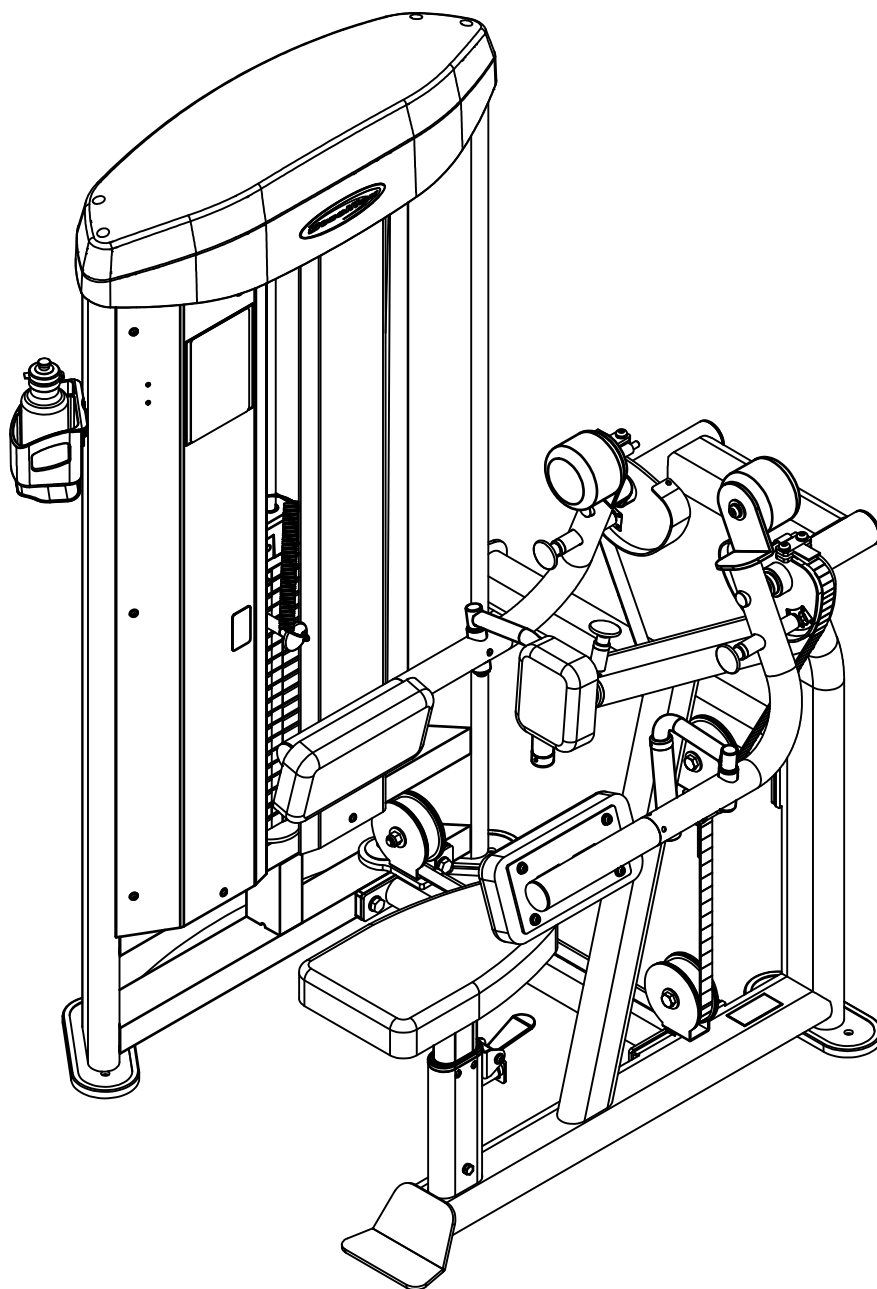


MEGA POWER



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

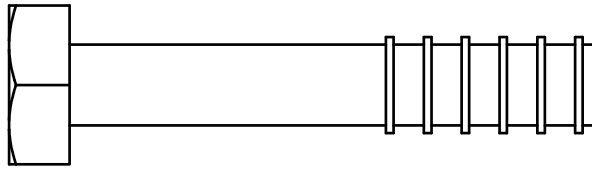
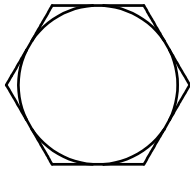
Fax: 886-2-27229750

www.steelflexfitness.com

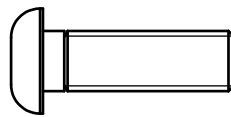
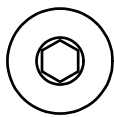
MDR-1300.4 OWNER'S MANUAL

MDR1300 ASSEMBLY INSTRUCTIONS

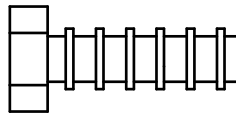
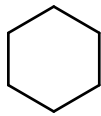
HARDWARE ILLUSTRATION



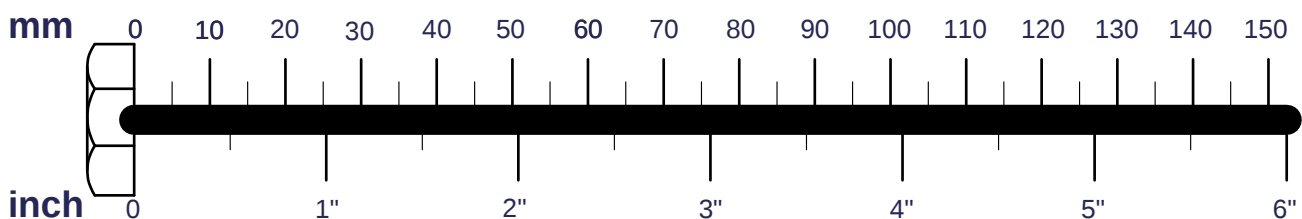
(A1)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.2



(A2)ROUND INNER HEX SCREW 5/16"x1"L PARTIAL QTY.12

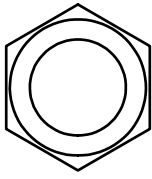


(A3)HEX BOLT 5/16"X1"L PARTIAL THREAD QTY.4

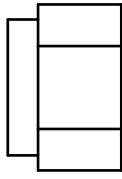


MDR1300 ASSEMBLY INSTRUCTIONS

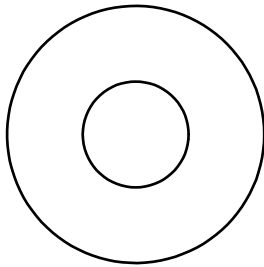
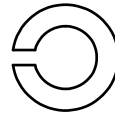
HARDWARE ILLUSTRATION



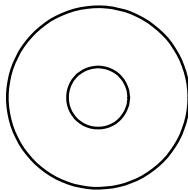
(B1)NYLON LOCK NUT 1/2" QTY.2



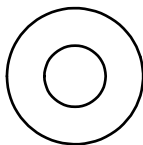
(C4)SPRING WASHER 5/16" QTY.16



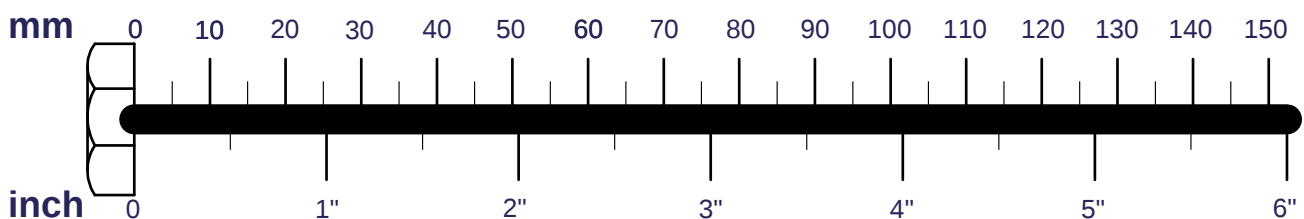
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(C2)5/16"(I.D.)FLAT WASHER Ø24 QTY.4

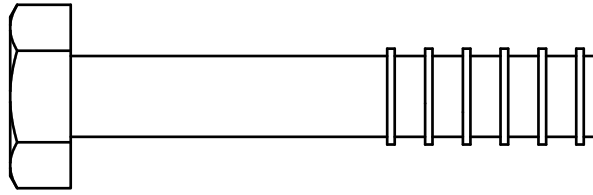
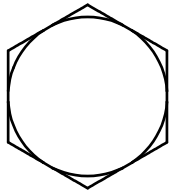


(C3)5/16"(I.D.)FLAT WASHER Ø18 QTY.12

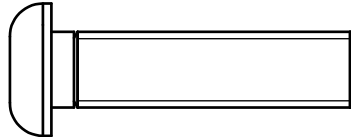
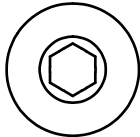


MDR1300 ASSEMBLY INSTRUCTIONS

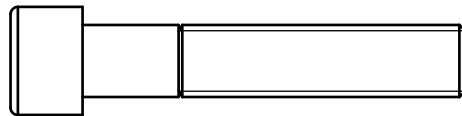
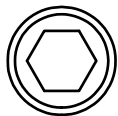
FRAME HARDWARE ILLUSTRATION



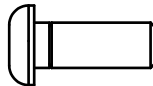
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.3



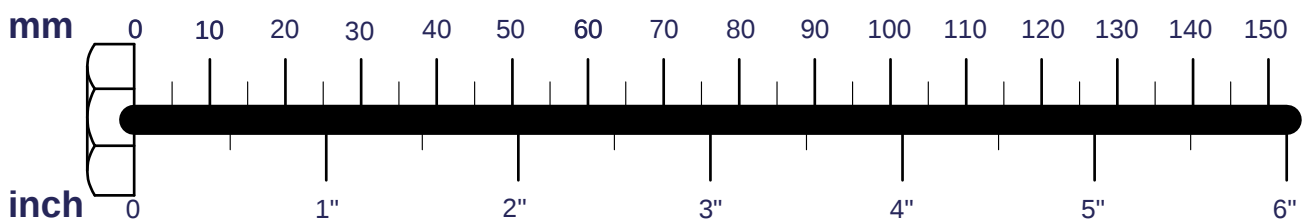
(AA2)ROUND INNER HEX SCREW M10x40L PARTIAL THREAD QTY.1



(AA3)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1

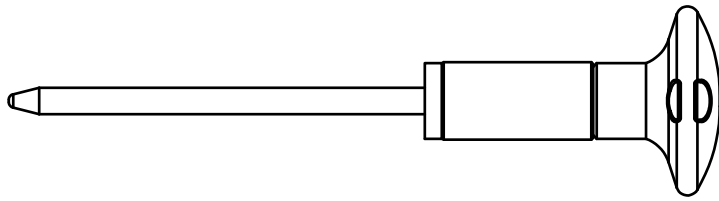


(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.16

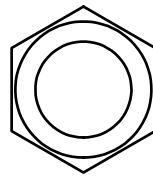


MDR1300 ASSEMBLY INSTRUCTIONS

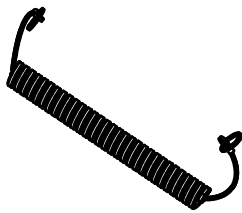
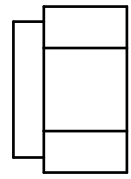
FRAME HARDWARE ILLUSTRATION



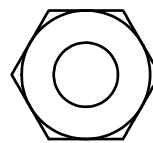
(AA5)10 、 15 、 20LB PIN(8250-162) QTY.1



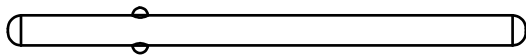
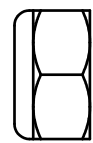
(BB1)NYLON LOCK NUT 1/2" QTY.3



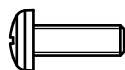
(AA6)ELASTIC BELT QTY.1



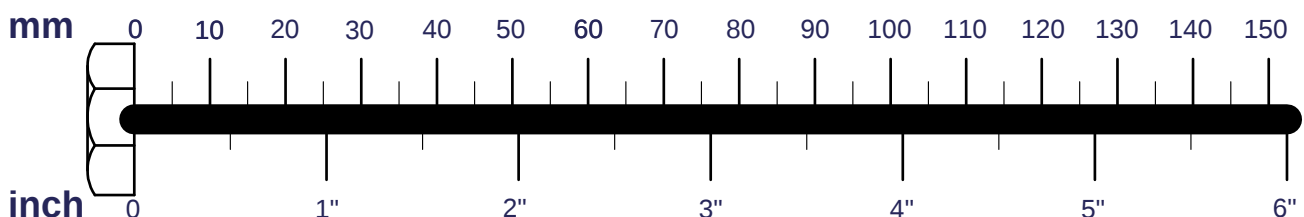
(BB2)NYLON LOCK NUT M10 QTY.1



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

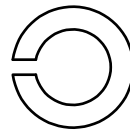
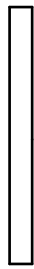
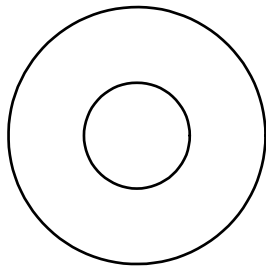


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

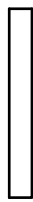
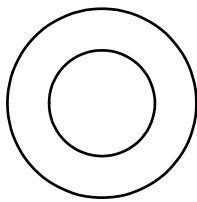


MDR1300 ASSEMBLY INSTRUCTIONS

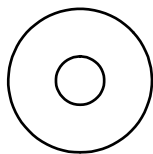
FRAME HARDWARE ILLUSTRATION



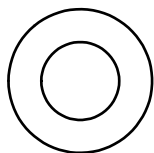
(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4 (CC5)SPRING WASHER 3/8" QTY.1



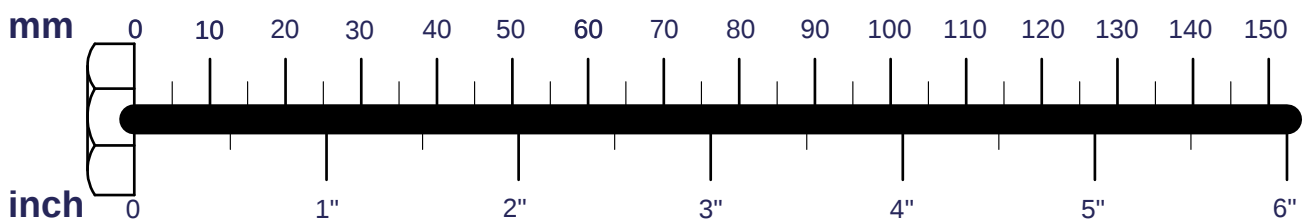
(CC2)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC3)M6(I.D.)FLAT WASHER Ø19 QTY.16



(CC4)M10(I.D.)FLAT WASHER Ø19 QTY.2

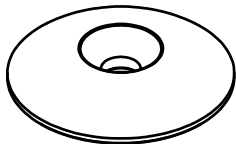


MDR1300 ASSEMBLY INSTRUCTIONS

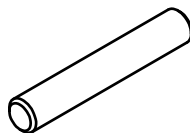
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.Ø10X60L SHAFT(8210-156)-----	[2PCS]
D3.Ø38X26X1.5t CU WASHER(8520-008)-----	[4PCS]
D4.Ø50 ROUND END CAP (9211-020)-----	[2PCS]
D5.Ø1" RUBBER PAD(9212-019)-----	[2PCS]
D6.108X15tX263L RUBBER PAD(9310-075)-----	[1PCS]
D7.Ø115X50L PULLEY(9213-042B)-----	[2PCS]
D8.3660mm (FMDR1300A1)-----	[1PCS]
D9.2100mm (FMDR1300B)-----	[1PCS]

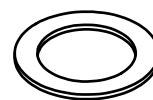
D1.



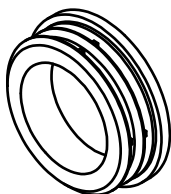
D2.



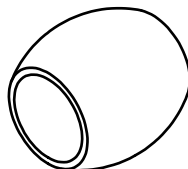
D3.



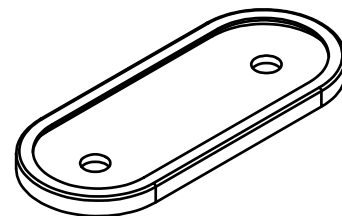
D4.



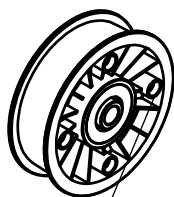
D5.



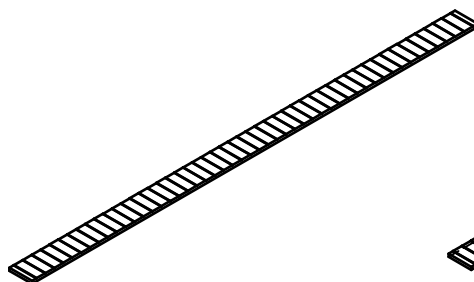
D6.



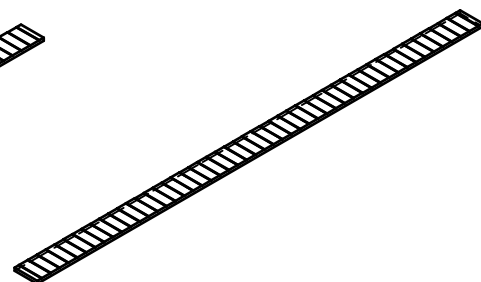
D7.



D8.



D9.



NO MAGNET

MDR1300 ASSEMBLY INSTRUCTIONS

FARME HARDWARE ILLUSTRATION

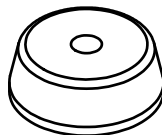
DD1.Ø3/4" SHAFT COLLAR(9211-147)-----[2PCS]
DD2.Ø4" RUBBER COUNT(9310-017)-----[2PCS]
DD3.108X14.5tX263L RUBBER PAD(9310-075)-----[2PCS]
DD4.Ø115X50L PULLEY(9213-042B)-----[3PCS]

DD6.BOTTLE BRACKET(8388-025)-----[1PCS]
DD7.BOTTLE RACK(9260-320)-----[1PCS]
DD8.BOTTLE(9260-123)-----[1PCS]
DD11.TOP PLATE(8400-033)-----[1PCS]
DD12.3/4" SHAFT COLLAR(9211-167)-----[2PCS]
DD13.WEIGHT SELECTOR BAR(8210-216C)-----[1PCS]

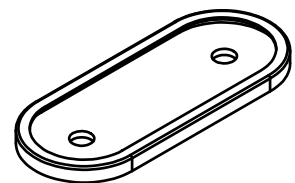
DD1.



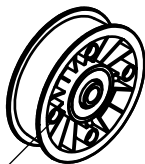
DD2.



DD3.



DD4.

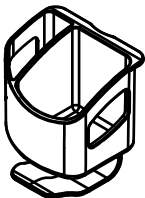


NO MAGNET

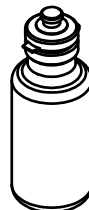
DD6.



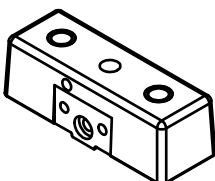
DD7.



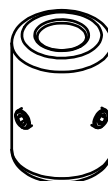
DD8.



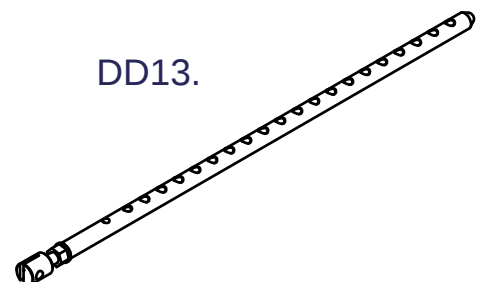
DD11.



DD12.



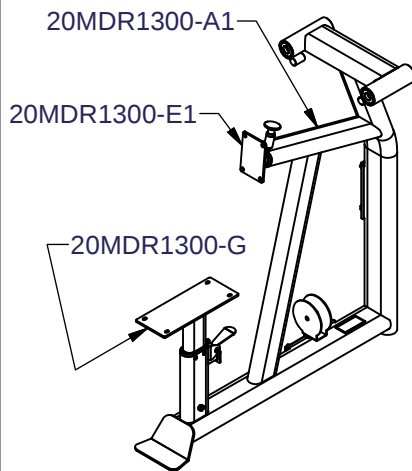
DD13.



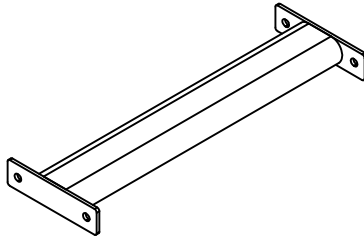
MDR1300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

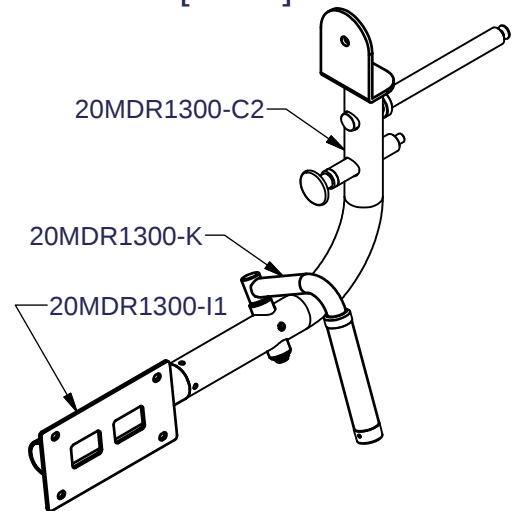
A1 [1SET]



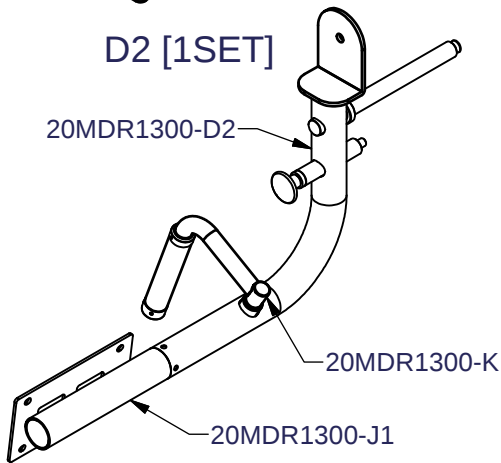
B [1SET]



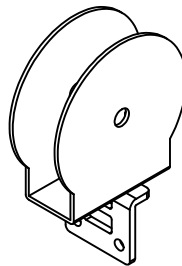
C2 [1SET]



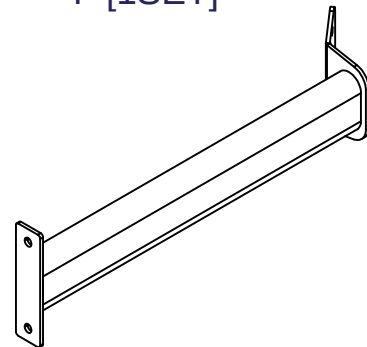
D2 [1SET]



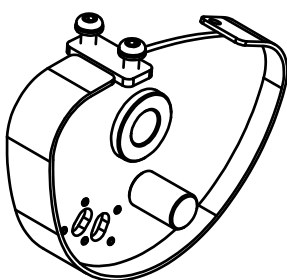
R [1SET]
6640-013



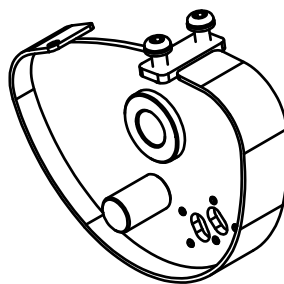
F [1SET]



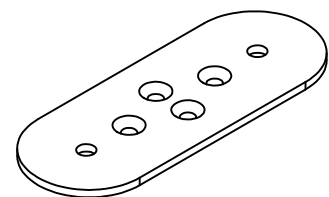
S [1SET]
6680-013



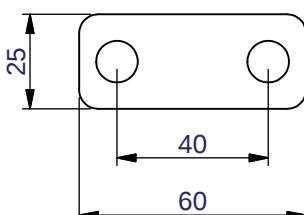
H [1SET]
6680-014



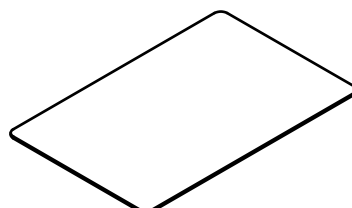
T [1PCS]
8313-144



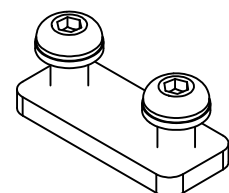
U [3SET]
8311-117



V[1PCS]
9420-109

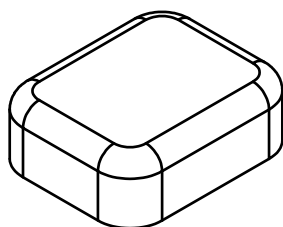


L[3SET]
8311-116

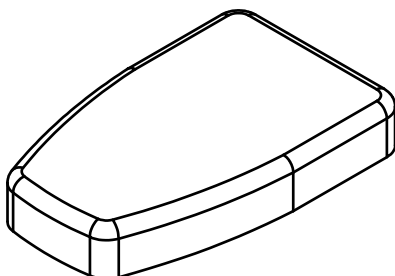


PARTS ILLUSTRATION SHEET

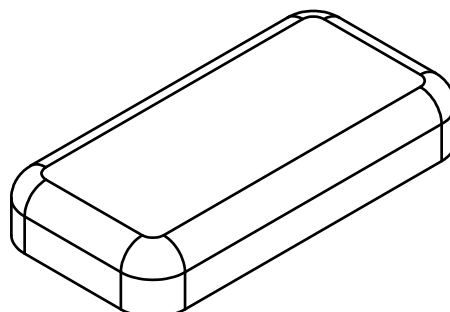
M [1SET]
9131-028



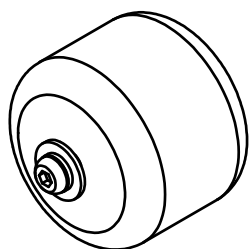
N [1SET]
9121-085



O [2SET]
9131-029



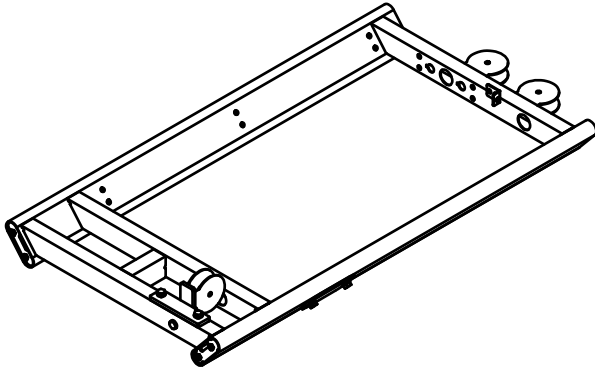
Q1 [2SET]
280273



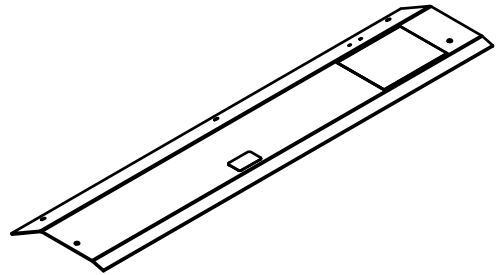
MDR1300 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

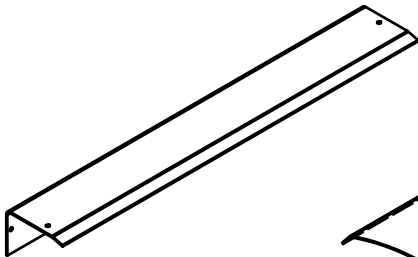
AA1 [1SET]
20MDR1300-H1



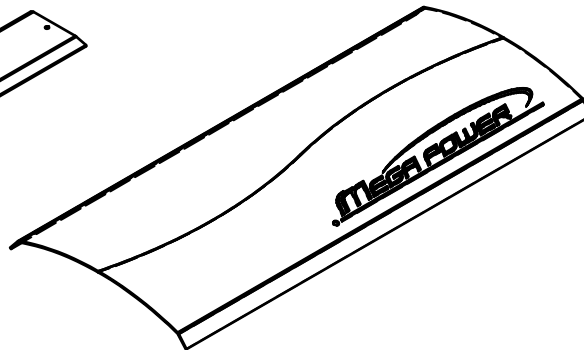
AC1 [1PCS]
9220-017



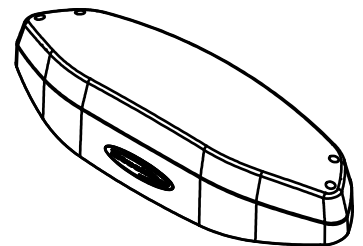
AD [1PCS]
9220-018



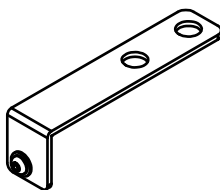
AE [1SET]
9220-023



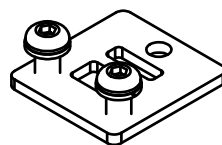
AF [1SET]
9211-148



AG [4SET]
8331-057



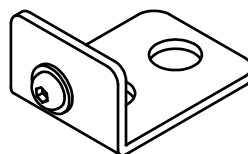
AH [1SET]
8313-169



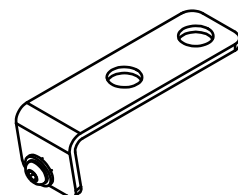
AJ1 [2PCS]
8280-041
Ø3/4"X1243L



AK[1PCS]
8331-056



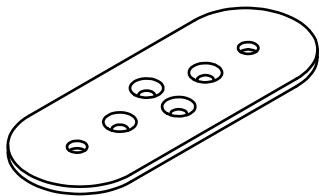
AL[3SET]
8331-058



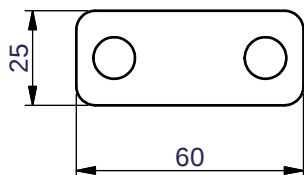
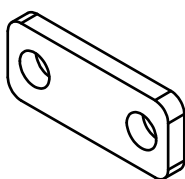
MDR1300 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

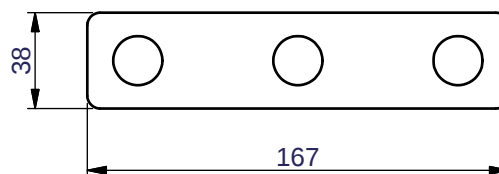
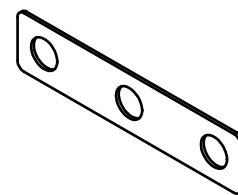
AM [2PCS]
8313-144



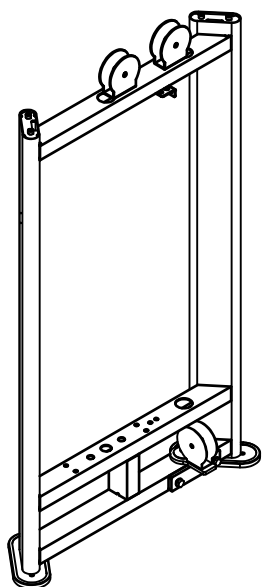
AP [1PCS]
8311-117



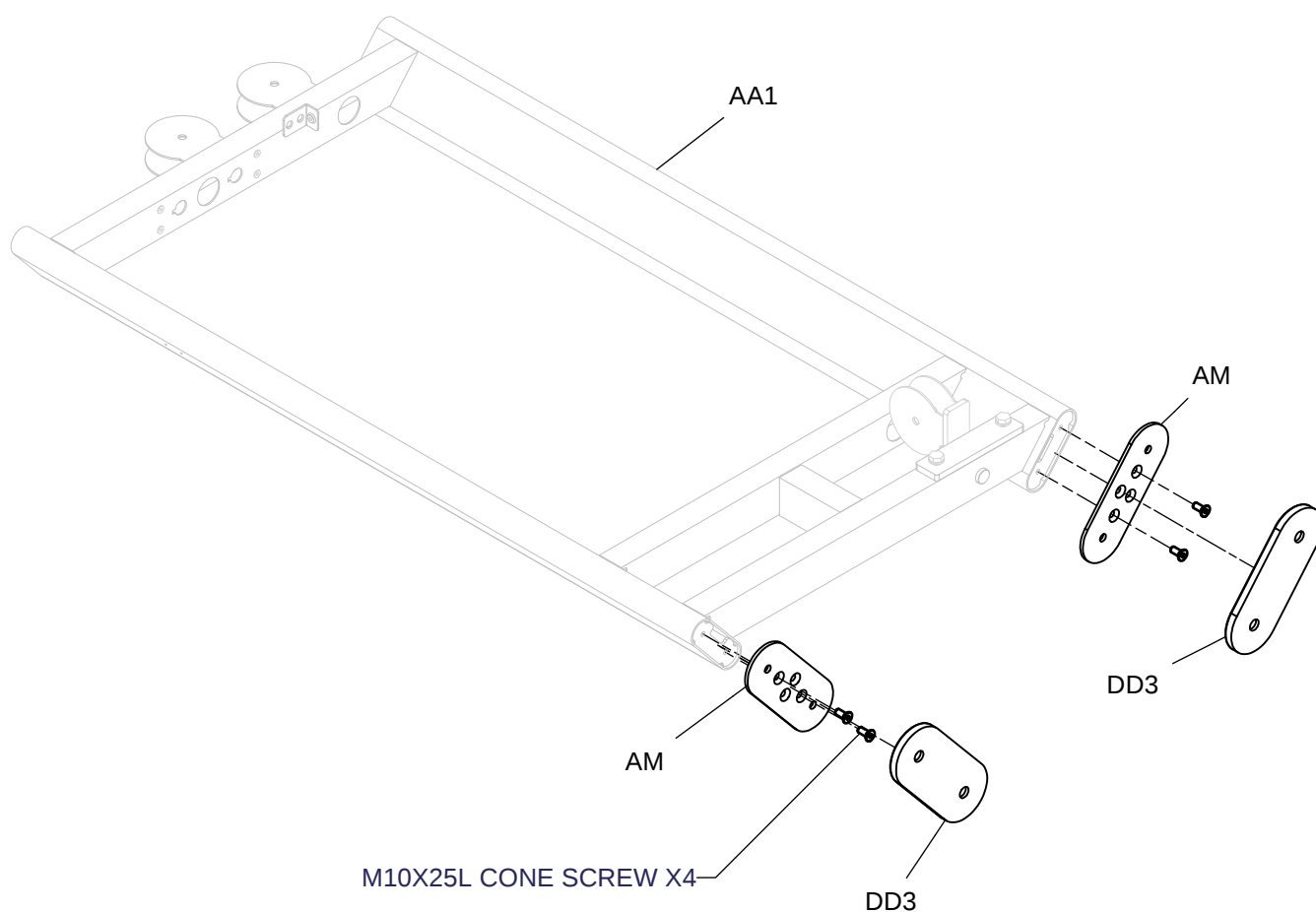
AR [1PCS]
8311-194



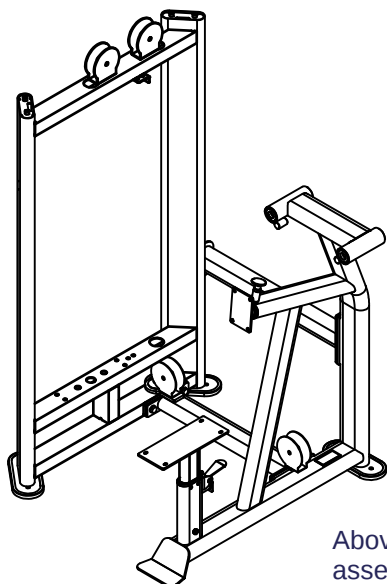
MDR1300 ASSEMBLY INSTRUCTIONS



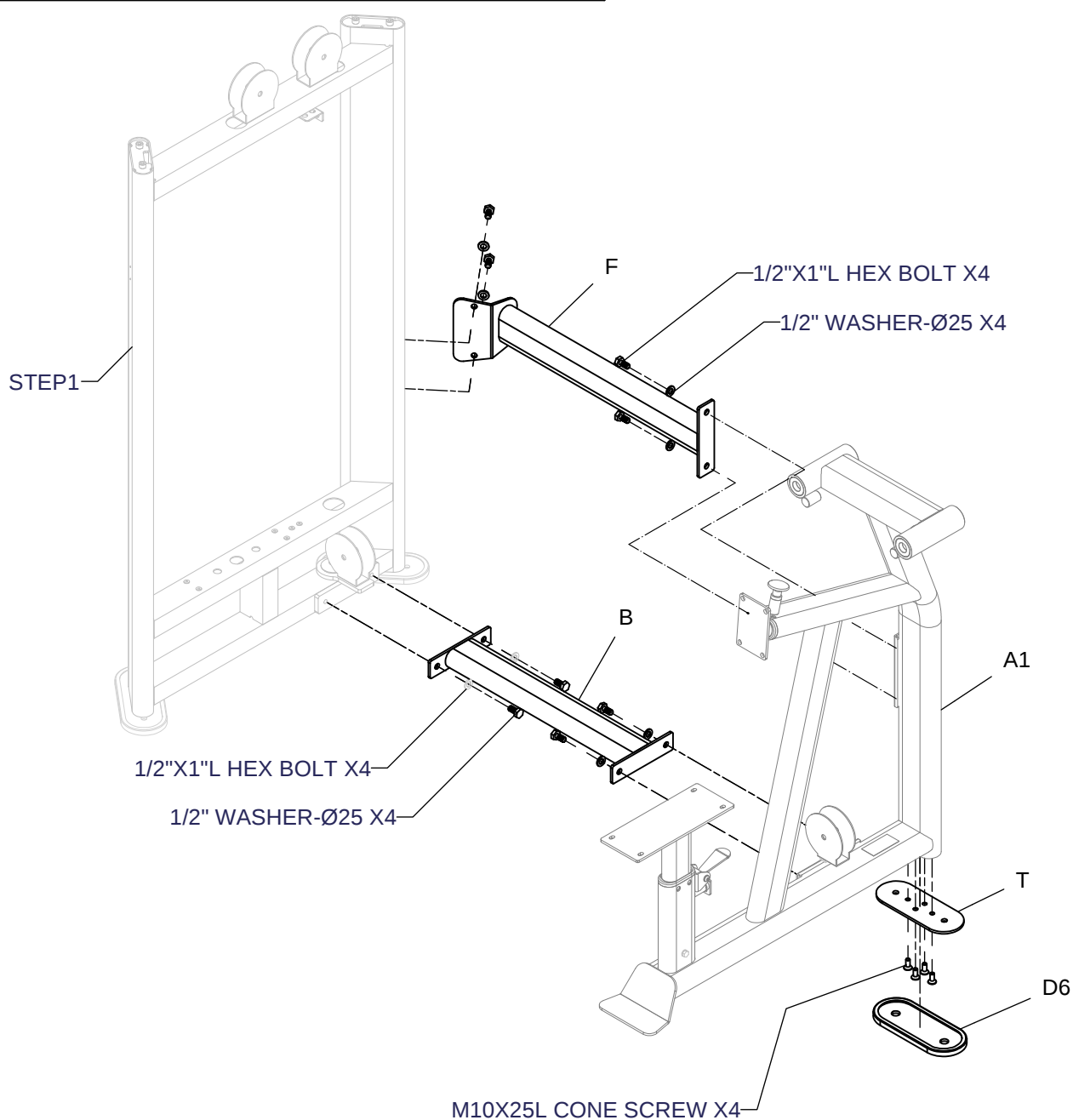
Above shows STEP 1
assembled and completed



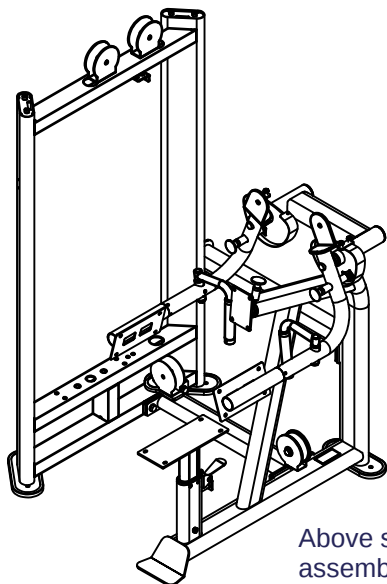
MDR1300 ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

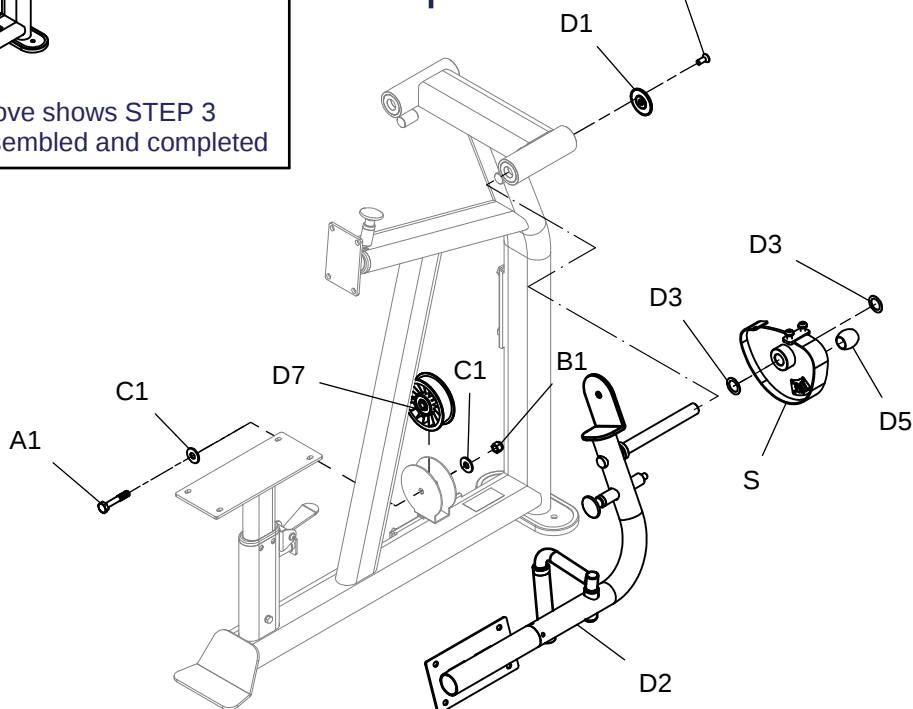


MDR1300 ASSEMBLY INSTRUCTIONS



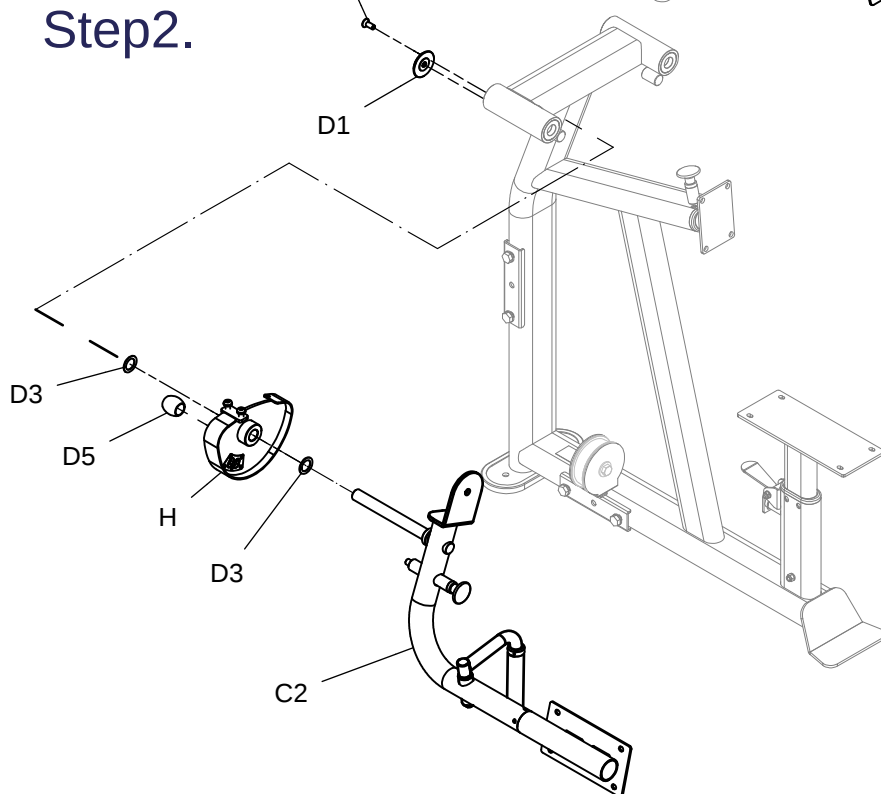
M10X25L CONE SCREW

Step1.

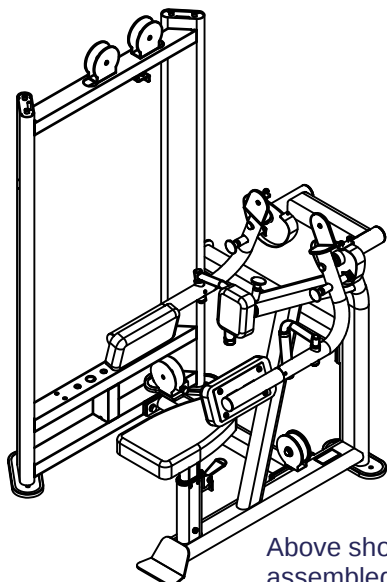


M10X25L CONE SCREW

Step2.

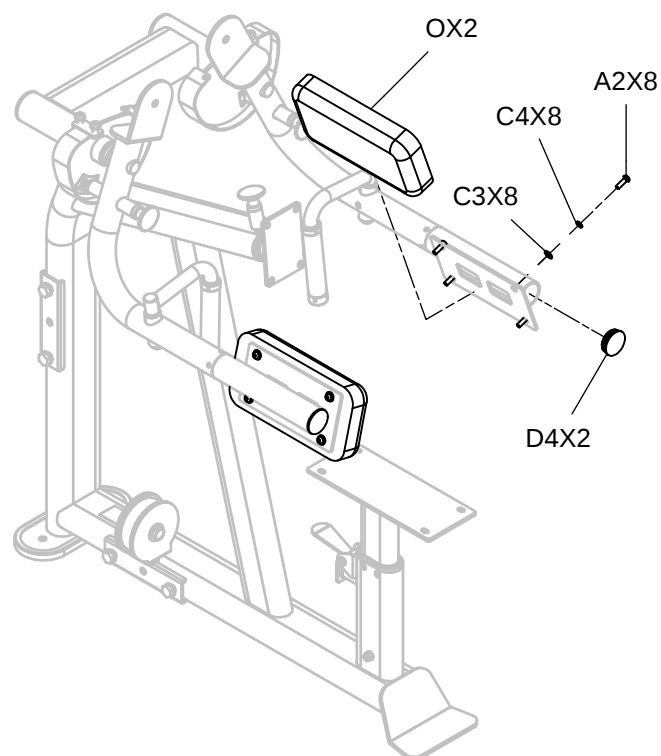


MDR1300 ASSEMBLY INSTRUCTIONS

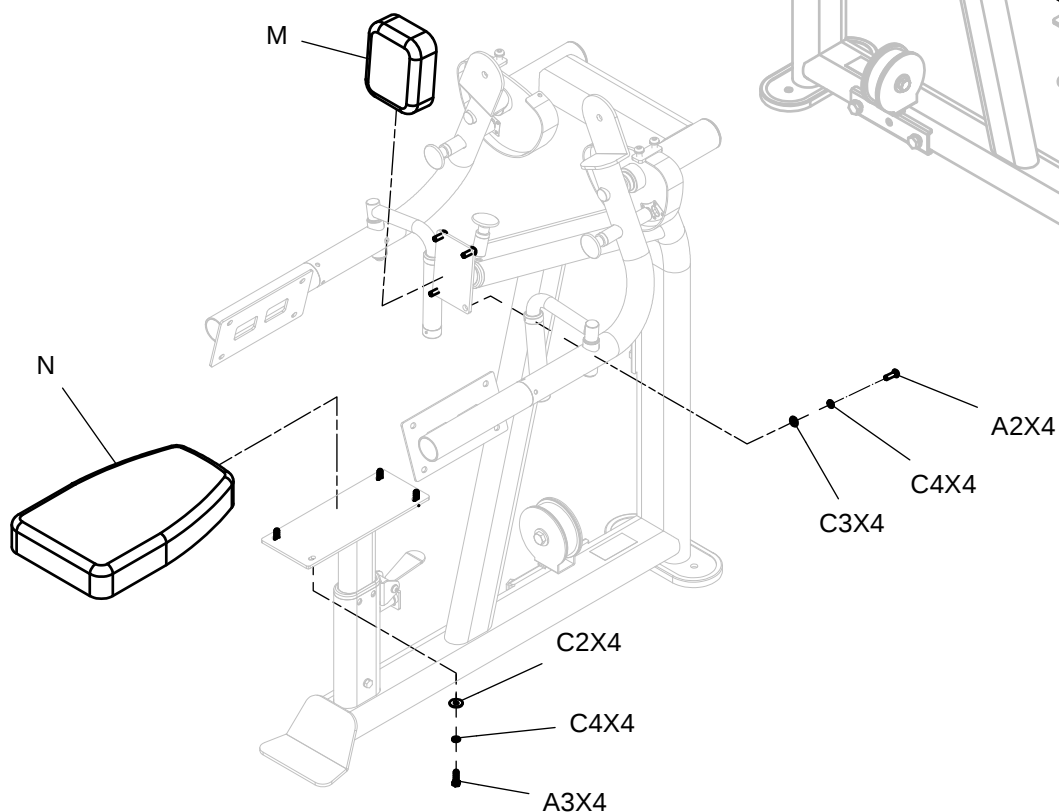


Above shows STEP 4
assembled and completed

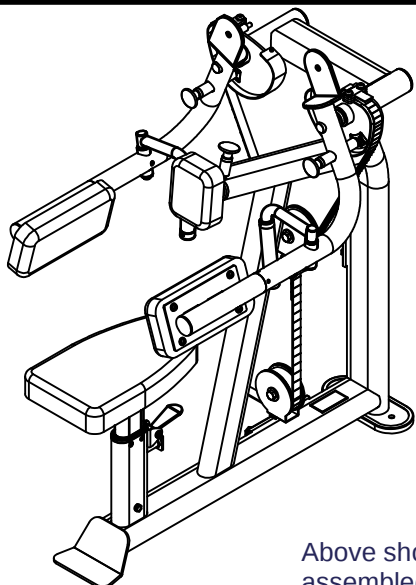
Step1.



Step2.



MDR1300 ASSEMBLY INSTRUCTIONS



Above shows STEP 5 assembled and completed

M10X25L ROUND BOLT X6

M10 SPRING WASHER X6

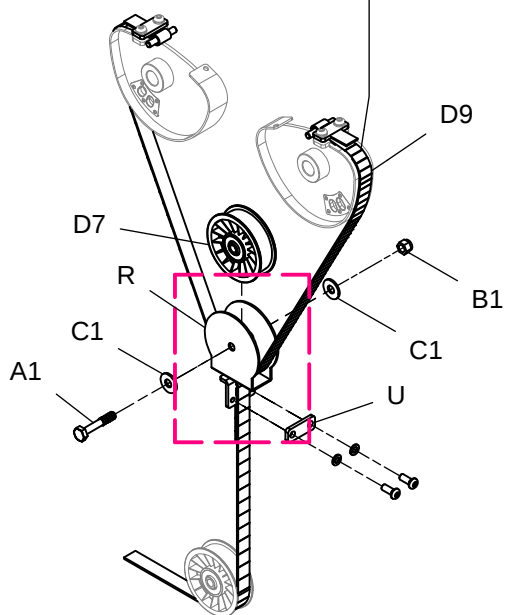
UX2

D2X2

D8

The tread side should be outward

The tread side should be outward



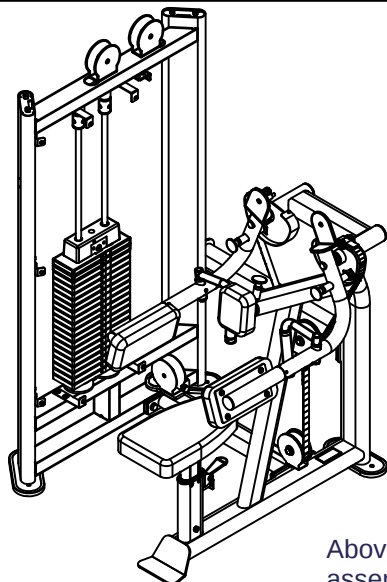
24

Assemble Direction

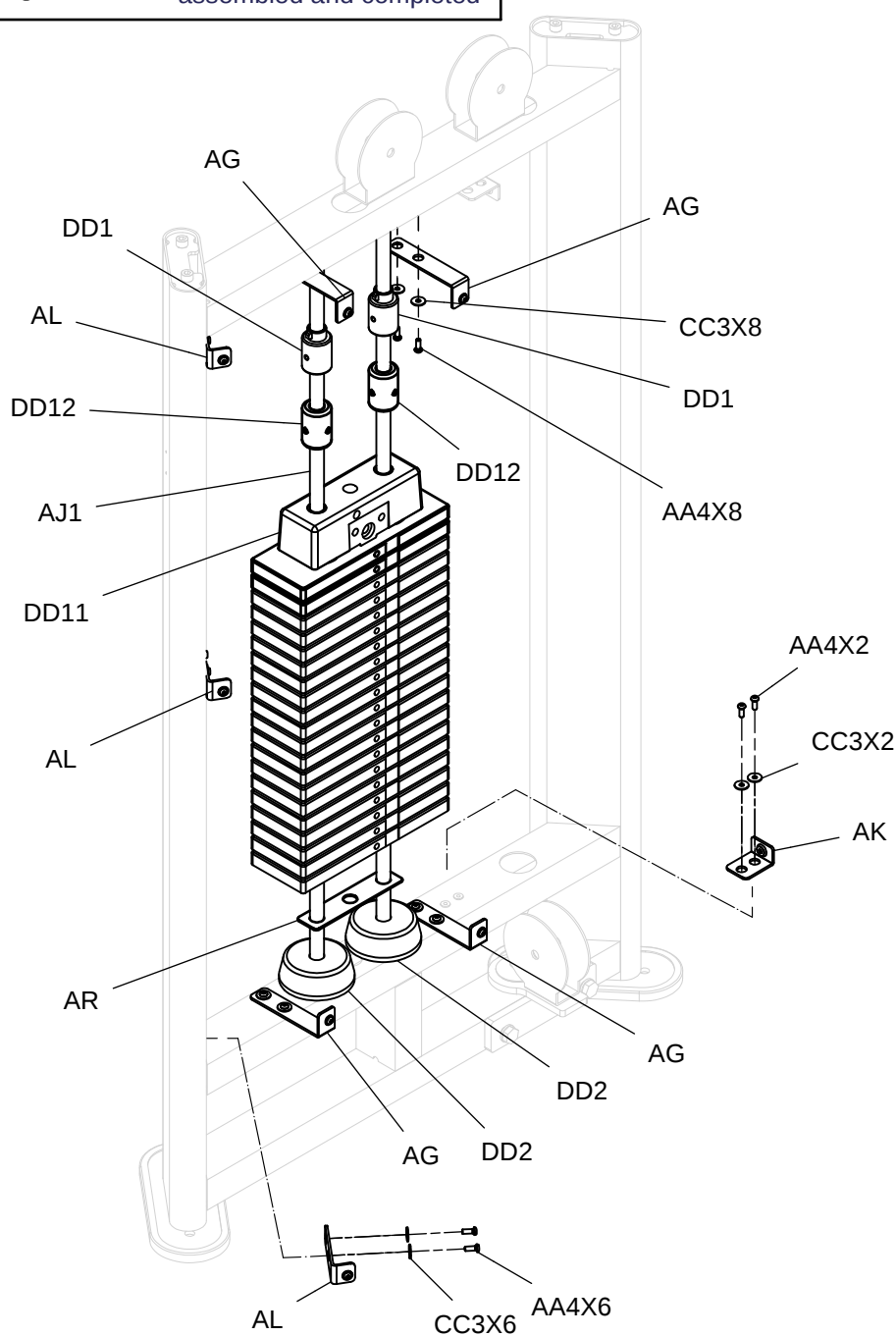
The belt should reserve 40mm extra length

40

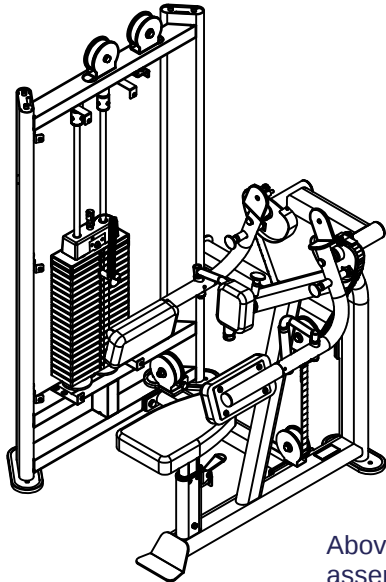
MDR1300 ASSEMBLY INSTRUCTIONS



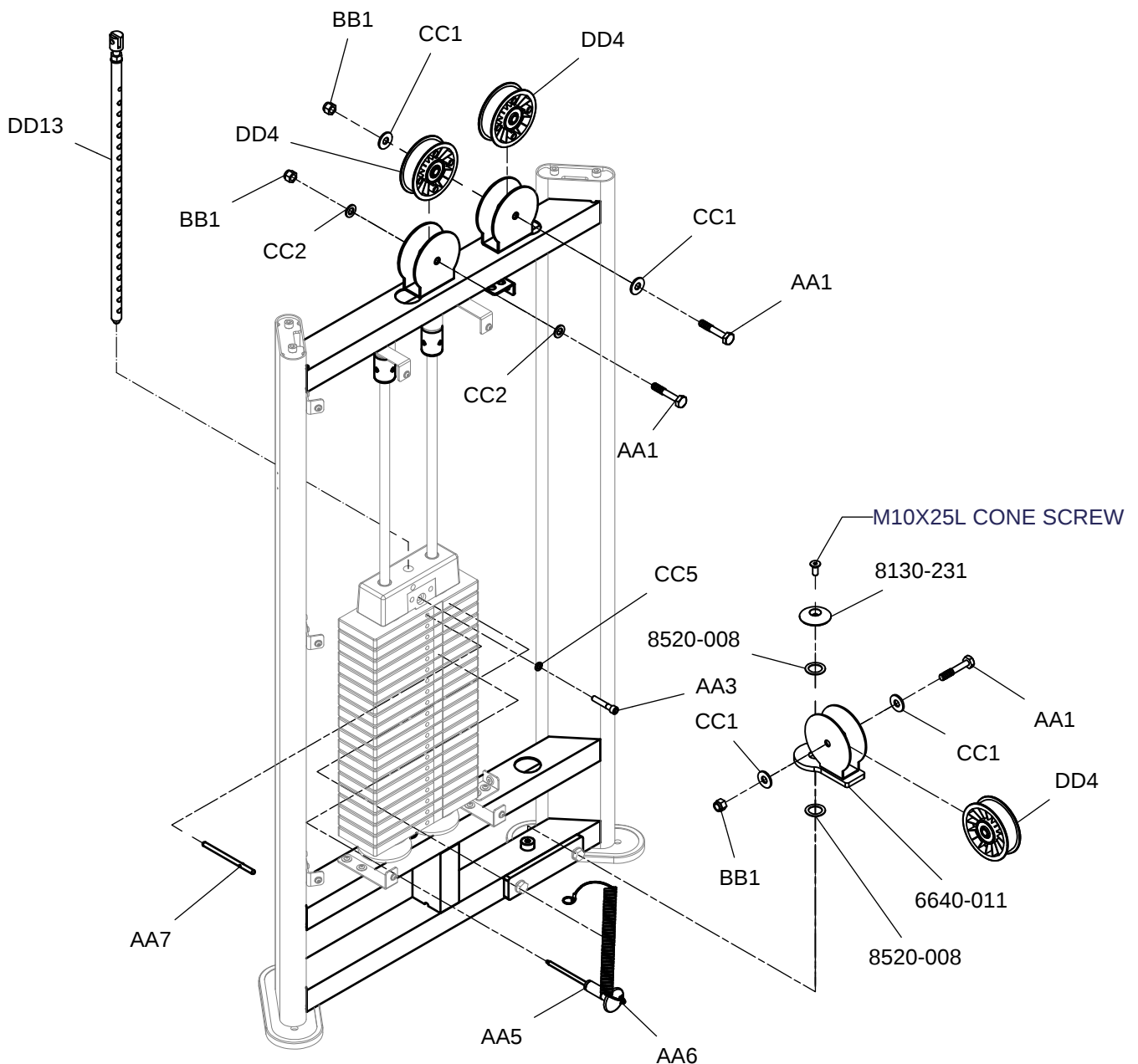
Above shows STEP 6
assembled and completed



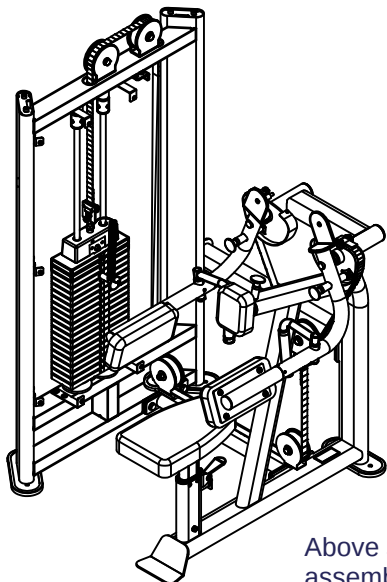
MDR1300 ASSEMBLY INSTRUCTIONS



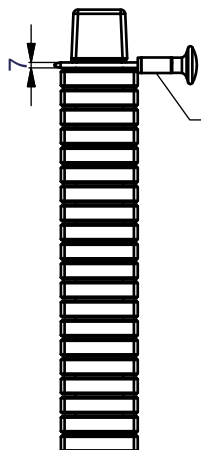
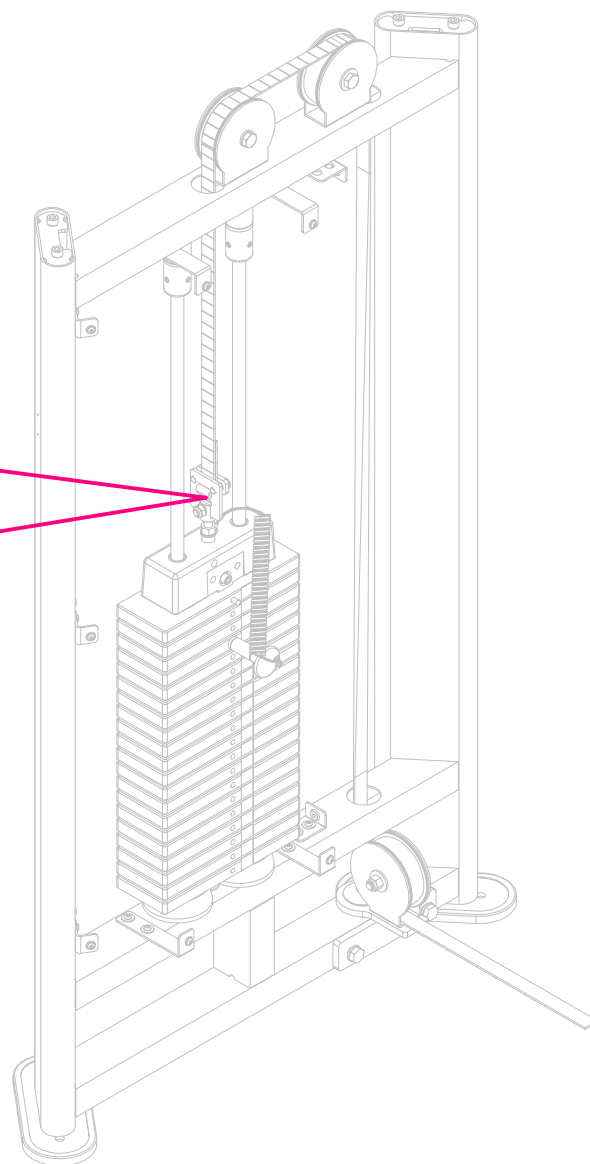
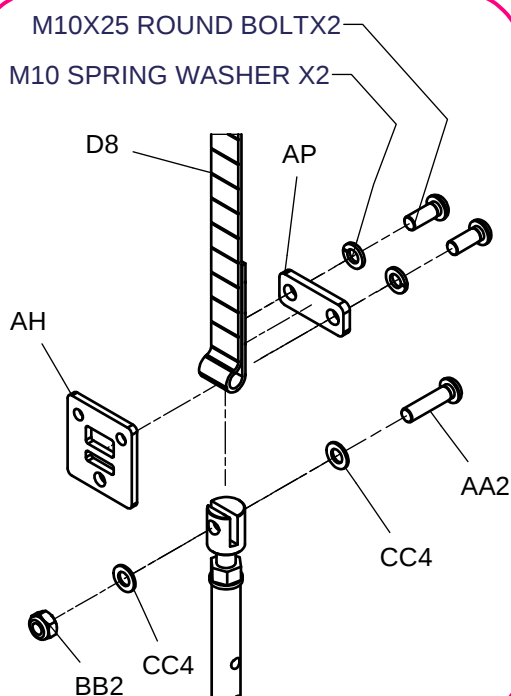
Above shows STEP 7
assembled and completed



MDR1300 ASSEMBLY INSTRUCTIONS



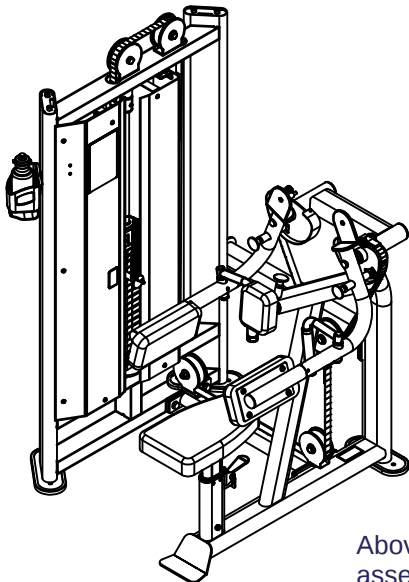
Above shows STEP 8 assembled and completed



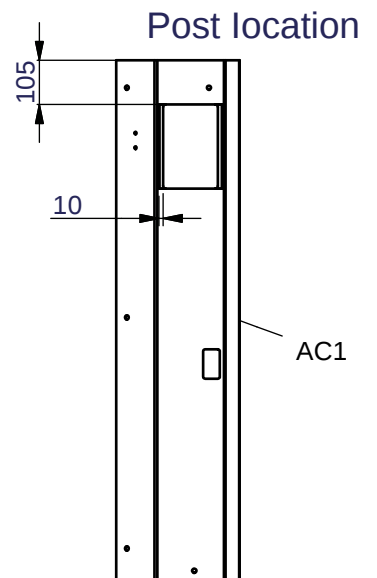
Adjust Belt Procedure:

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.

MDR1300 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed



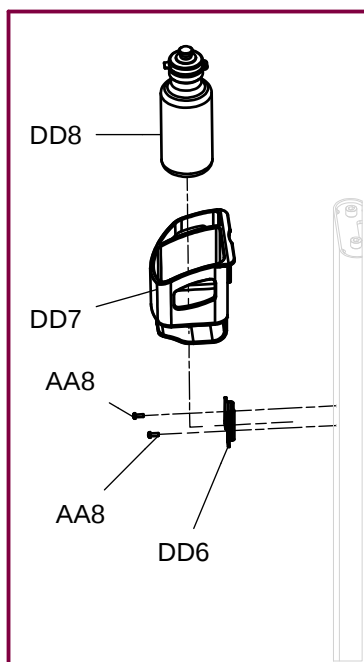
AD

M6X12L ROUND BOLT X4
M6 WASHER Ø14 X4

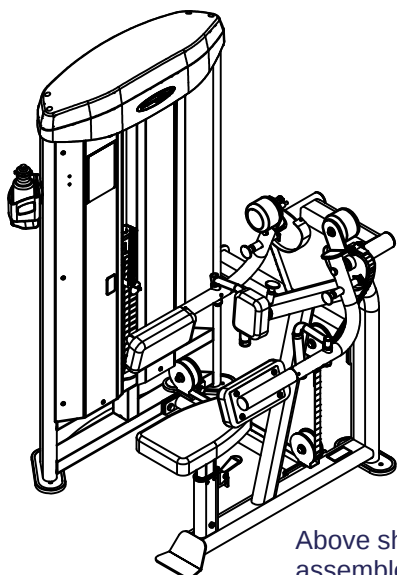
U

AC1

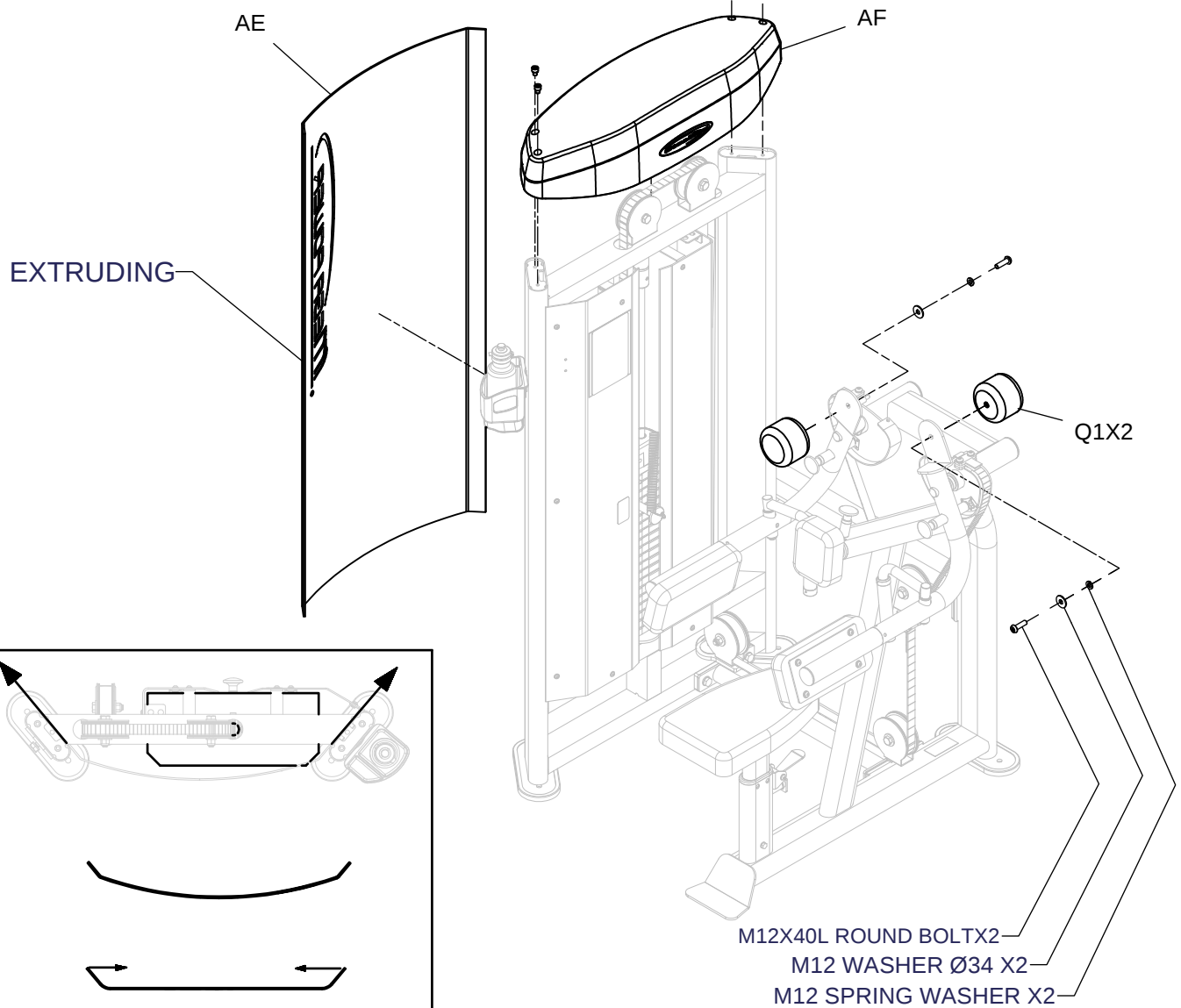
M6 WASHER Ø14 X5
M6X12L ROUND BOLT X5



MDM1300 ASSEMBLY INSTRUCTIONS



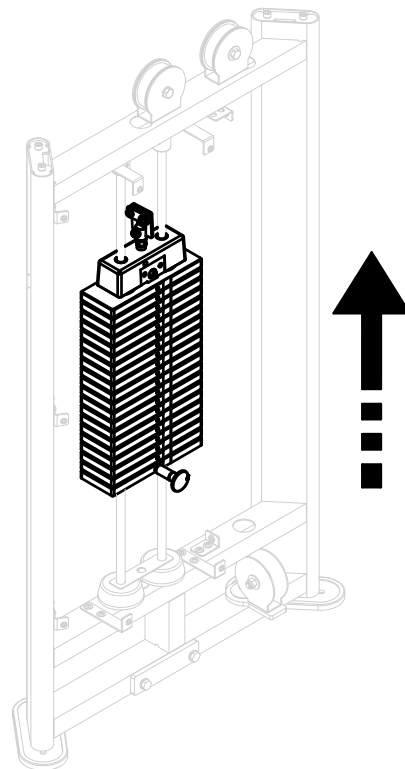
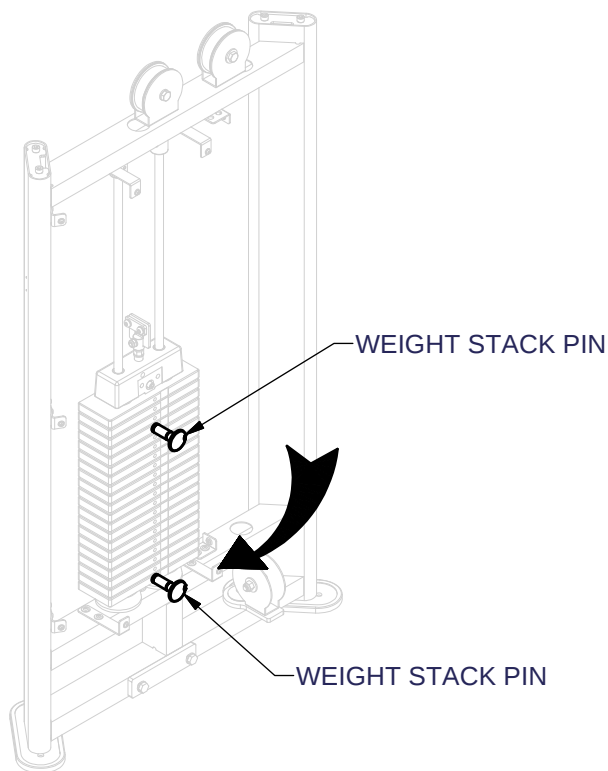
Above shows STEP 10
assembled and completed



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.

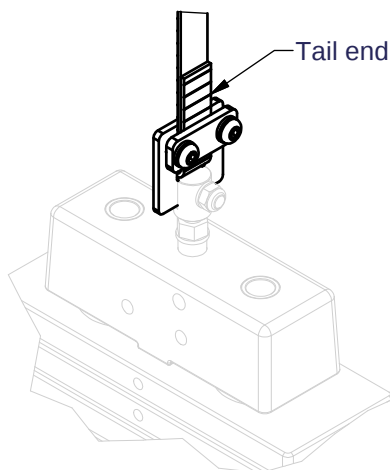
ASSEMBLY INSTRUCTIONS

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.

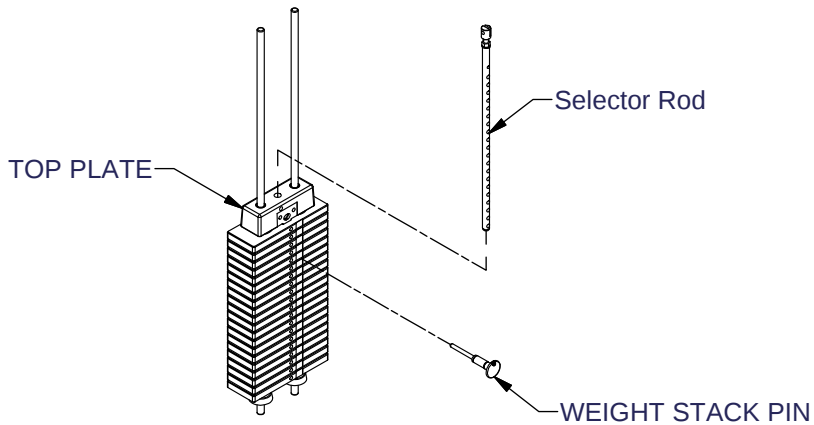
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

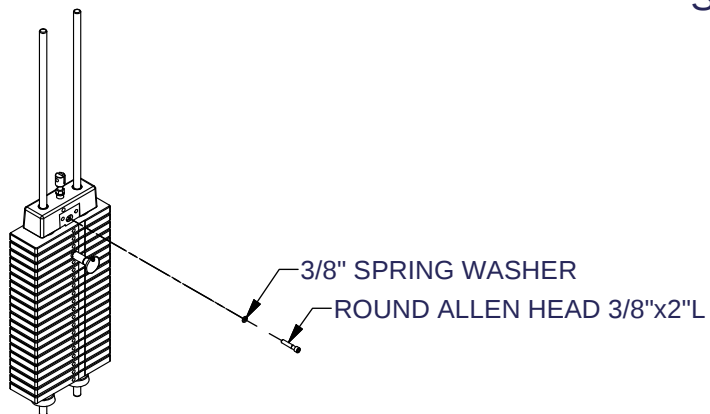


Step 1

Place Selector Rod into Top Plate.

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

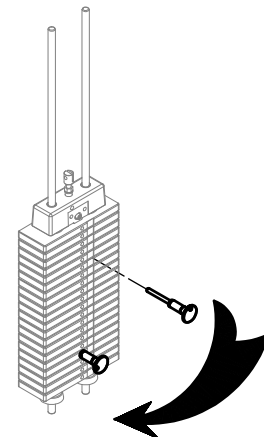
STEP 2



Step 2

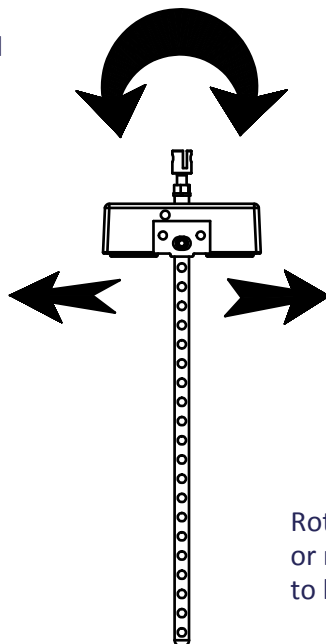
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

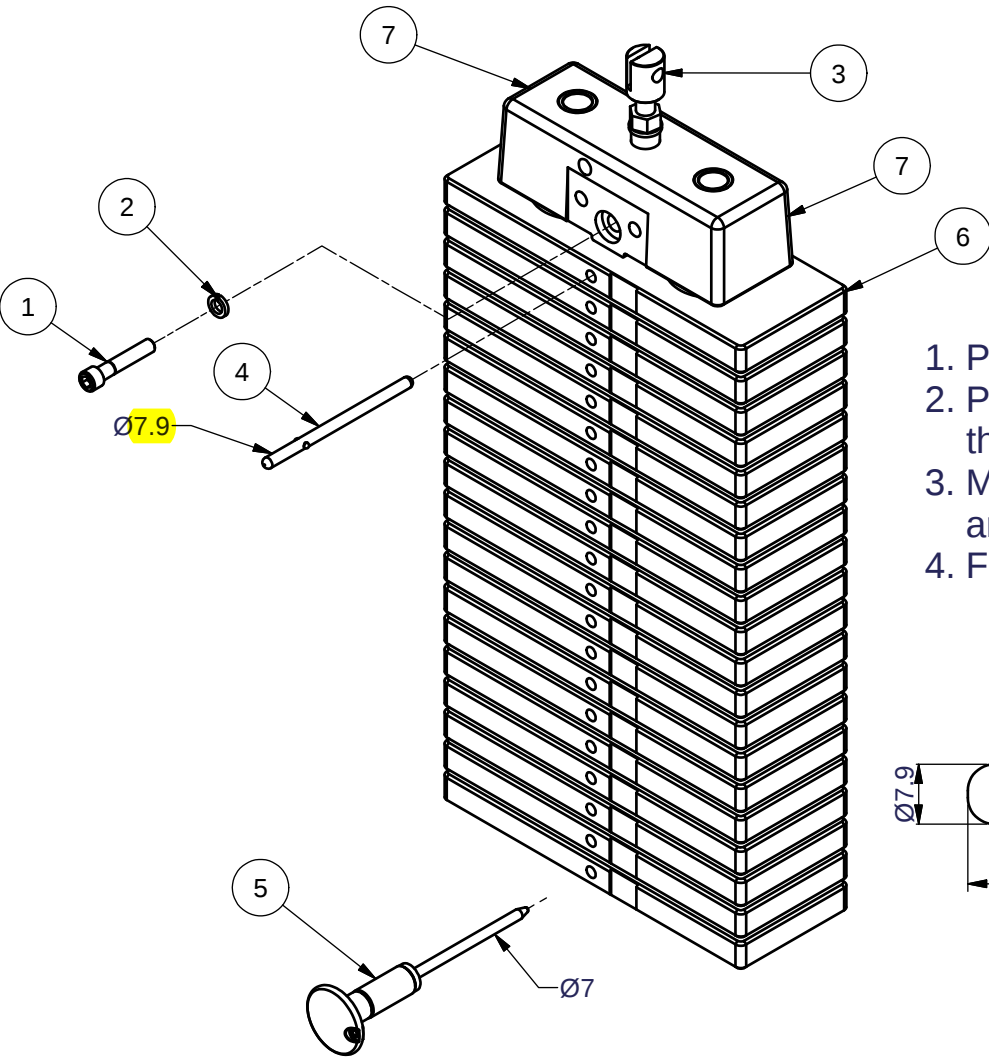
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



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.

