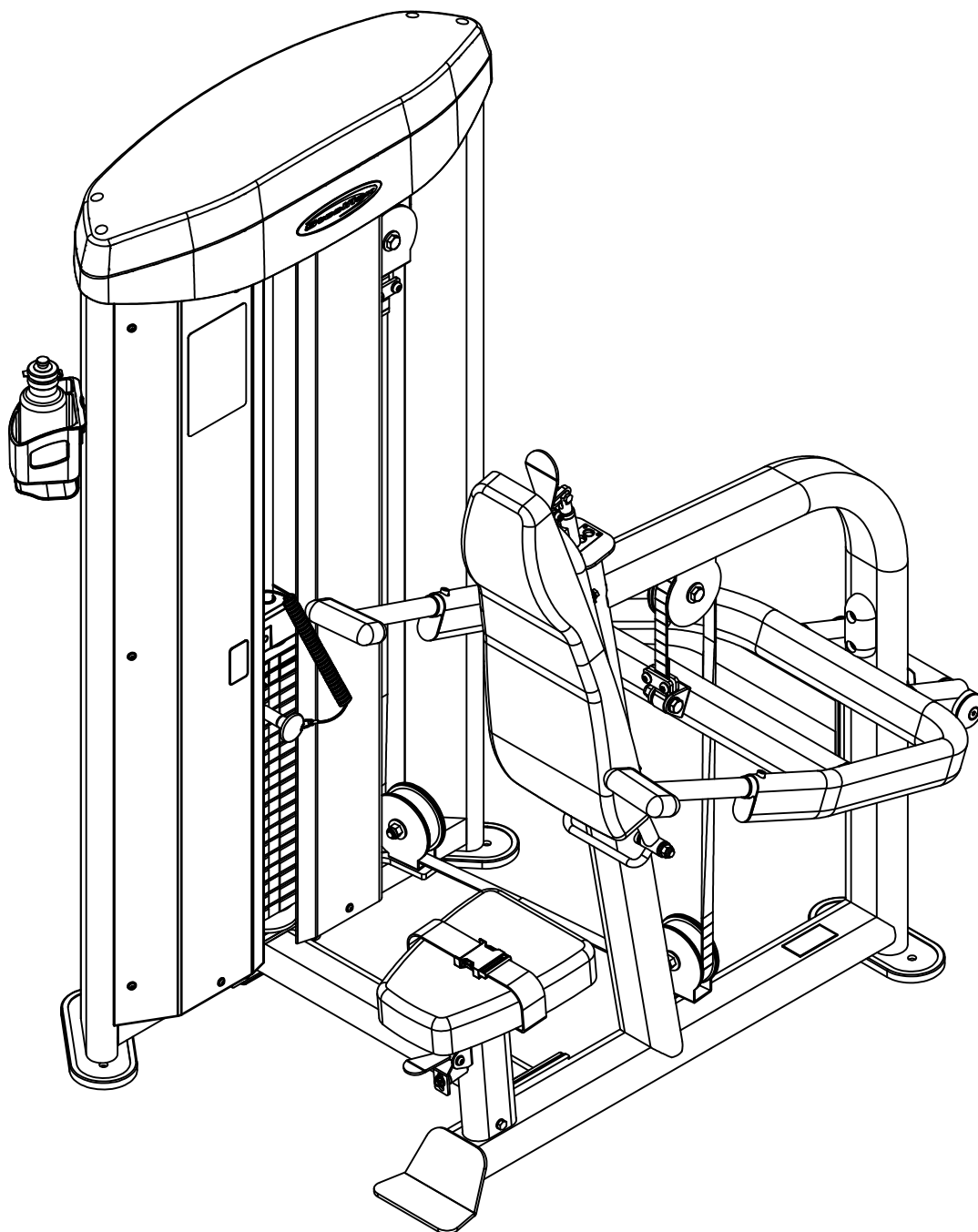


MEGA POWER



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

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

Tel: 886-2-27209980

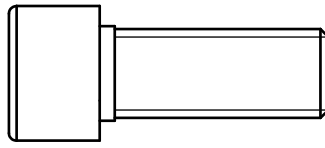
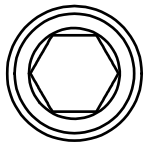
Fax: 886-2-27229750

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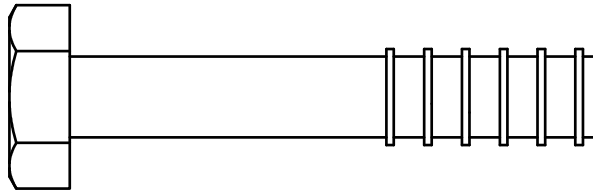
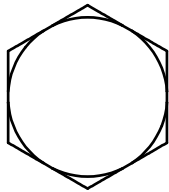
MTM-1000.3 OWNER'S MANUAL

MTM1000 ASSEMBLY INSTRUCTIONS

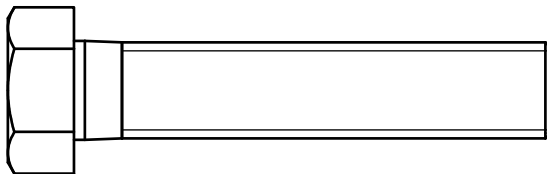
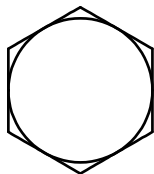
HARDWARE ILLUSTRATION



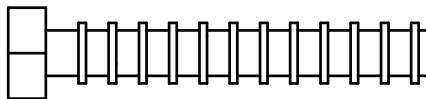
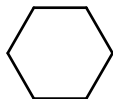
(A1)ROUND INNER HEAD M12x30L PARTIAL QTY.2



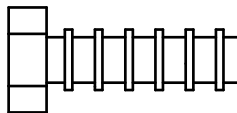
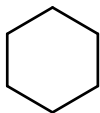
(A2)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.2



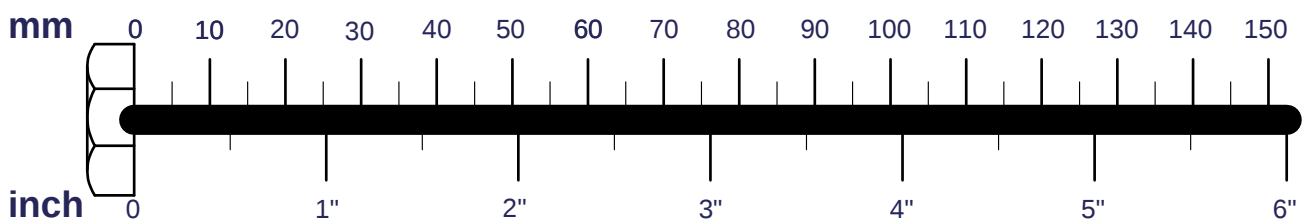
(A3)HEX BOLT 1/2"x2-1/2"L PARTIAL THREAD QTY.1



(A4)HEX BOLT 5/16"x2"L PARTIAL THREAD QTY.4

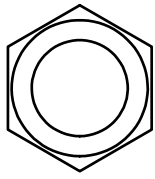


(A5)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.6

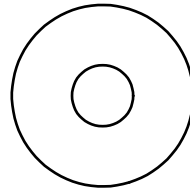
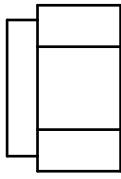


MTM1000 ASSEMBLY INSTRUCTIONS

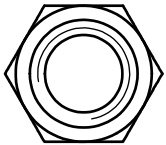
HARDWARE ILLUSTRATION



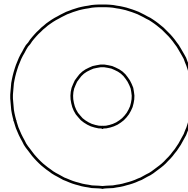
(B1)NYLON LOCK NUT 1/2" QTY.3



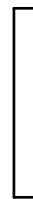
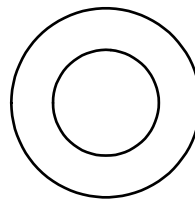
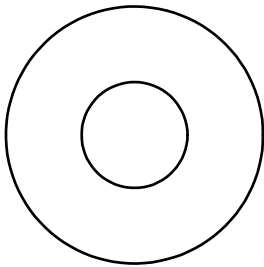
(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.6



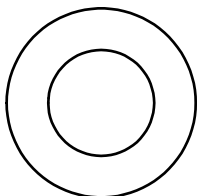
(B2)NYLON LOCK NUT M12 QTY.2



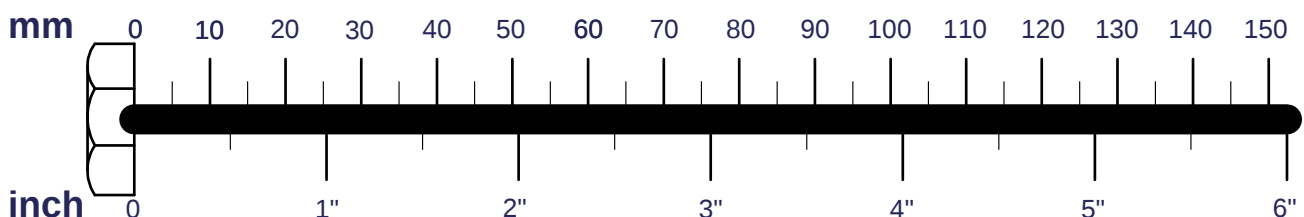
(C4)5/16"(I.D.)ARC WASHER R13 QTY.4



(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4 (C5)M12(I.D.)FLAT WASHER Ø25 QTY.2

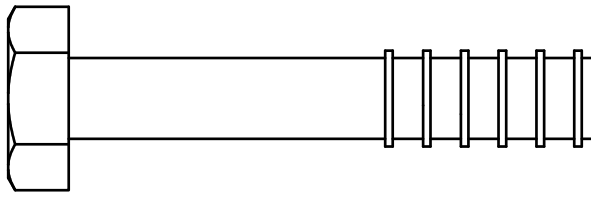
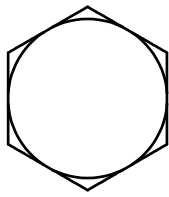


(C2)1/2"(I.D.)FLAT WASHER Ø25 QTY.2 (C6)SPRING WASHER 5/16" QTY.10

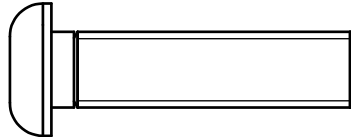
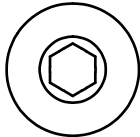


MTM1000 ASSEMBLY INSTRUCTIONS

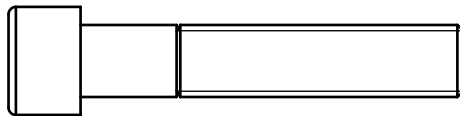
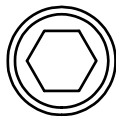
FRAME HARDWARE ILLUSTRATION



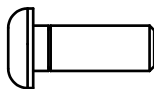
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.4



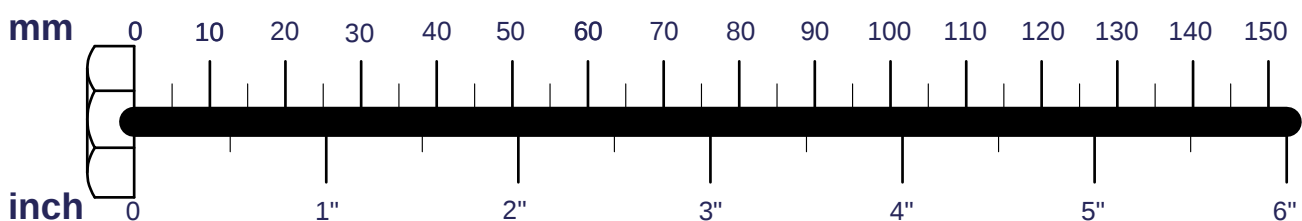
(AA2)ROUND INNER HEX SCREW M10x40L PARTIAL THREAD QTY.1



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

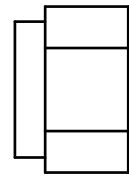
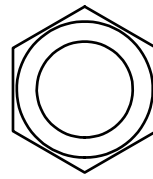
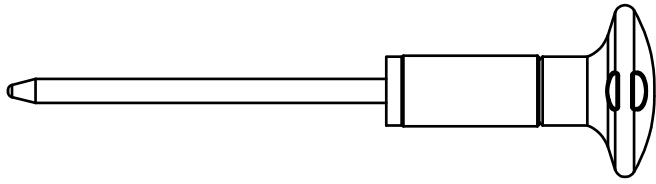


(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.16

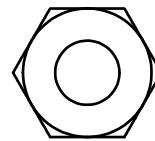
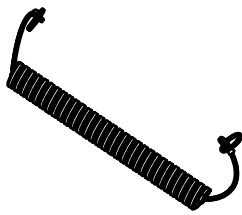


MTM1000 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION

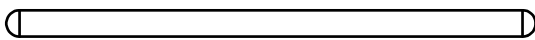


(AA5)10 、 15 、 20LB PIN (8250-162) QTY.1 (BB1)NYLON LOCK NUT 1/2" QTY.4



(AA6)ELASTIC BELT QTY.1

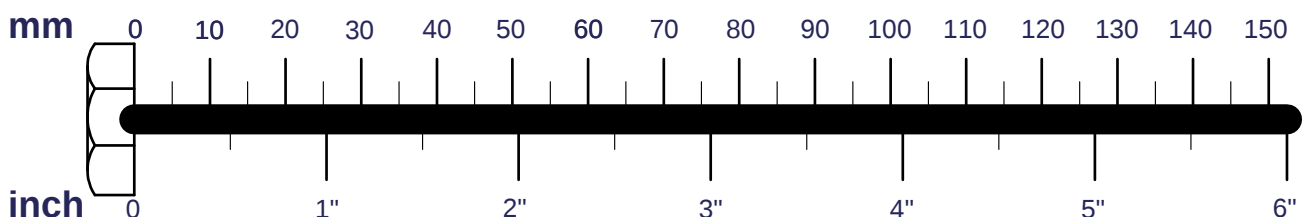
(BB2)NYLON LOCK NUT M10 QTY.1



(AA7)Ø5/16" FIXED PIN(8250-158) QTY.1

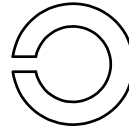
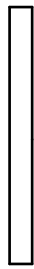
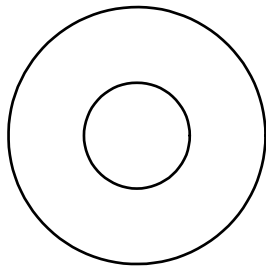


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

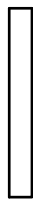
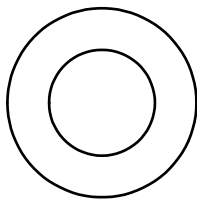


MTM1000 ASSEMBLY INSTRUCTIONS

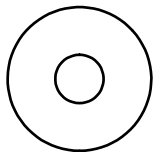
FRAME HARDWARE ILLUSTRATION



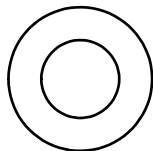
(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.6 (CC5)SPRING WASHER 3/8" QTY.1



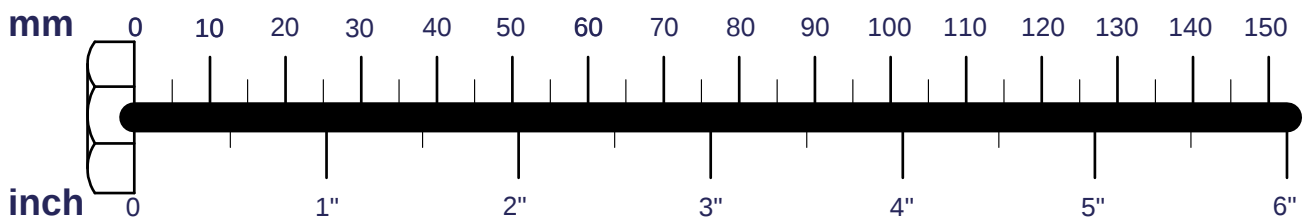
(CC2)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



(CC3)M6(I.D.)FLAT WASHER Ø19 QTY.16



(CC4)M10(I.D.)FLAT WASHER Ø19 QTY.2

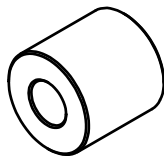


MTM1000 ASSEMBLY INSTRUCTIONS

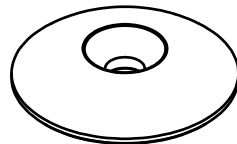
HARDWARE ILLUSTRATION

D1.Ø30XØ13X30L STEEL BUSHING (8120-078)-----	[1PCS]
D2.Ø60 CAP COVER(8130-231)-----	[2PCS]
D3.Ø38X26X1.5t CU WASHER(8520-008)-----	[2PCS]
D4.116X58X29 RUBBER PAD(9310-057)-----	[1PCS]
D5.108X15tX263L RUBBER PAD(9310-075)-----	[1PCS]
D6.Ø115X50L PULLEY(9213-042B)-----	[3PCS]
D7. BUCKLE (9630-174) -----	[1PCS]
D8.3180mm (FMTM1000A)-----	[1PCS]
D9.2080mm (FMTM1000B1)-----	[1PCS]

D1.



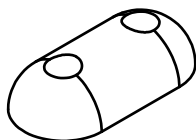
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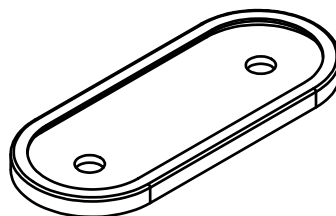
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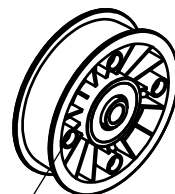
D4.



D5.

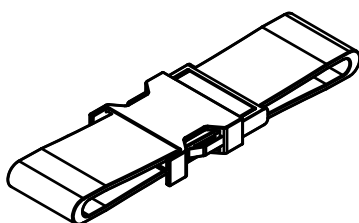


D6.

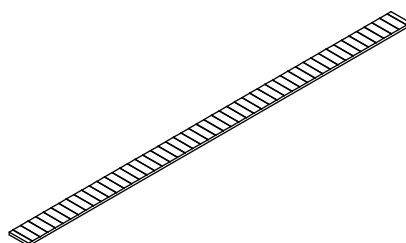


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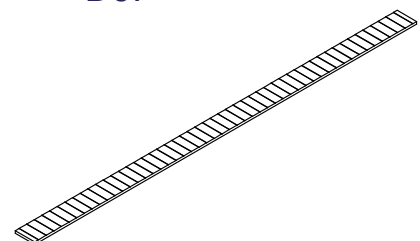
D7.



D8.



D9.



MTM1000 ASSEMBLY INSTRUCTIONS

FARME HARDWARE ILLUSTRATION

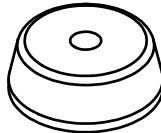
DD1.Ø3/4" SHAFT COLLAR(9211-147)-----[2PCS]
DD2.Ø4" RUBBER COUNT(9310-017)-----[2PCS]
DD3.108X14.5tX263L RUBBER PAD(9310-075)-----[2PCS]
DD4.Ø115X50L PULLEY(9213-042B)-----[3PCS]

DD6.BOTTLE BRACKET(8388-025)-----[1PCS]
DD7.BOTTLE RACK(9260-320)-----[1PCS]
DD8.BOTTLE(9260-123)-----[1PCS]
DD11.TOP PLATE(8400-033)-----[1PCS]
DD12.Ø3/4" SHAFT COLLAR(9211-167)-----[2PCS]
DD13.WEIGHT SELECTOR BAR(8210-216C)-----[1PCS]

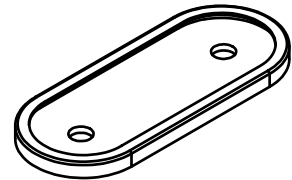
DD1.



DD2.



DD3.



DD4.

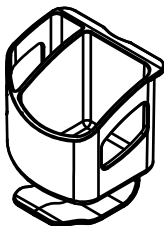


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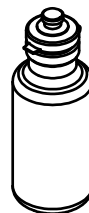
DD6.



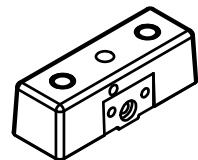
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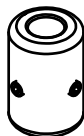
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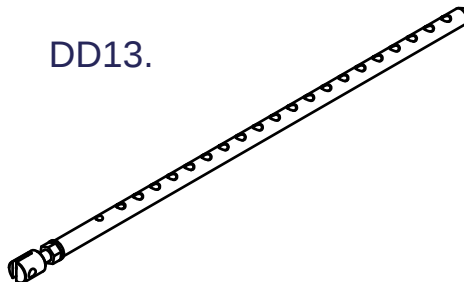
DD11.



DD12.



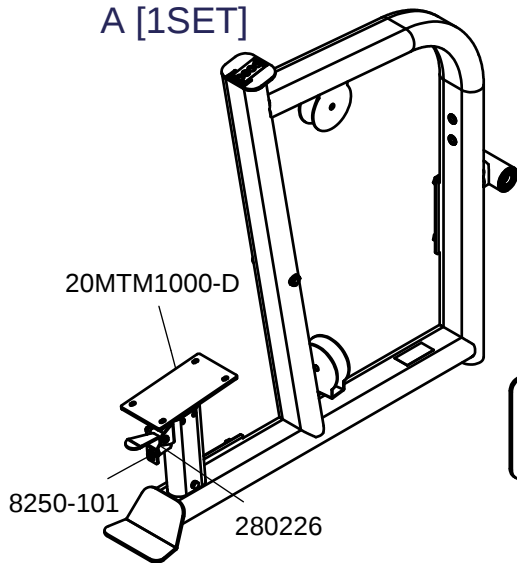
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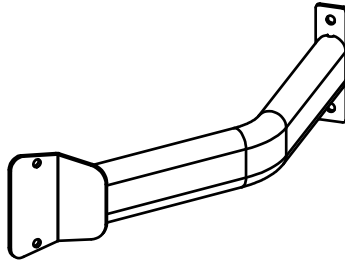
MTM1000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

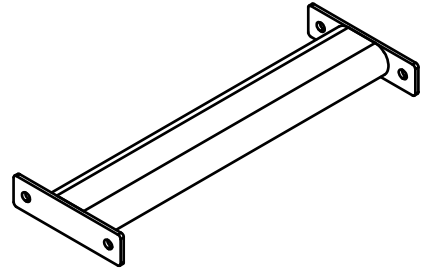
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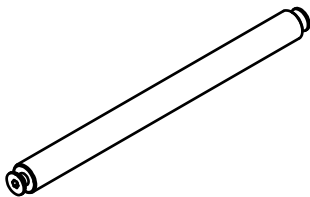
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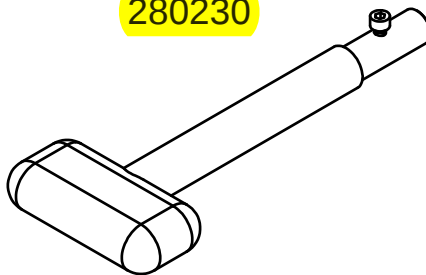
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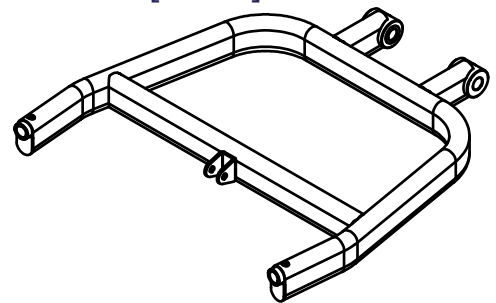
D [1SET]
8220-192
Ø25X301L



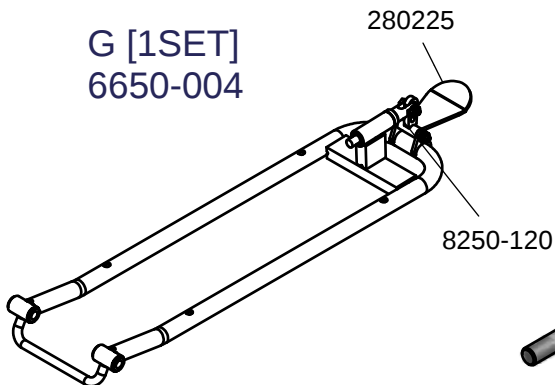
E [2SET]
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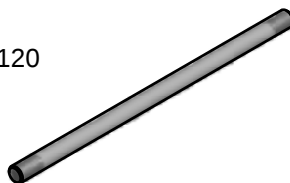
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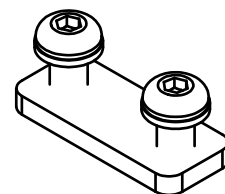
G [1SET]
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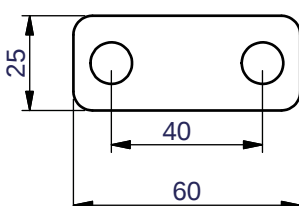
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8260-069
Ø12.7x255L



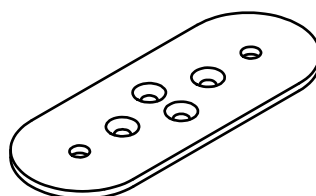
I [1SET]
8311-116



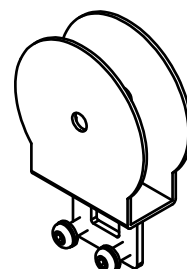
J [1SET]
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K [1SET]
8313-144

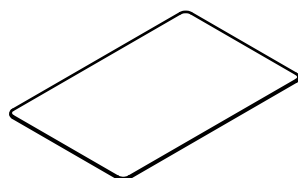


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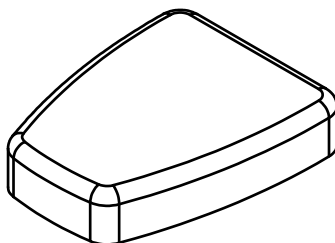


PARTS ILLUSTRATION SHEET

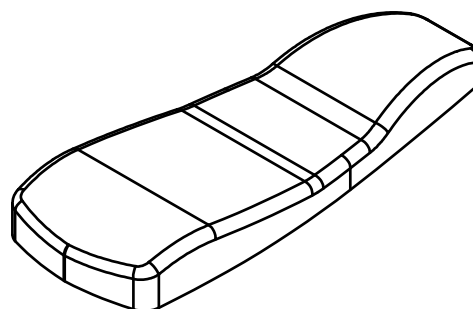
M [1SET]
9420-106



N [1SET]
9121-070



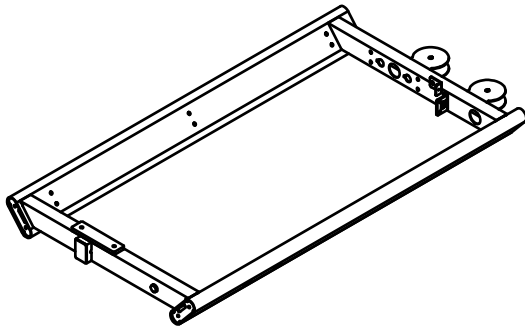
O [1SET]
9111-069



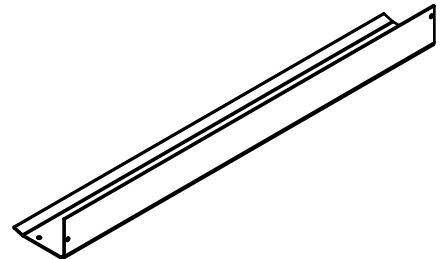
MTM1000 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

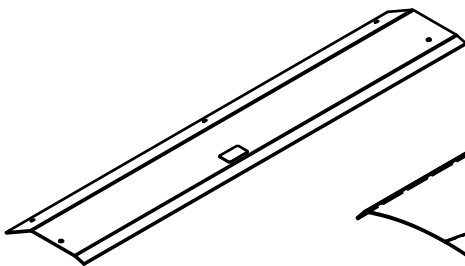
AA1 [1SET]
20MTM1000-G1



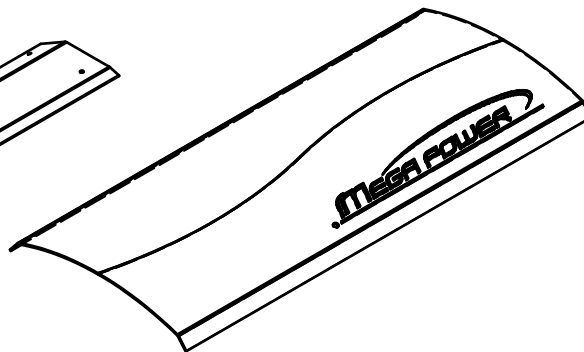
AC [1PCS]
9220-016



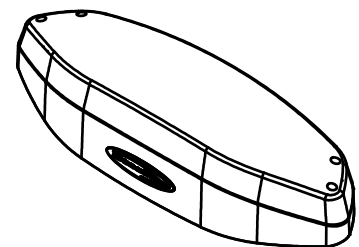
AD1 [1PCS]
9220-052



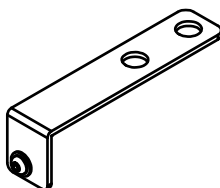
AE [1SET]
9220-023



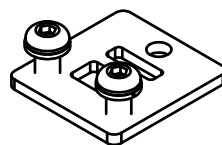
AF [1SET]
9211-148



AG [4SET]
8331-057



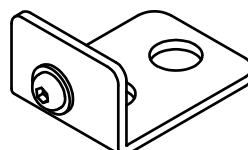
AH [1SET]
8313-169



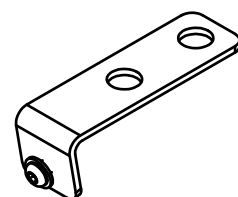
AJ1 [2PCS]
8280-042
Ø3/4"X1433L



AK[1PCS]
8331-056



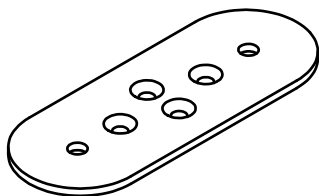
AL[3SET]
8331-058



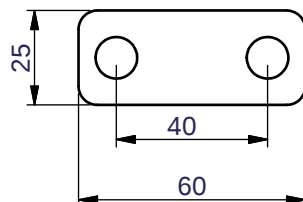
MTM1000 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

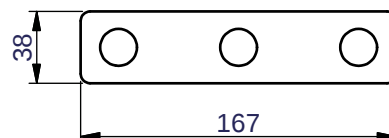
AM [2PCS]
8313-144



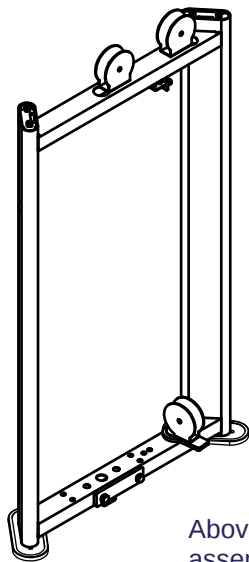
AP [2SET]
8311-117



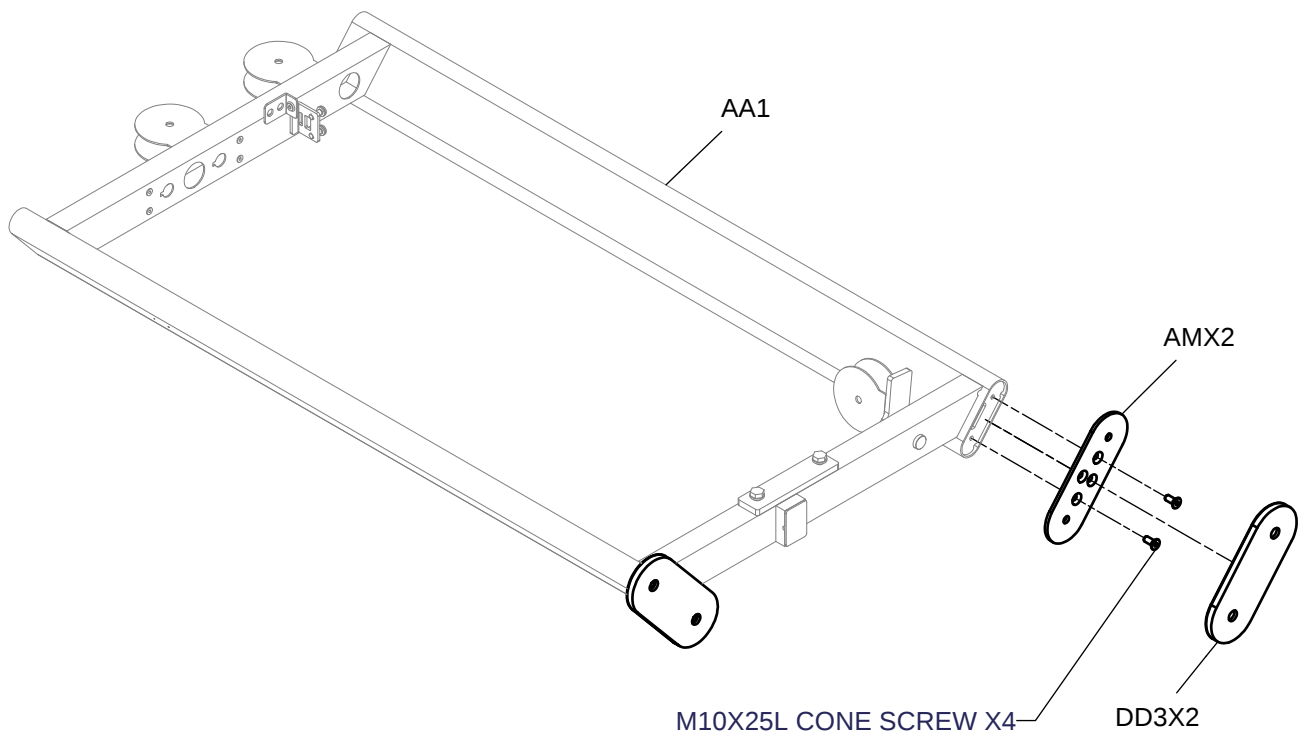
AR [1PCS]
8311-194



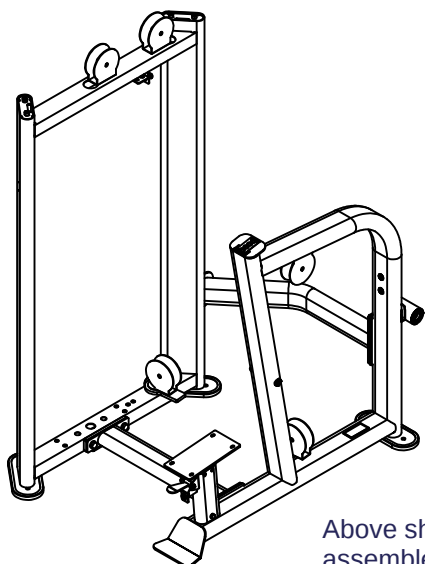
MTM1000 ASSEMBLY INSTRUCTIONS



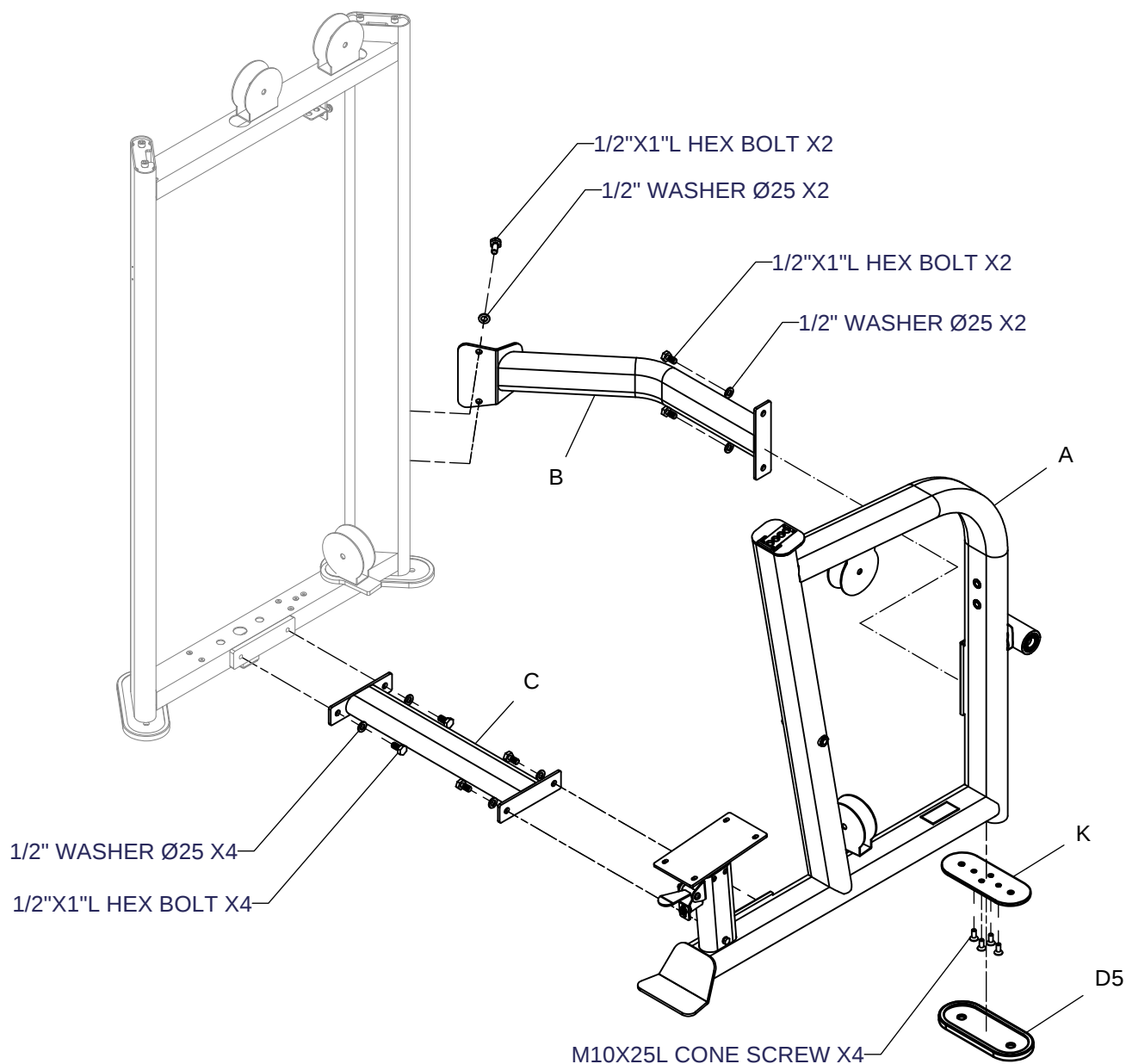
Above shows STEP 1
assembled and completed



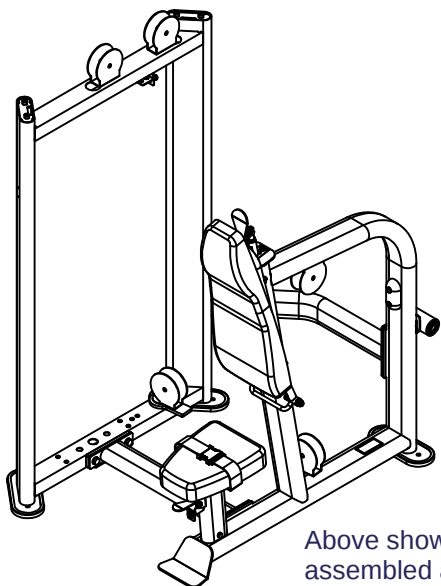
MTM1000 ASSEMBLY INSTRUCTIONS



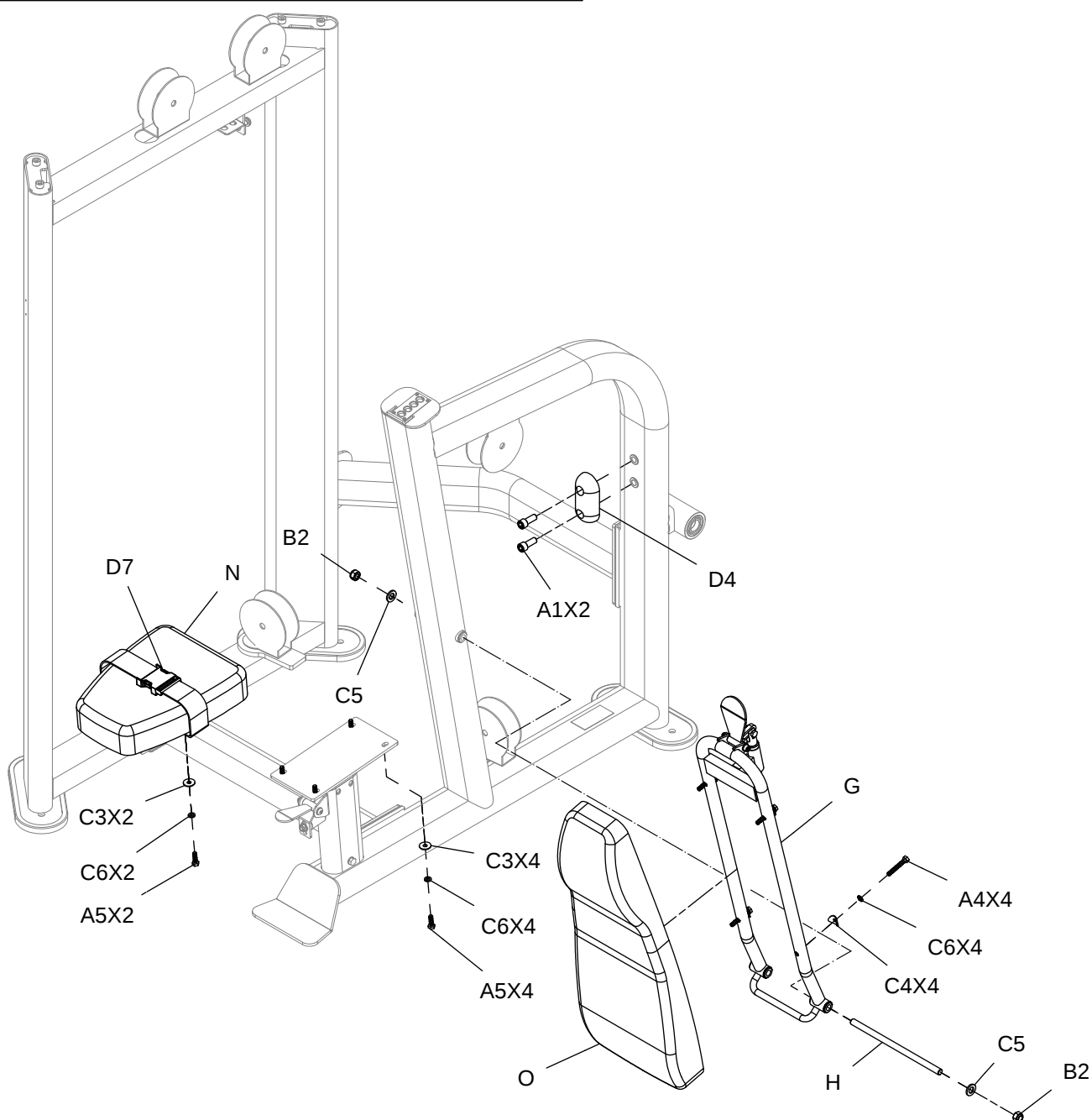
Above shows STEP 2
assembled and completed



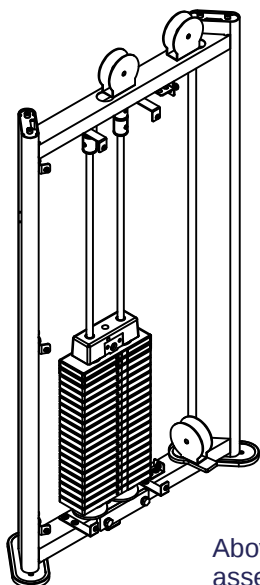
MTM1000 ASSEMBLY INSTRUCTIONS



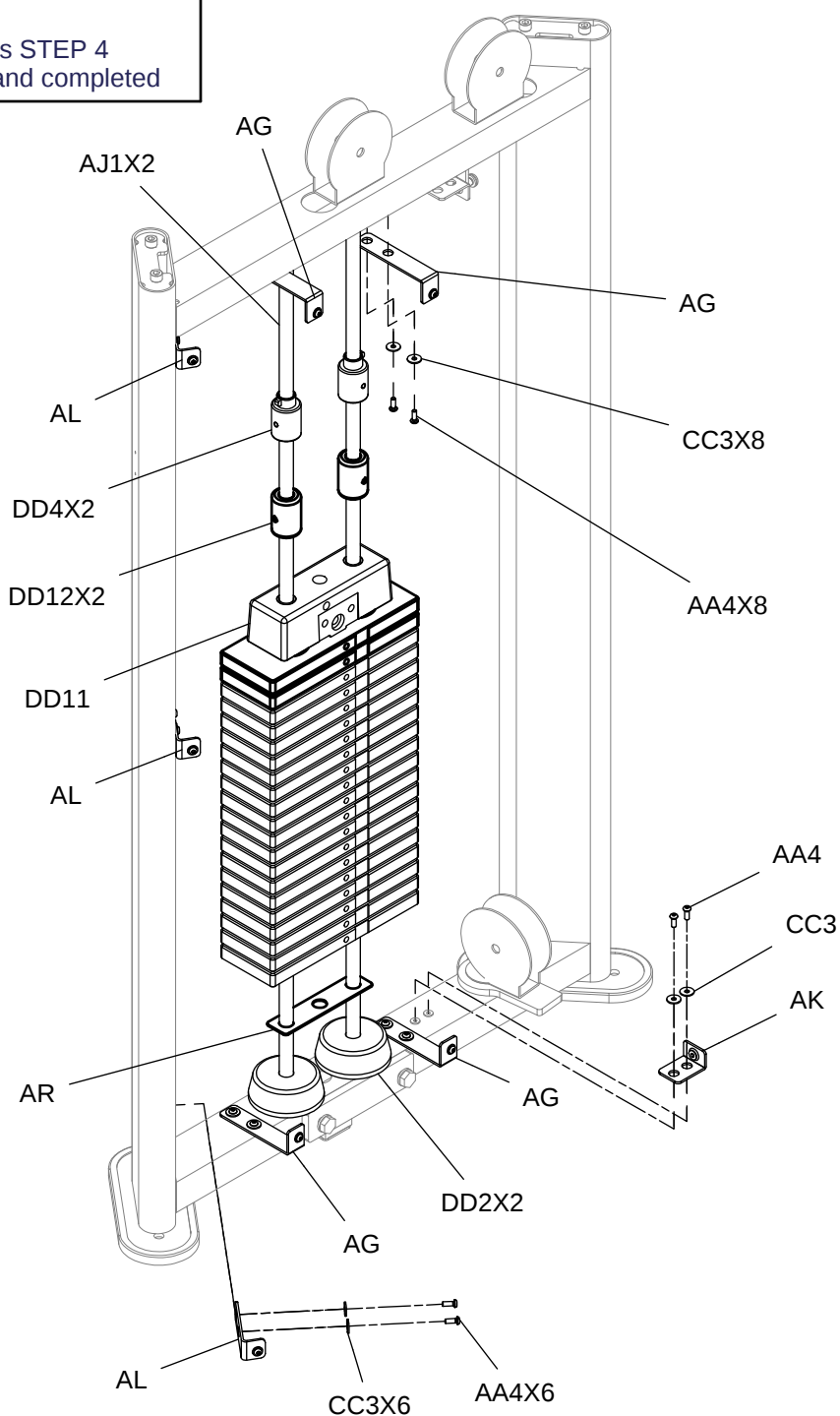
Above shows STEP 3
assembled and completed



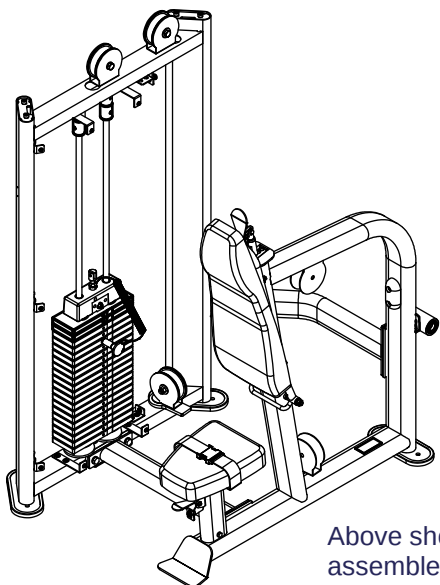
MTM1000 ASSEMBLY INSTRUCTIONS



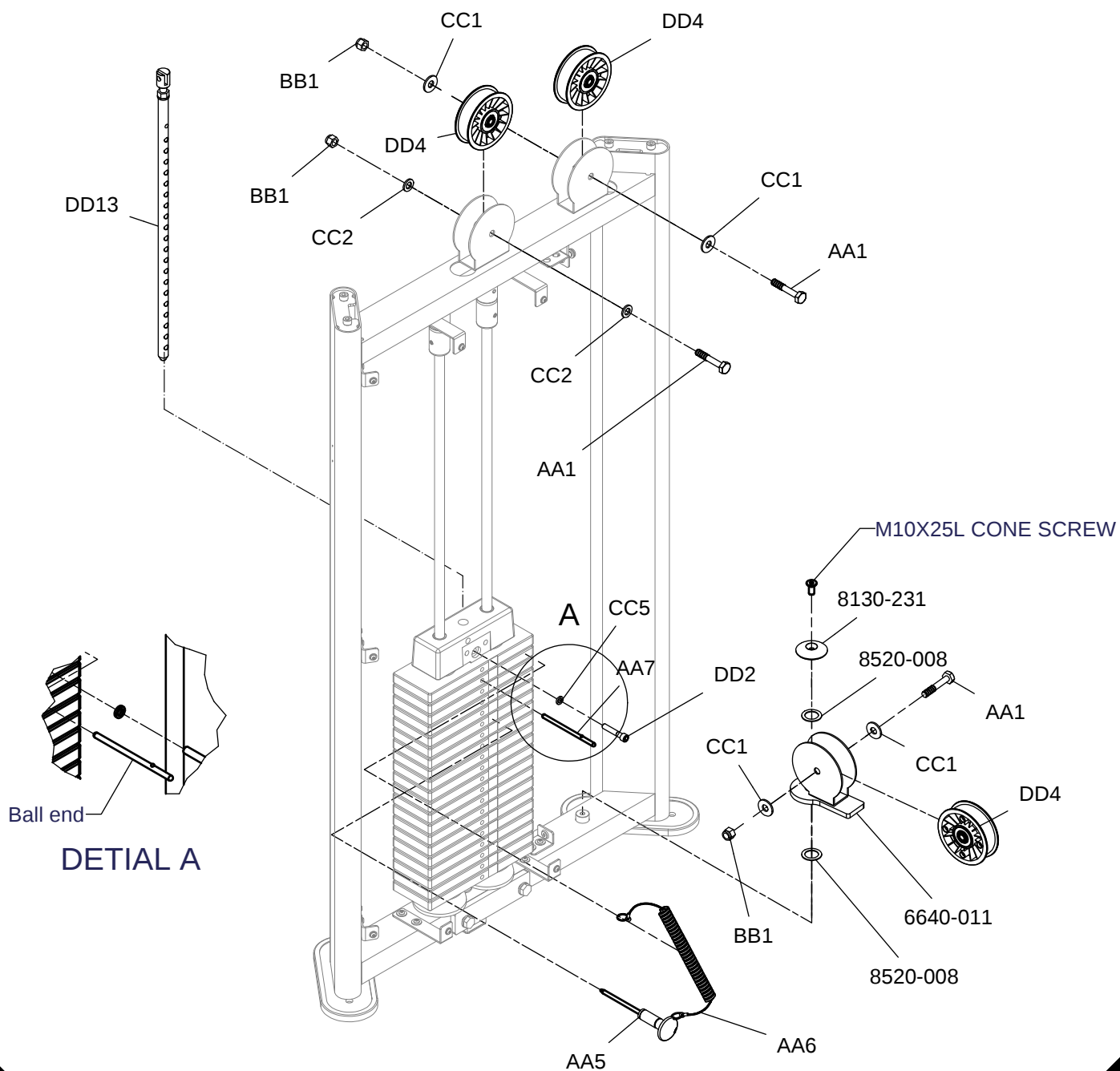
Above shows STEP 4
assembled and completed



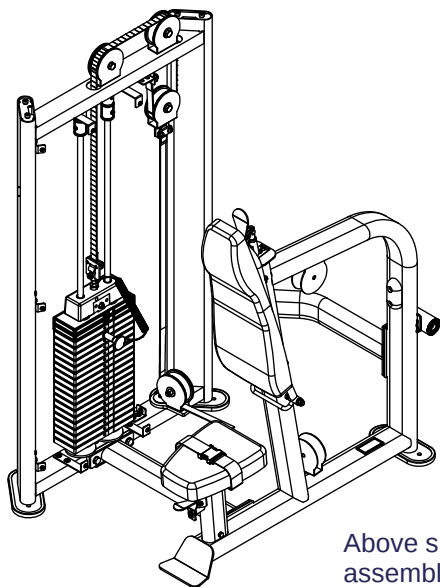
MTM1000 ASSEMBLY INSTRUCTIONS



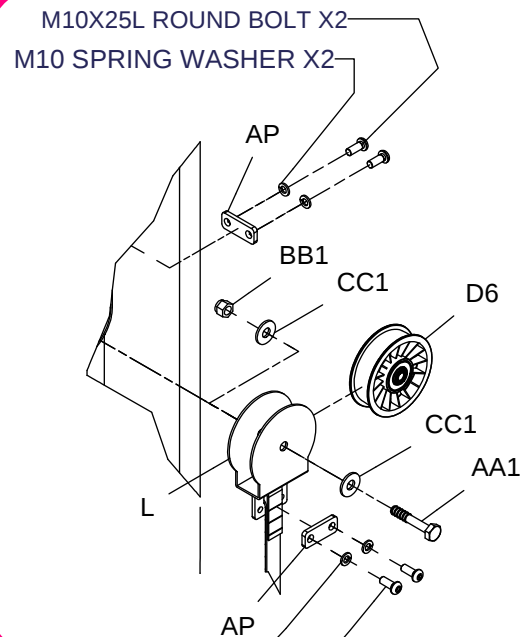
Above shows STEP 5
assembled and completed



MTM1000 ASSEMBLY INSTRUCTIONS

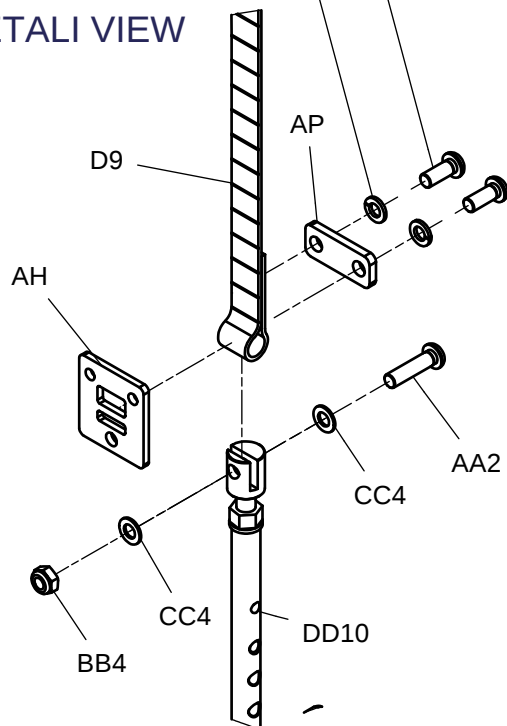


Above shows STEP 6 assembled and completed



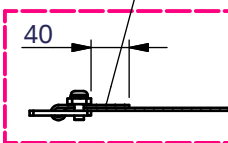
M10X25L ROUND BOLT X2
M10 SPRING WASHER X2

DETAIL VIEW

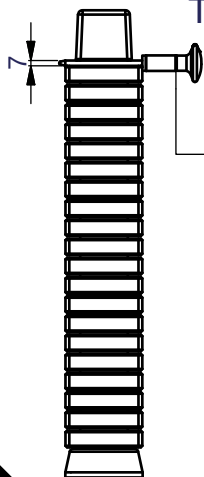


M10 SPRING WASHER X2
M10X25L ROUND BOLT X2

The belt should reserve 40mm extra length

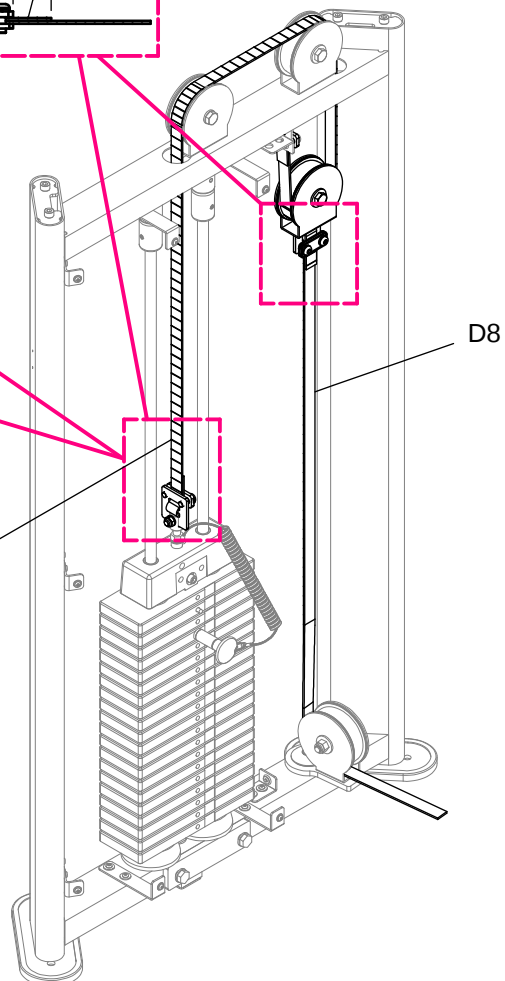


The tread side should be outward

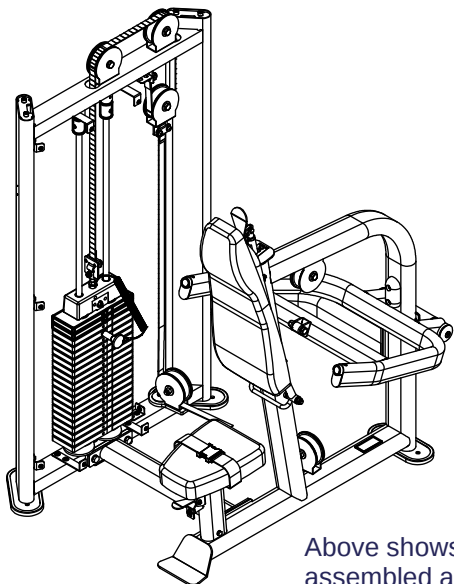


Adjust Belt Procedure:

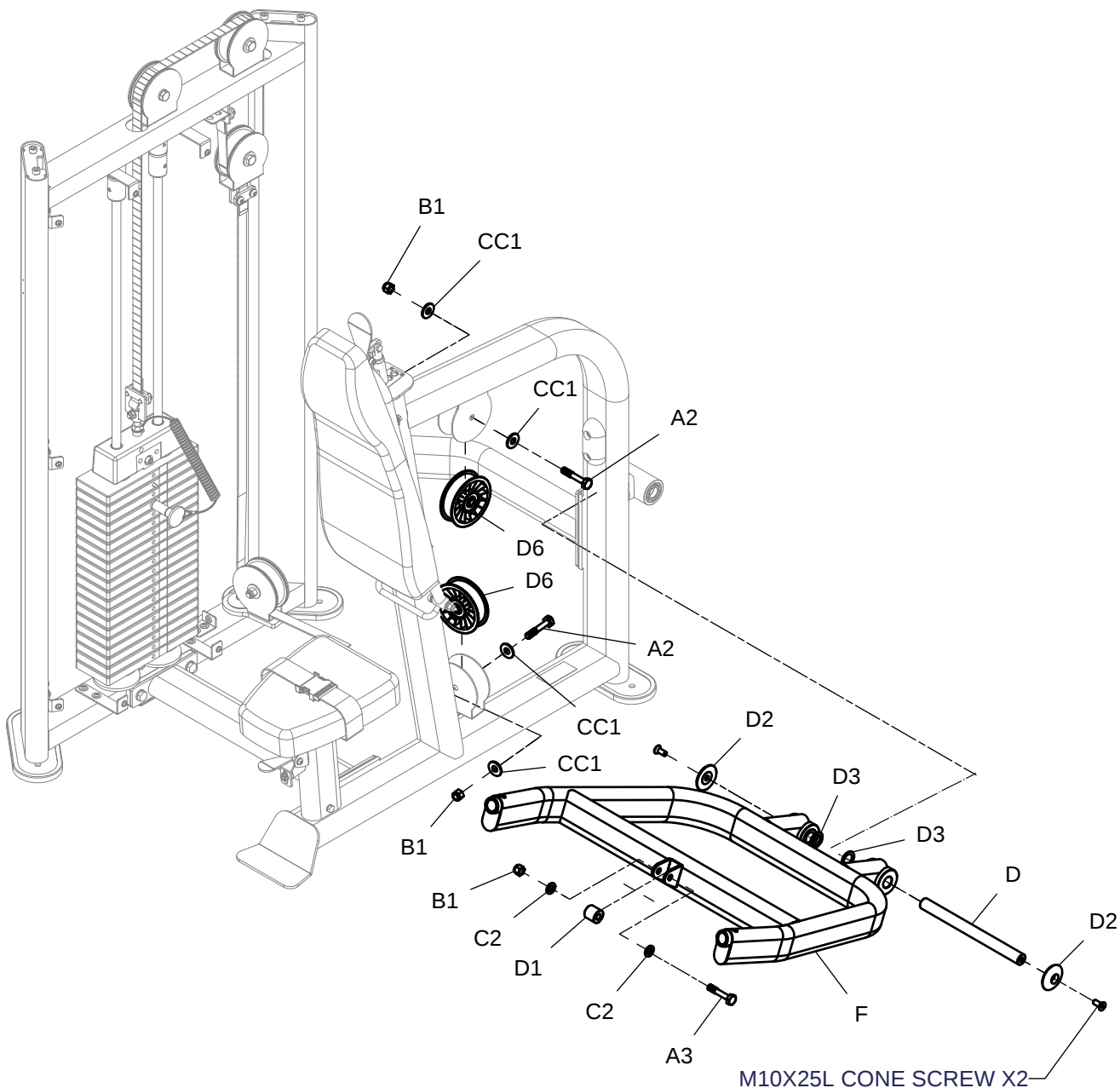
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the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



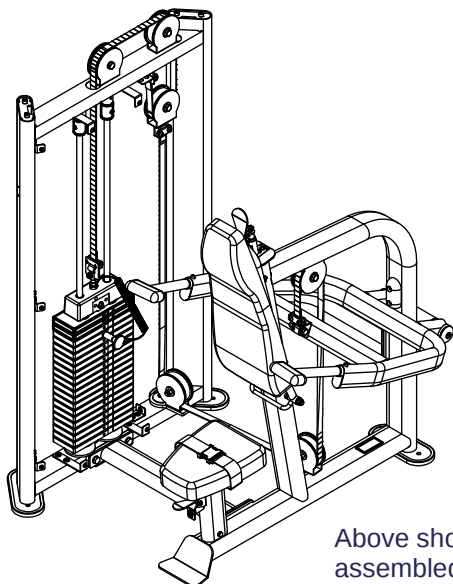
MTM1000 ASSEMBLY INSTRUCTIONS



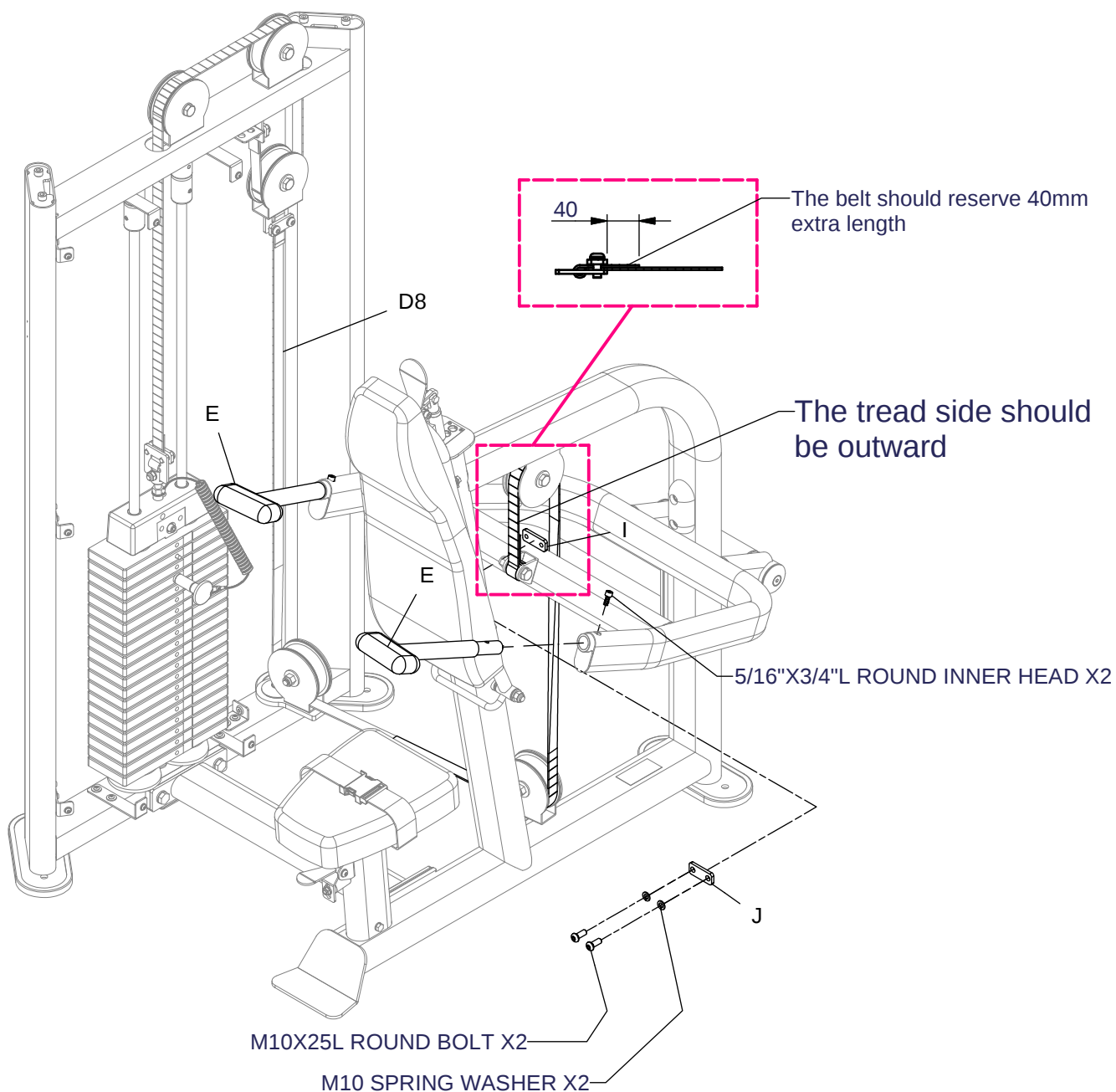
Above shows STEP 7
assembled and completed



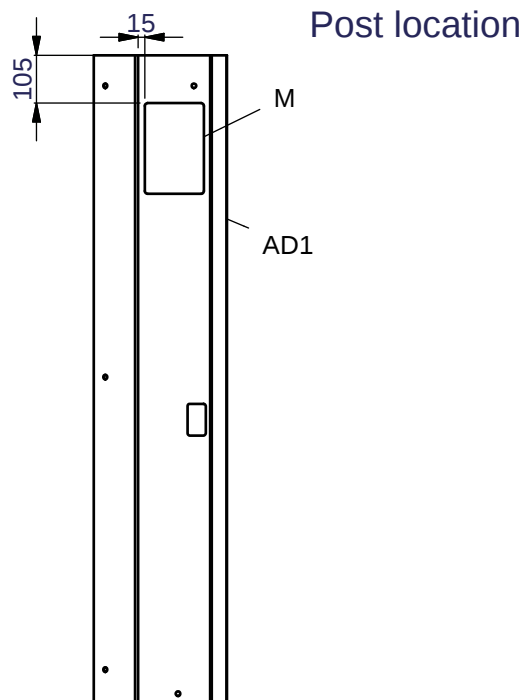
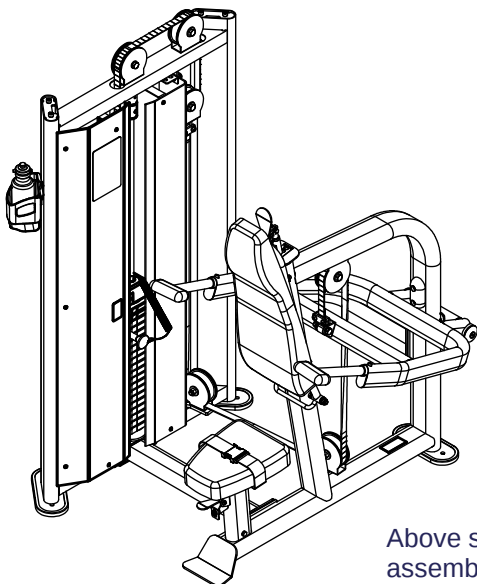
MTM1000 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed

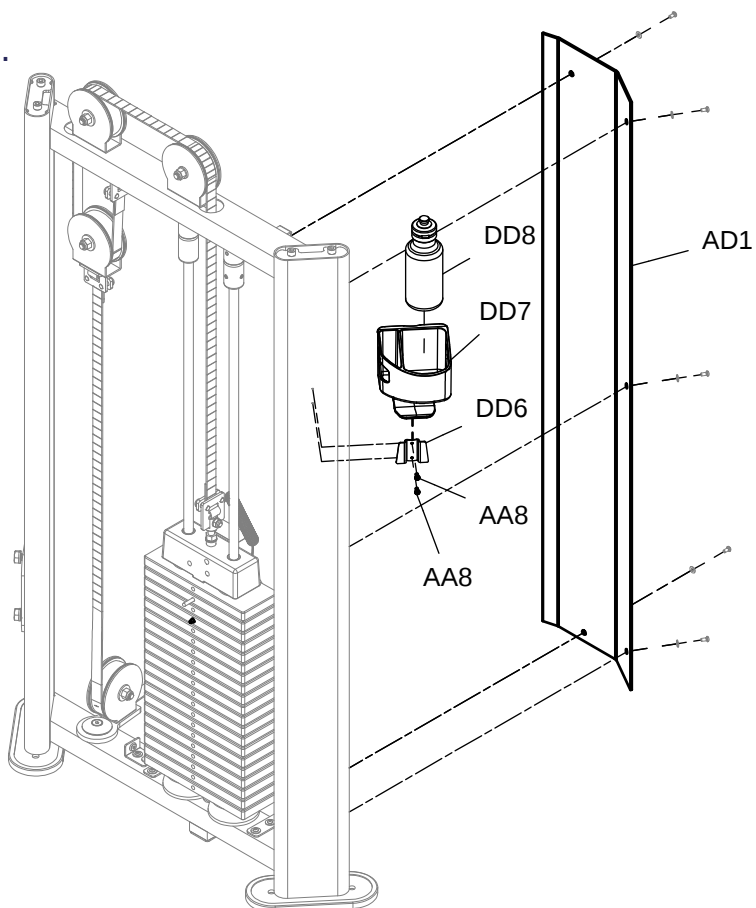
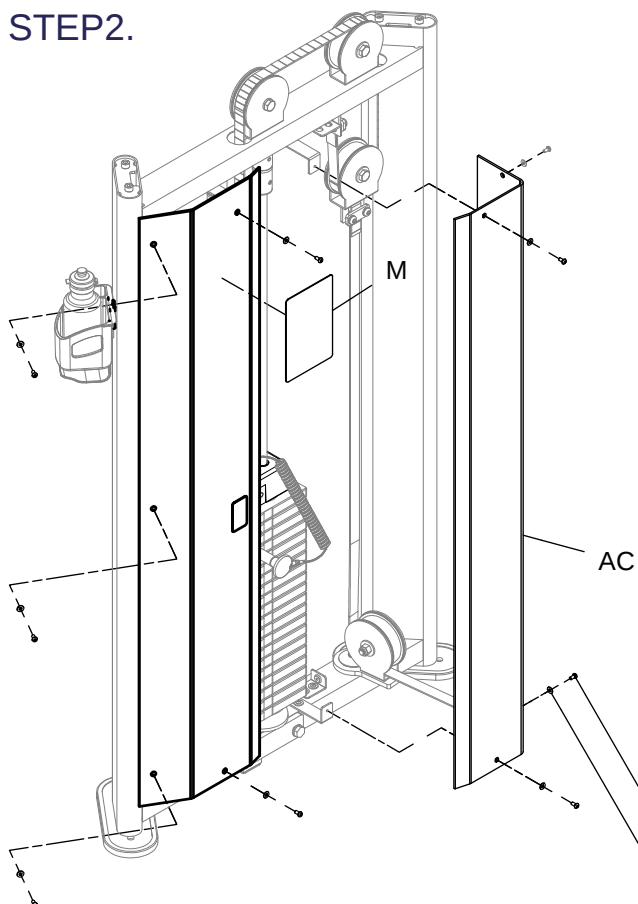


MTM1000 ASSEMBLY INSTRUCTIONS

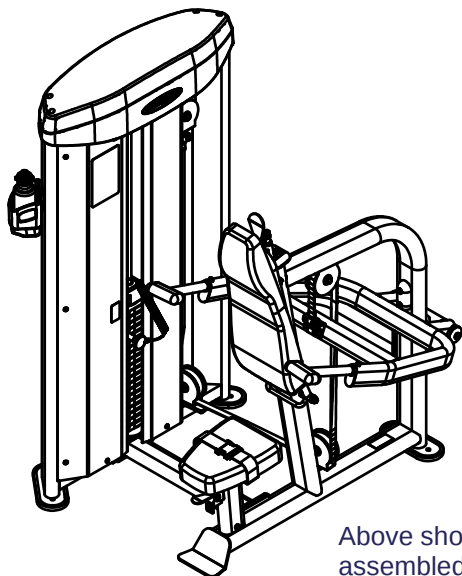


STEP1.

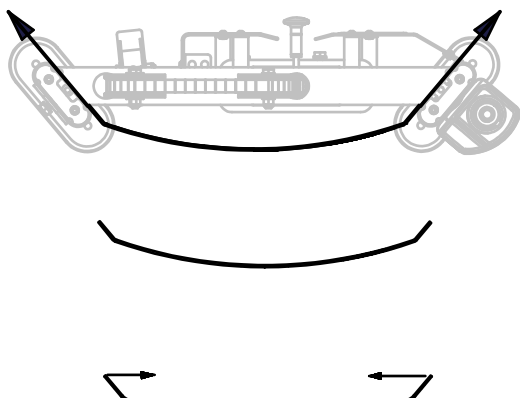
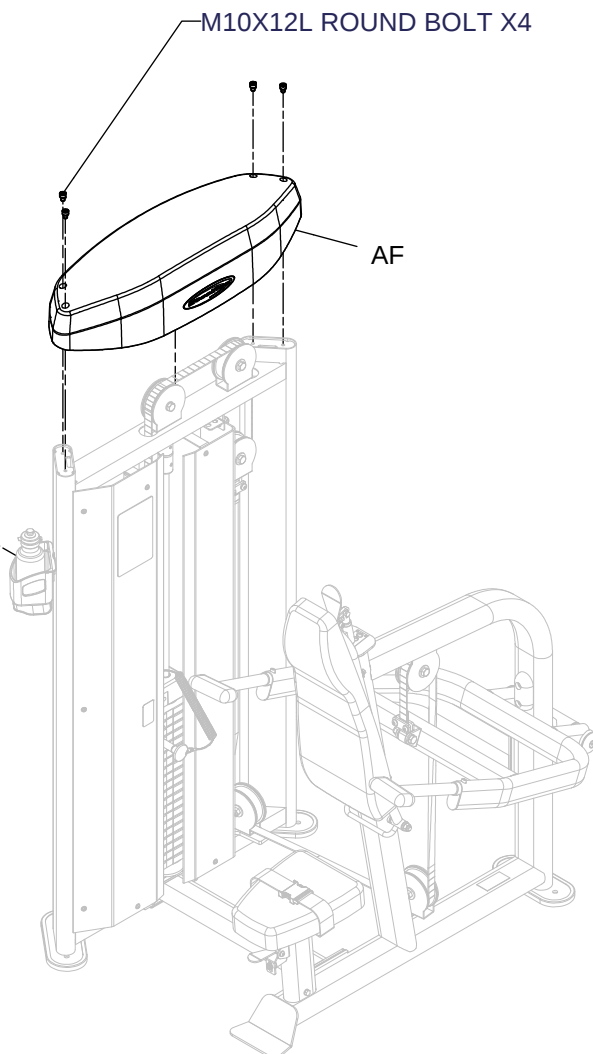
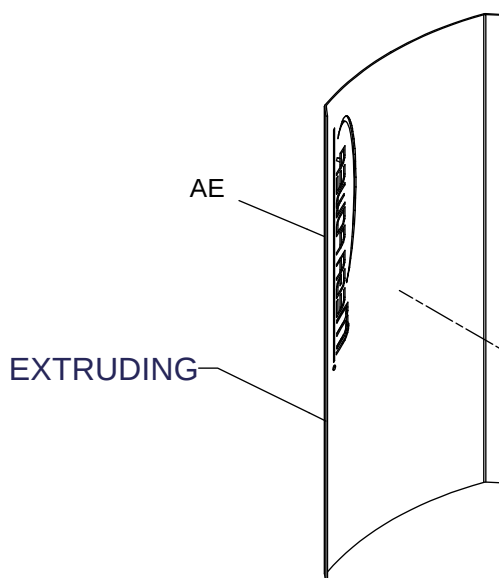
STEP2.



MTM1000 ASSEMBLY INSTRUCTIONS



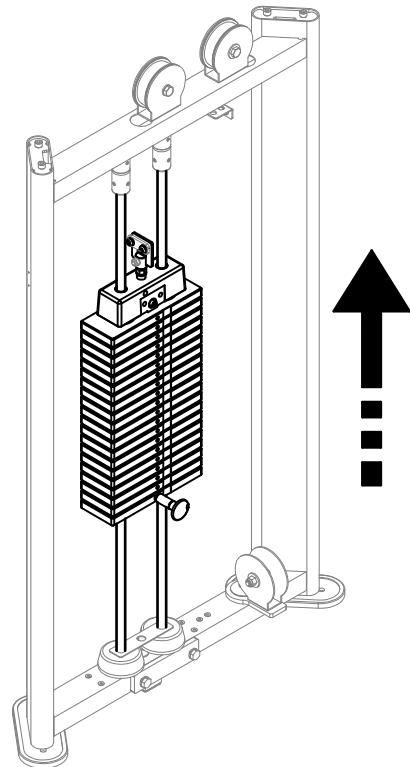
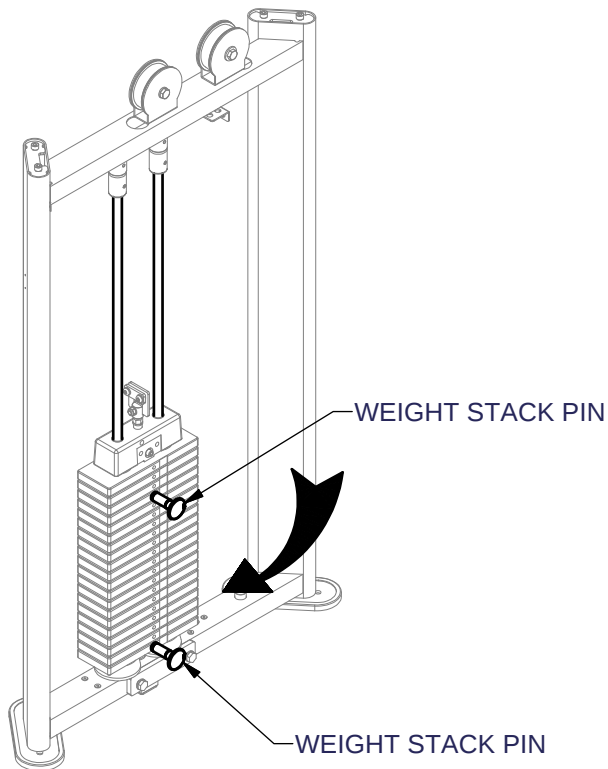
Above shows STEP 10
assembled and completed



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.

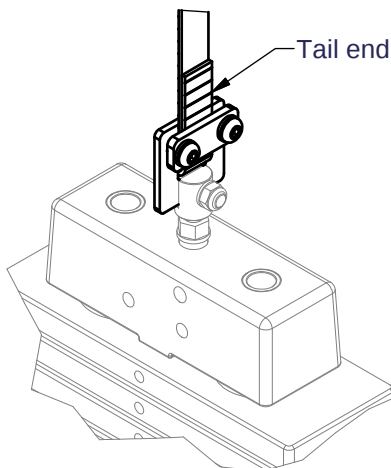
ASSEMBLY INSTRUCTIONS

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.

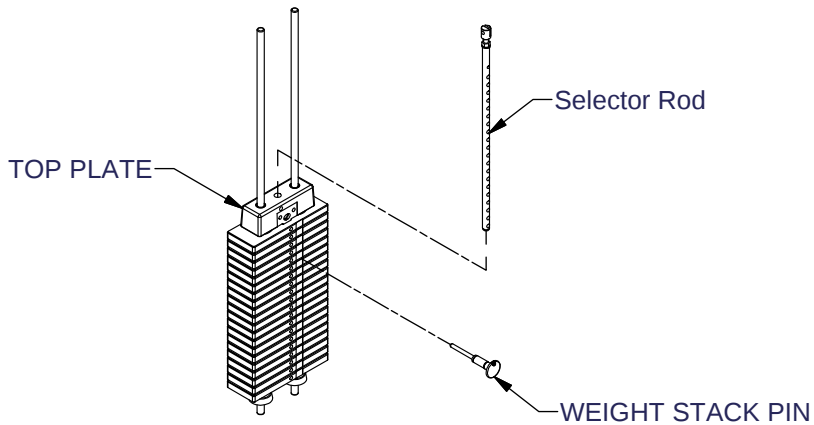
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

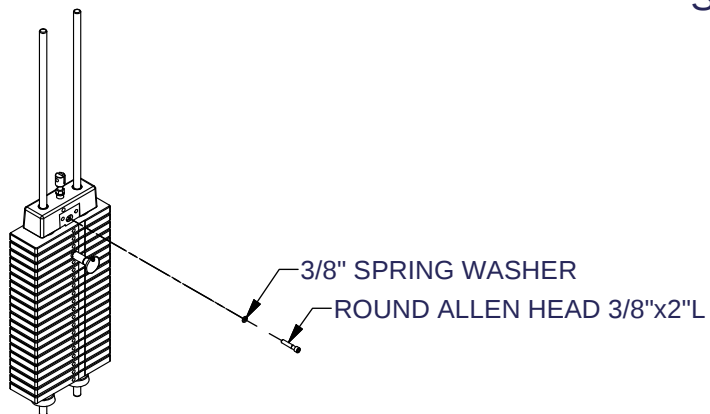


Step 1

Place Selector Rod into Top Plate.

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

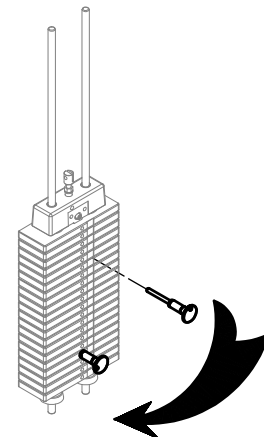
STEP 2



Step 2

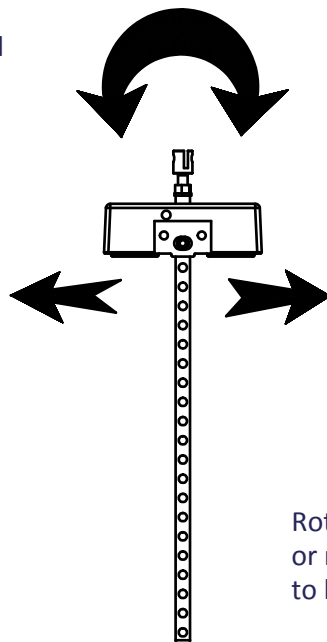
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

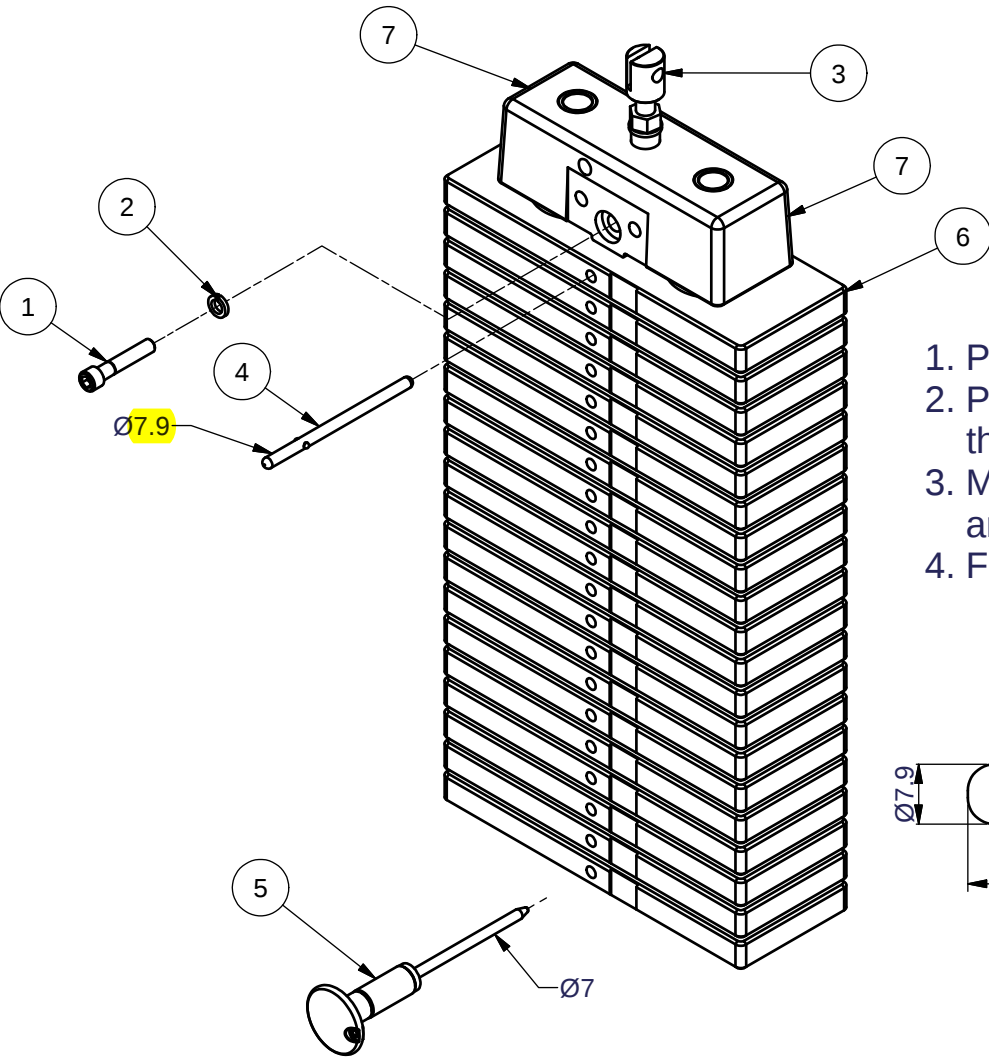
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



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.

