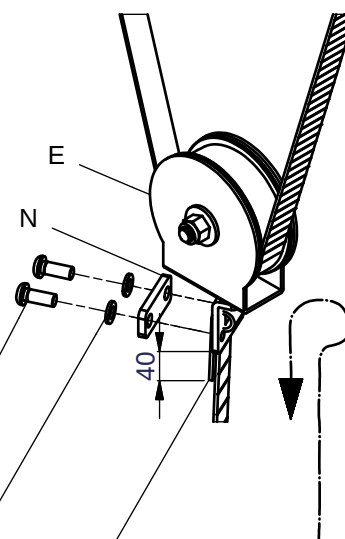
The belt should reserve 40mm extra length



M10X25L ROUND BOLT X2
M10 SPRING WASHER X2

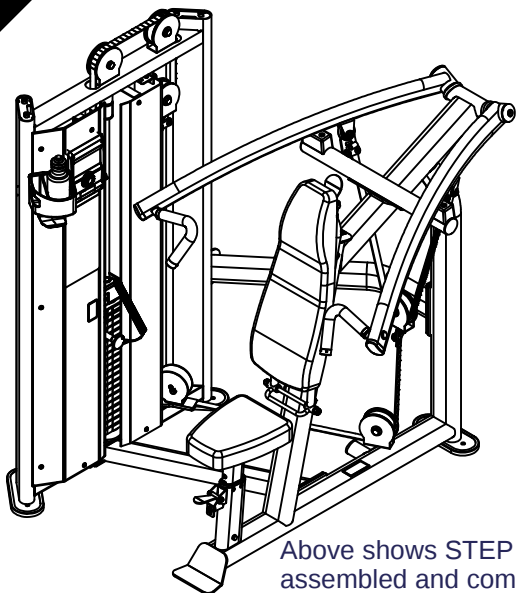
NOTE:

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

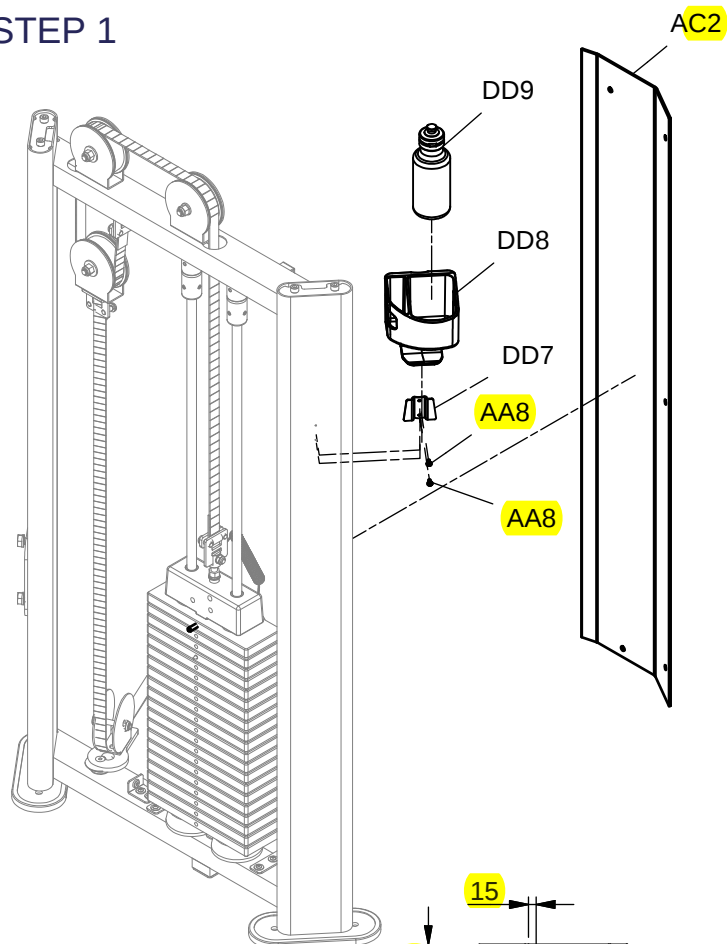


The belt should reserve 40mm extra length

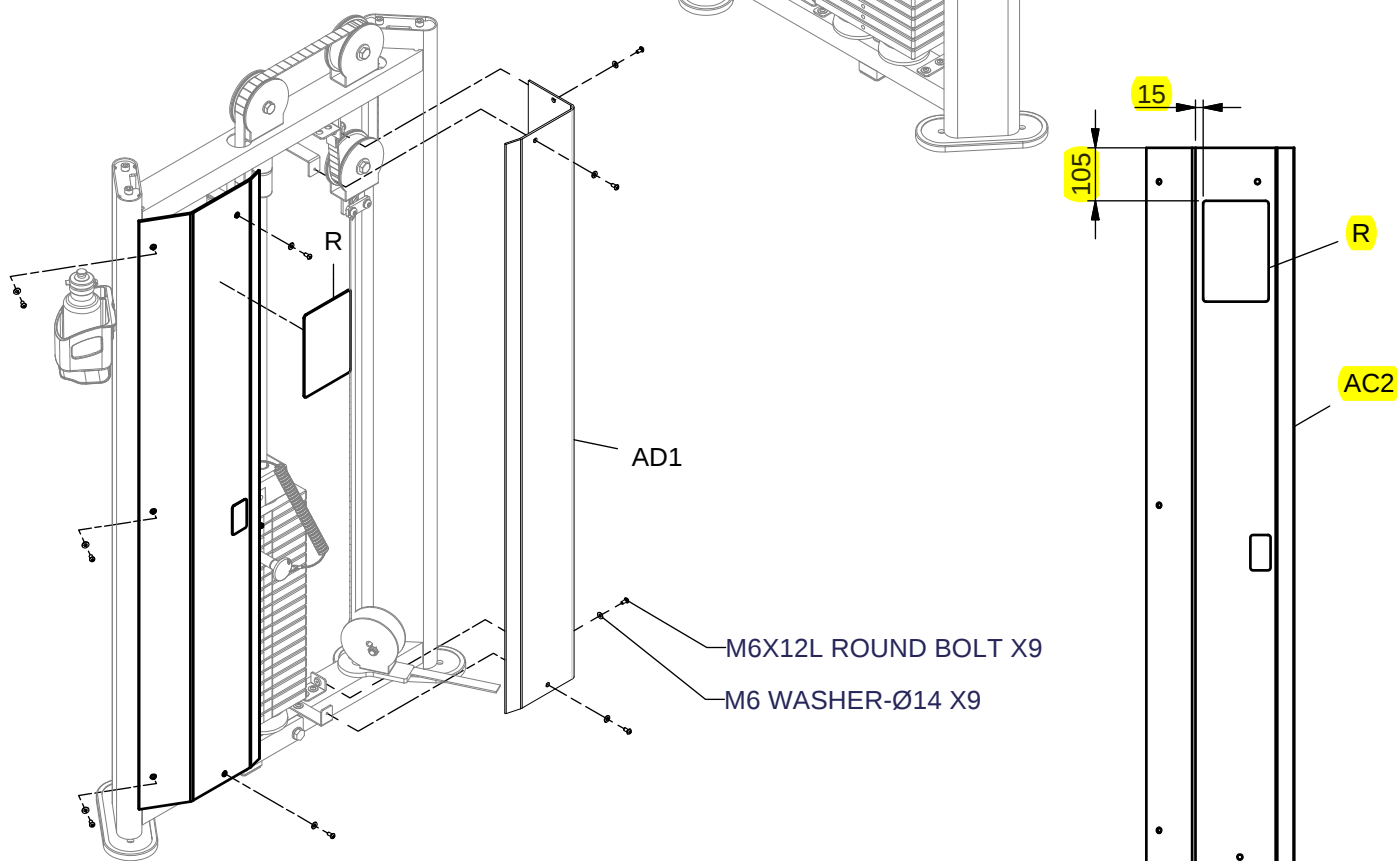
MSP800 ASSEMBLY INSTRUCTIONS



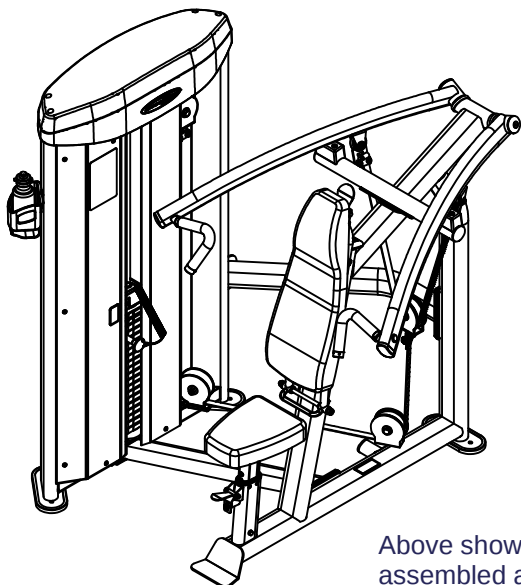
STEP 1



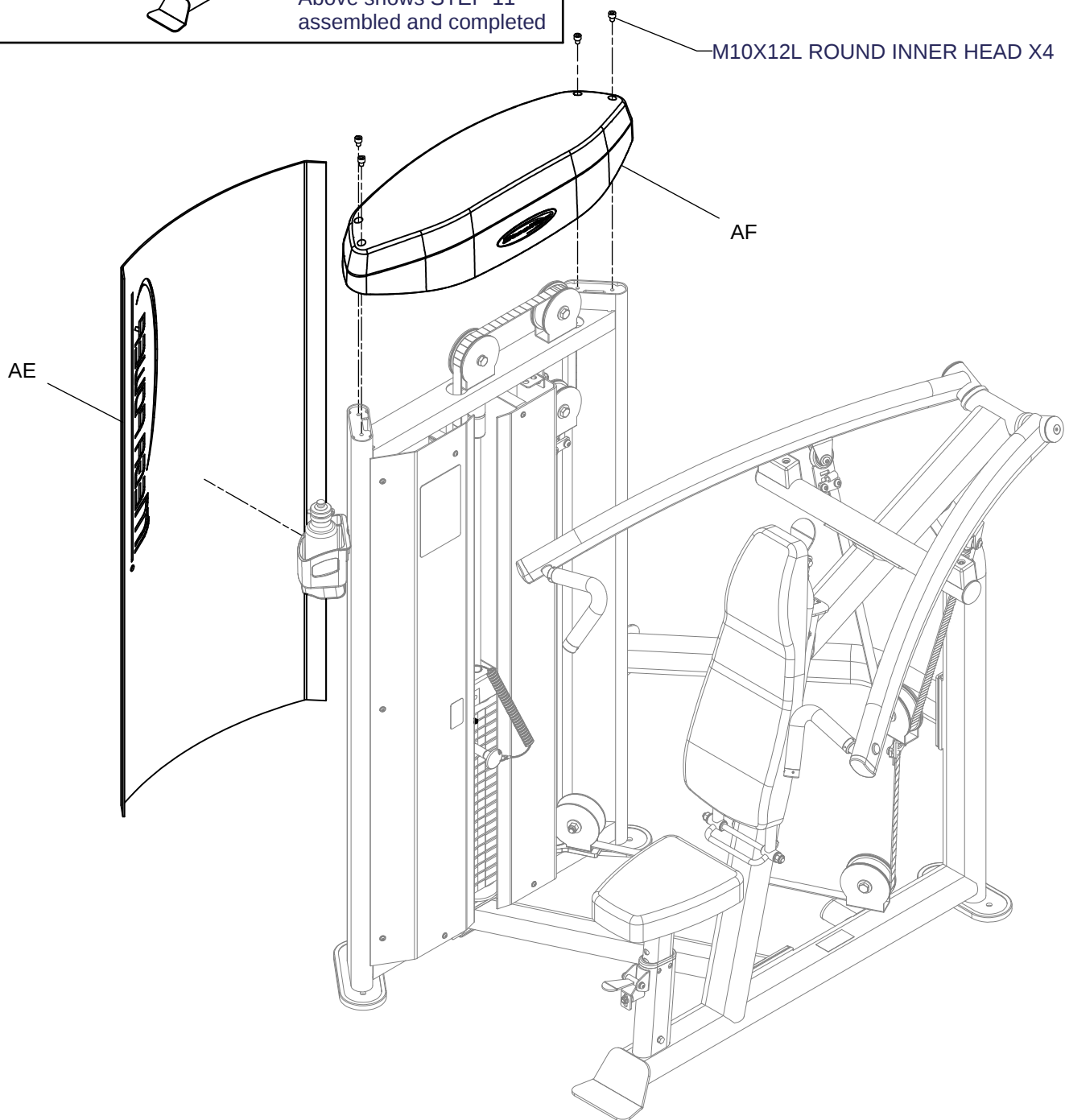
STEP 2



MSP800 ASSEMBLY INSTRUCTIONS

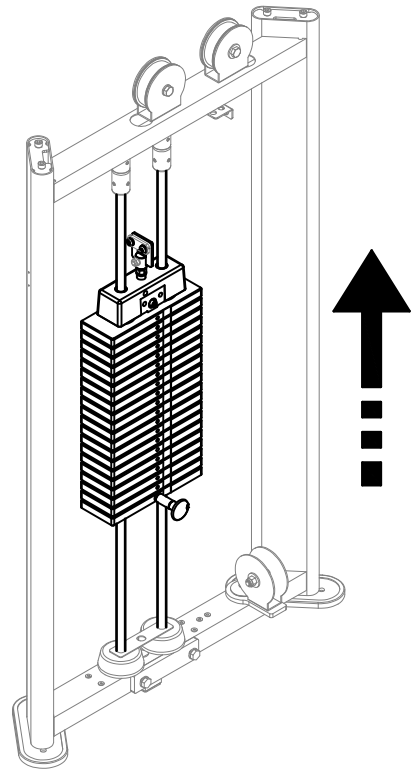
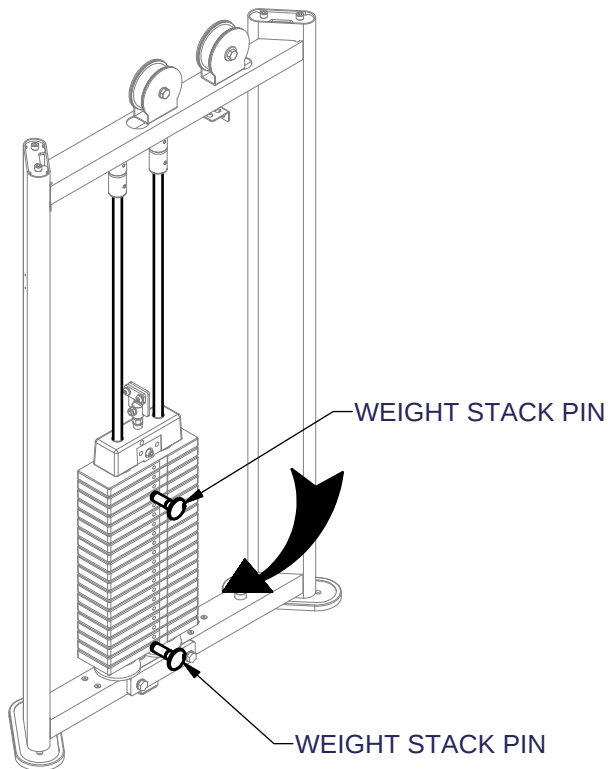


Above shows STEP 11
assembled and completed



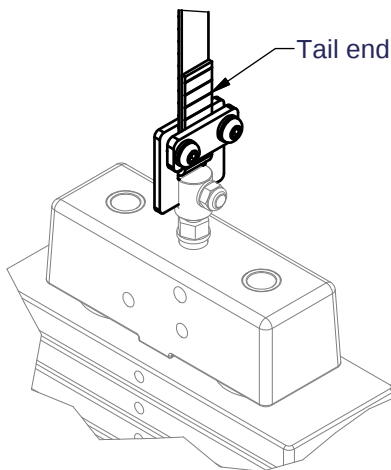
ASSEMBLY INSTRUCTIONS

Adjust Flat Belt Steps



1. When installing flat belt, please put the weight stack pin into 4th weight stack. After installing flat belt, please put the weight stack pin into 20th weight stack.

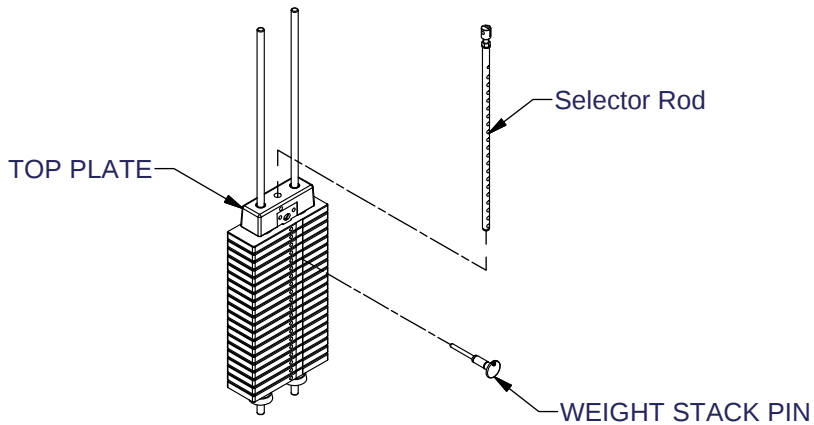
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



3. Pull end of flat belt as drawing showed to make the flat belt be tightened.
(After using the machine 3 months to 6 months, please check flat belt. If the flat belt is loosed, please follow this step to tighten the belt again.)

Guide on Selector Rod Adjustment

STEP 1

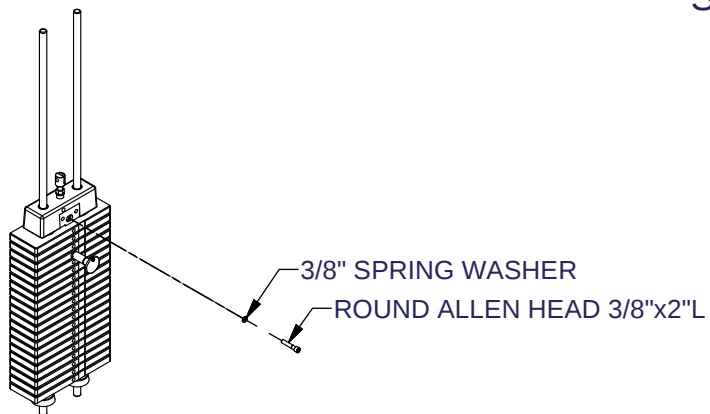


Step 1

Place Selector Rod into Top Plate.

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

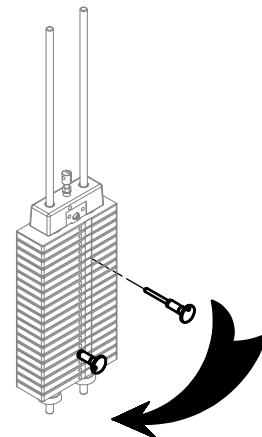
STEP 2



Step 2

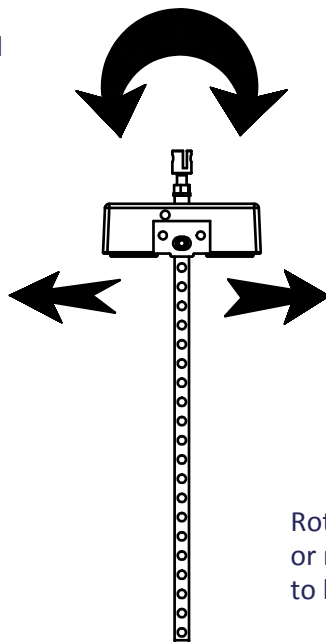
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

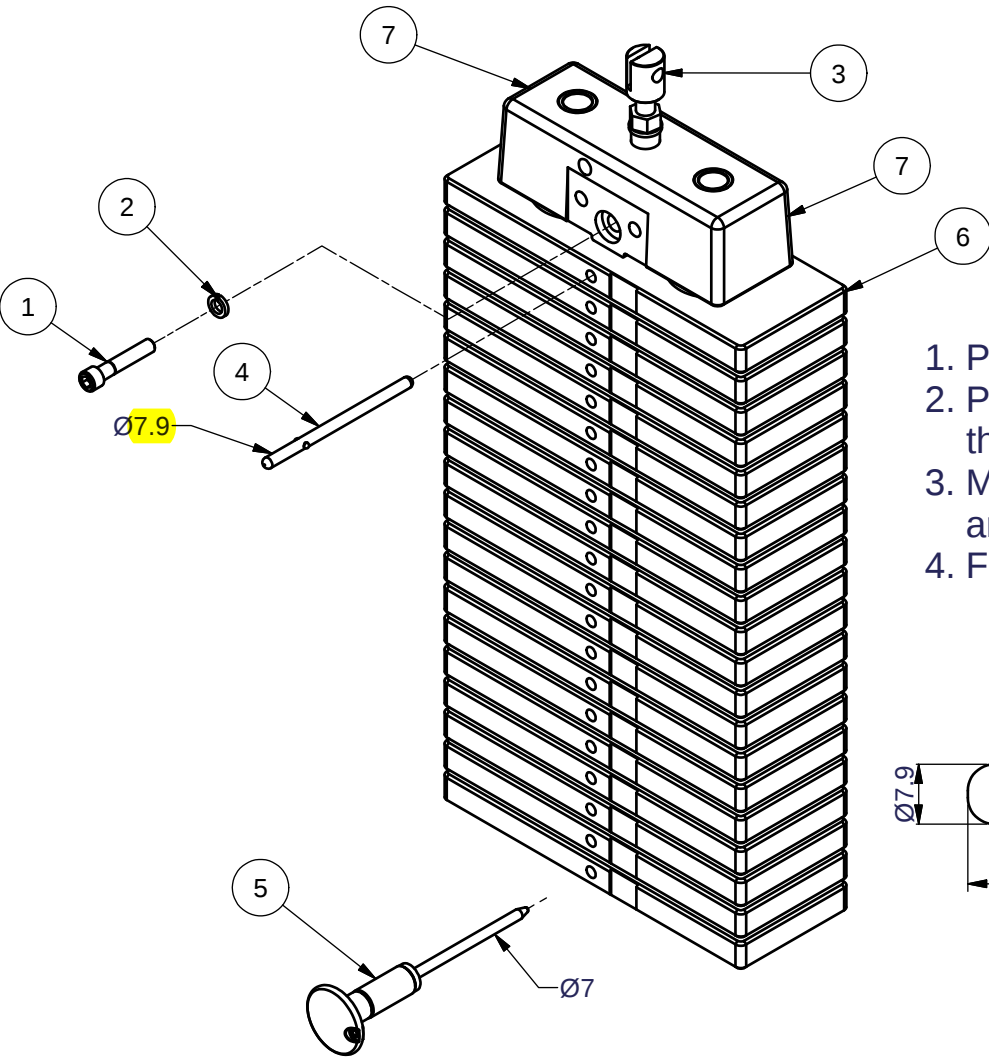
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



Rotate the Selector Rod slightly or move the 3/8"x2"L Round Allen Head to left and right and repeat Step 3.

MEGA POWER series
JUNGLE GYM series

project	Part number	Name	Specification	Quantity	Remark
1	38-200 CAP	round allen head	3/8"X2"L round allen head-CAP	1	
2	38-SPWAS 8732003	3/8" spring washer		1	
3	8210-216C	20 hole Selector Rod		1	
4	8250-166	pin	Ø7.9X137L	1	
5	8250-162	weight stack pin	Ø7X110L	1	
6	8400-010	10LB weight stack plate	102x22x280L 10LB	20	
7	8400-033	top plate		1	



1. Place #4 - 8250-166 (pin) into the first weight plate.
2. Place #5 - 8250-162 (weight stack pin) into the the hole 20th of the weight stack.
3. Make sure #7 (top plate) cling to #6 (first weight plate) and fix in #1 - 3/8"X2"L screw and #2 - 3/8" spring washer.
4. Finally remove #5 - 8250-162 (weight stack pin) and use as usual.

