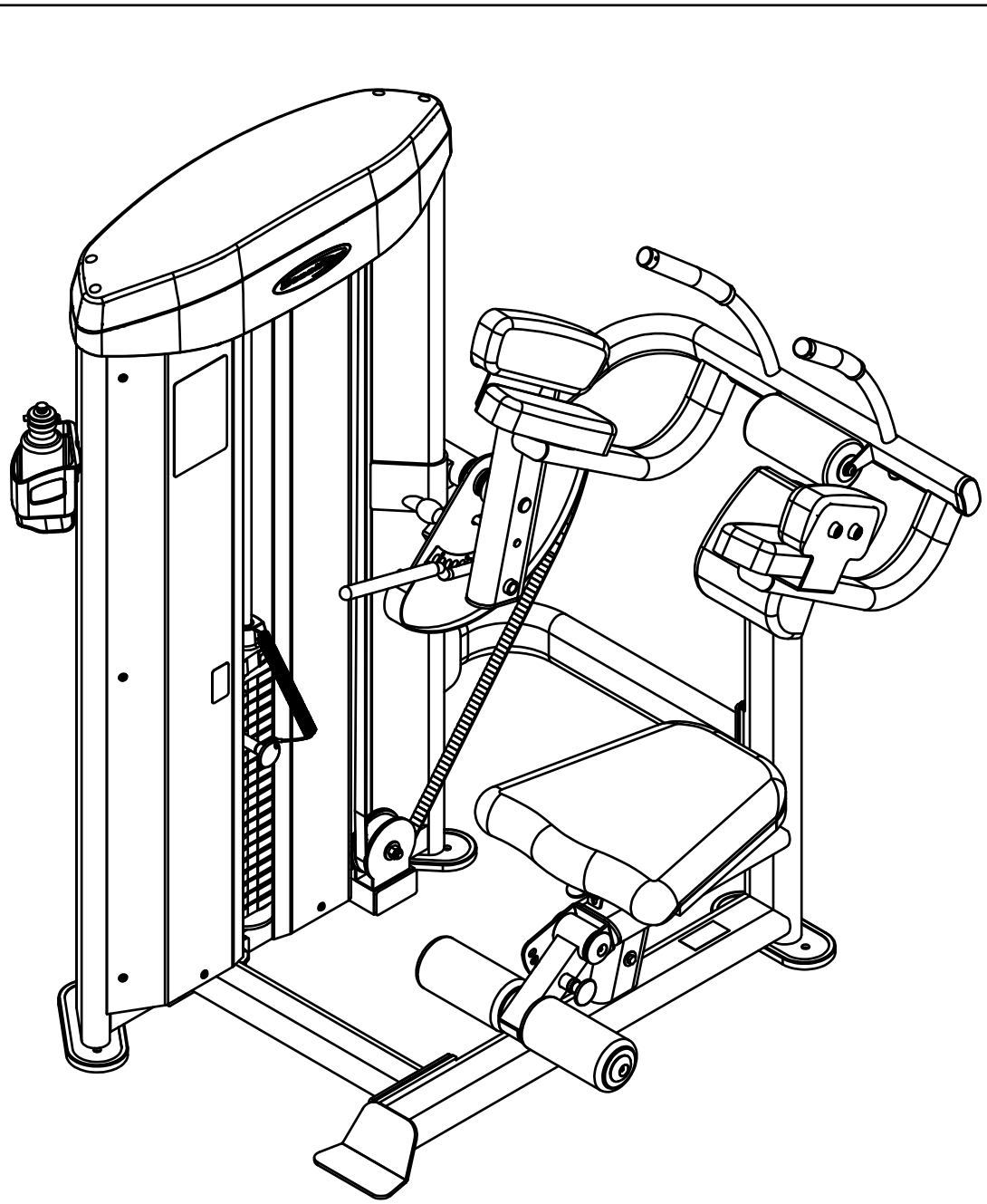
MEGA POWER



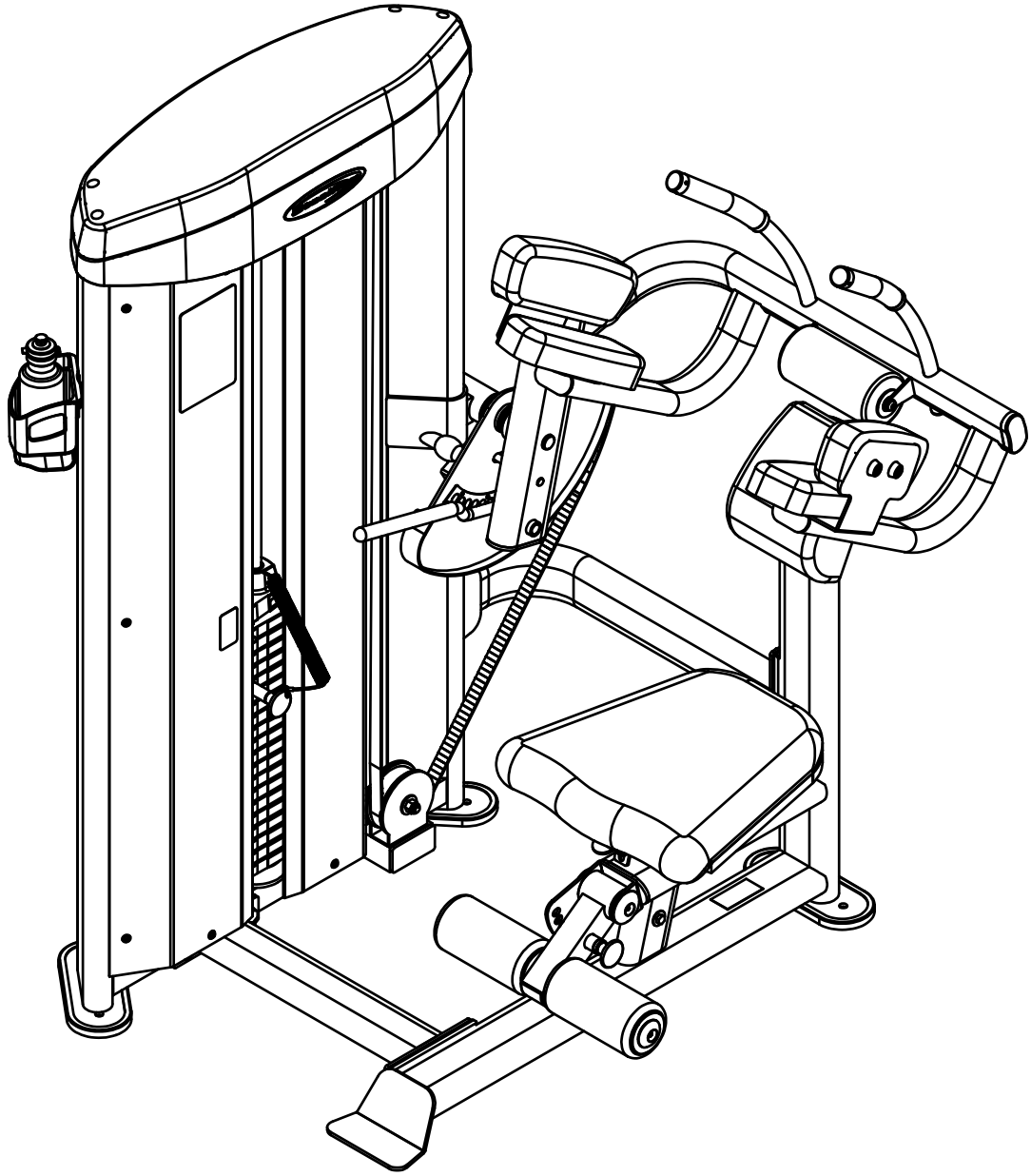
Steelflex

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MAM-900.6 OWNER'S MANUAL

MEGA POWER

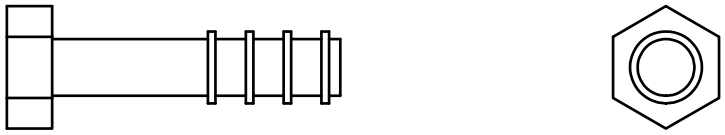


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MAM-900.6 OWNER'S MANUAL

HARDWARE ILLUSTRATION



(A1)HEX BOLT 3/8"x1-1/2"L PARTIAL THREAD QTY.1



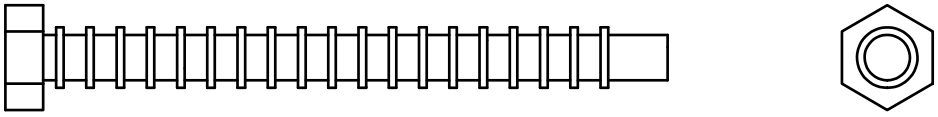
(A2)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.2



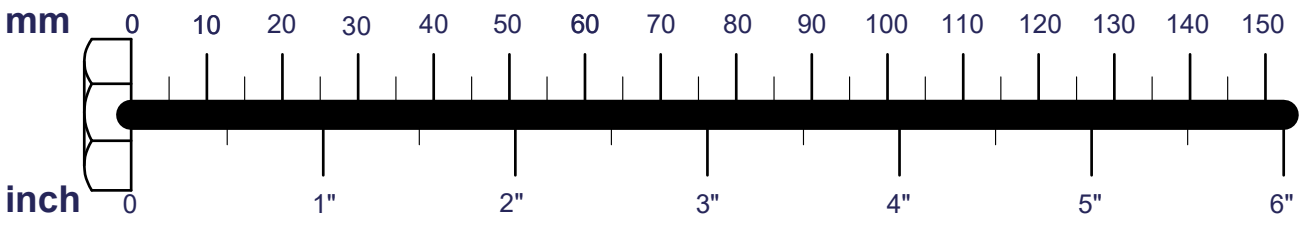
(A3)ROUND ALLEN HEAD 5/16"x1"L PARTIAL THREAD QTY.6



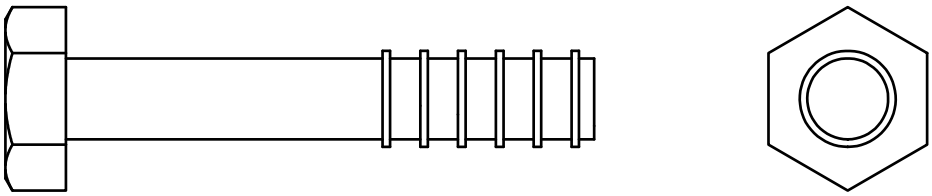
(A4)HEX BOLT 5/16"x1-1/4"L PARTIAL THREAD QTY.4



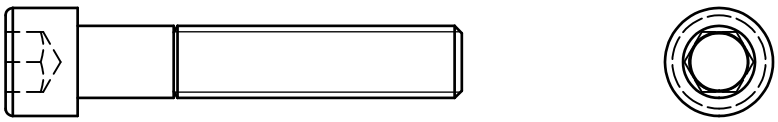
(A5)HEX BOLT 5/16"x3-1/4"L PARTIAL THREAD QTY.2



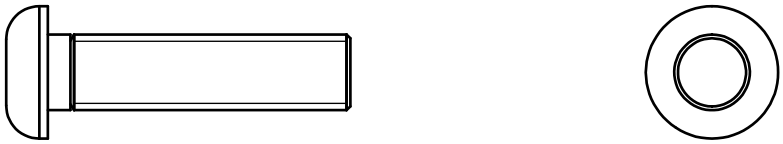
FRAME HARDWARE ILLUSTRATION



(A6)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



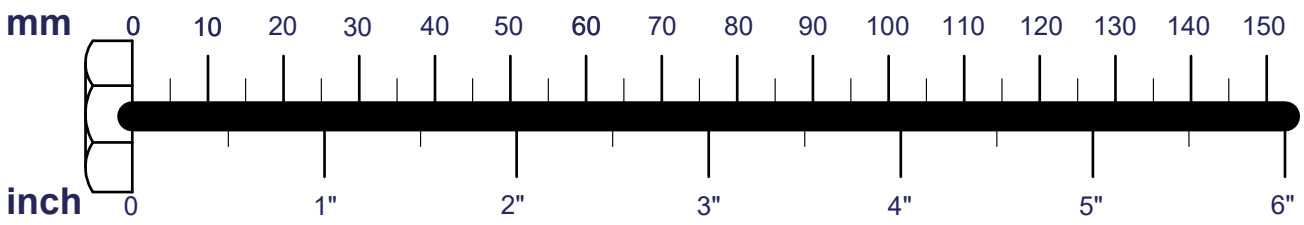
(A7)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



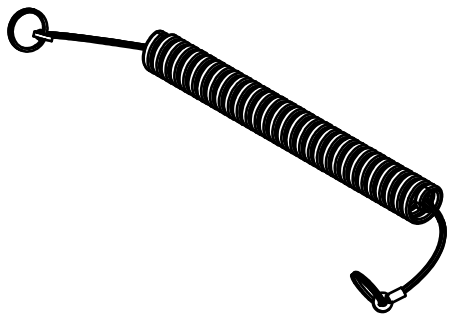
(A8)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1



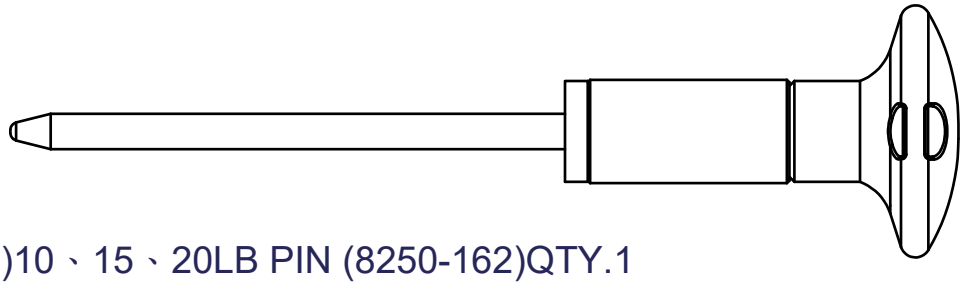
(A9)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16



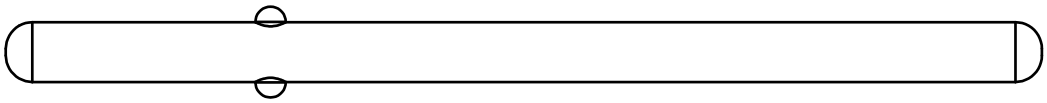
FRAME HARDWARE ILLUSTRATION



(A10)ELASTIC BELT (F920003) QTY.1



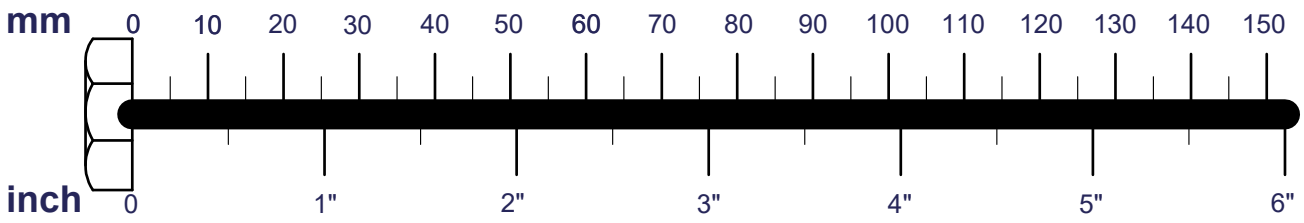
(A11)10、15、20LB PIN (8250-162)QTY.1



(A12)Ø5/16" FIXED PIN (8250-166) QTY.1



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



HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 3/8" QTY.1



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



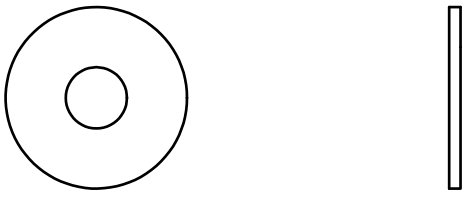
(B3)NYLON LOCK NUT M10 QTY.1



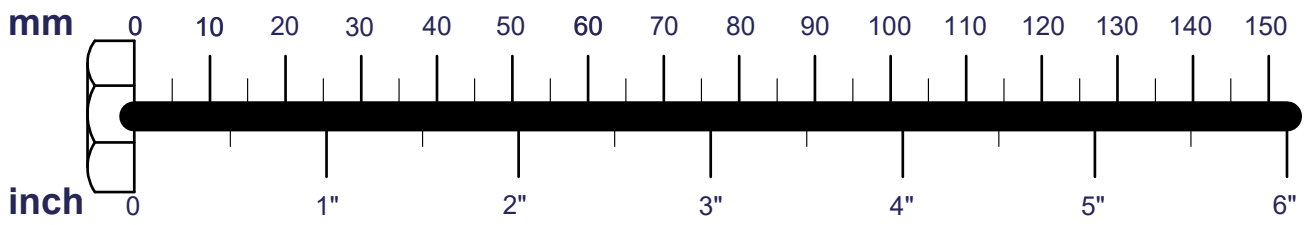
(C1)3/8"(I.D.)FLAT WASHER Ø19 QTY.1



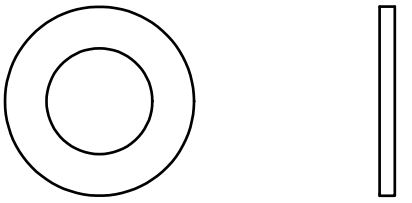
(C2)5/16" SPRING WASHER QTY.10



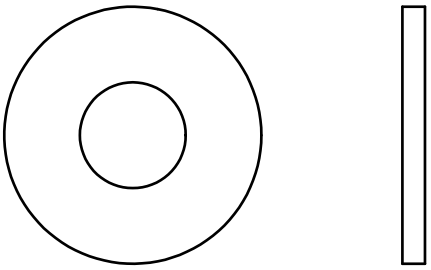
(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.10



FRAME HARDWARE ILLUSTRATION



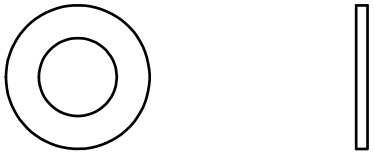
(C4)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



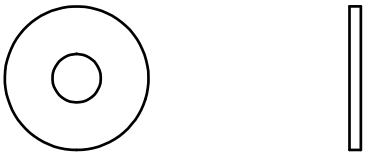
(C5)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



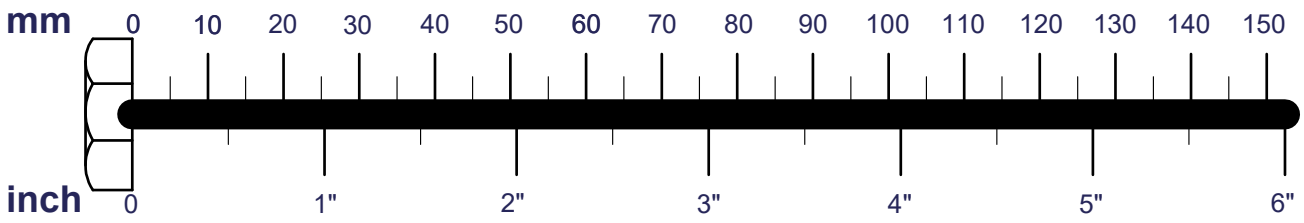
(C6)3/8" SPRING WASHER QTY.1



(C7)M10(I.D.)FLAT WASHER Ø19 QTY.2



(C8)M6 (I.D.)FLAT WASHER Ø19 QTY.16



HARDWARE ILLUSTRATION

D1.Ø50 CAP COVER(8130-131)----------[2PCS]
D2.Ø60 CAP COVER(8130-231)----------[2PCS]
D3.Ø10X60L SHAFT (8210-156) ----------[1PCS]
D4.ROLLER THRUST BEARING(8510-008)----------[1PCS]
D5.Ø1" CU WASHER(8520-008)----------[4PCS]
D6.Ø1" END CAP(9211-016)----------[2PCS]
D7. □50 End Cap (9211-087)----------[1PCS]
D8.58X116 END CAP(9211-189)----------[1PCS]
D9. 40X80X2T END CAP(9211-113)----------[1PCS]
D10. 2" Nylon Washer (9214-001)----------[2PCS]
D11. 3" Nylon Washer (9214-008)----------[4PCS]
D12. Ø27.5X12.5L Rubber Pad(9214-030)----------[4PCS]
D13.108X263 RUBBER PAD(9310-075)----------[1PCS]

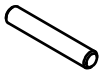
D1



D2



D3



D4



D5



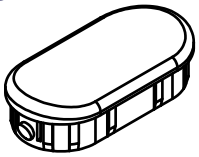
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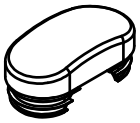
D7



D8



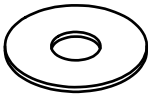
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D10



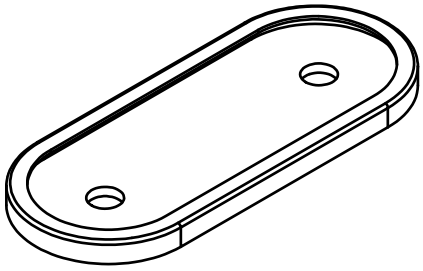
D11



D12



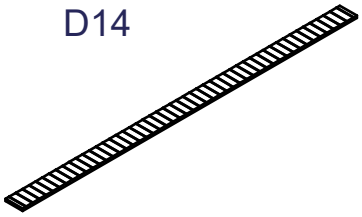
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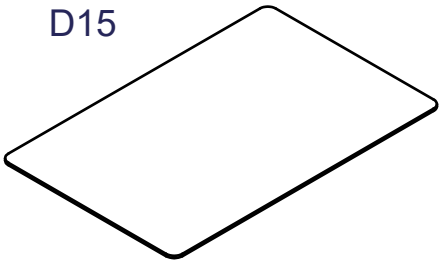
HARDWARE ILLUSTRATION

D14.3890mm BELT(FMAM900A1)----------[1PCS]
D15.EXERCISE CHART (9420-105)----------[1PCS]

D14



D15

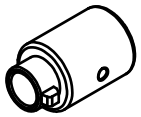


FRAME HARDWARE ILLUSTRATION

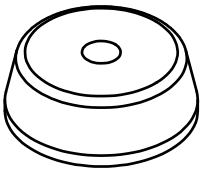
D16.3/4" SHAFT COLLAR(9211-147)----------[2PCS]
D17.Ø4" RUBBER PAD(9310-017)----------[2PCS]
D18.108X263 RUBBER PAD(9310-075)----------[2PCS]

D20.Ø115 PULLEY(9213-042B)----------[3PCS]
D21.BOTTLE BRACKET(8388-025)----------[1PCS]
D22.BOTTLE RACK(9260-320)----------[1PCS]
D23.BOTTLE(9260-123)----------[1PCS]

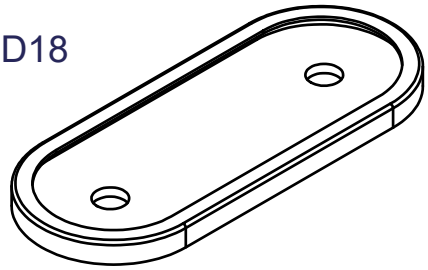
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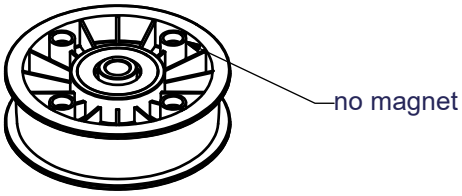
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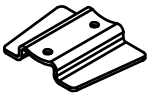
D18



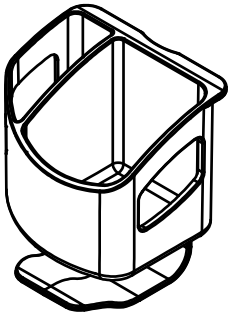
D20



D21



D22



D23

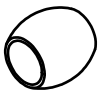


FRAME HARDWARE ILLUSTRATION

D26. Ø1" BUFFER COVER (9212-019) ----------[1PCS]

D28.3/4" SHAFT COLLAR(9211-167)----------[2PCS]
D30.TOP PLATE(8400-006)----------[1PCS]
D31.Selector Rod(8210-272C)----------[1PCS]

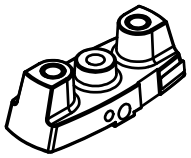
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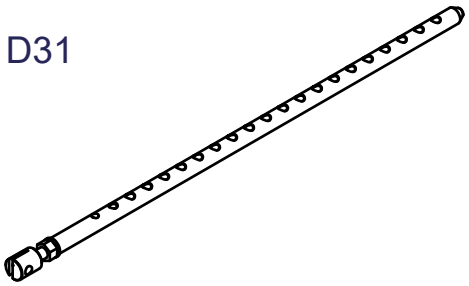
D28



D30

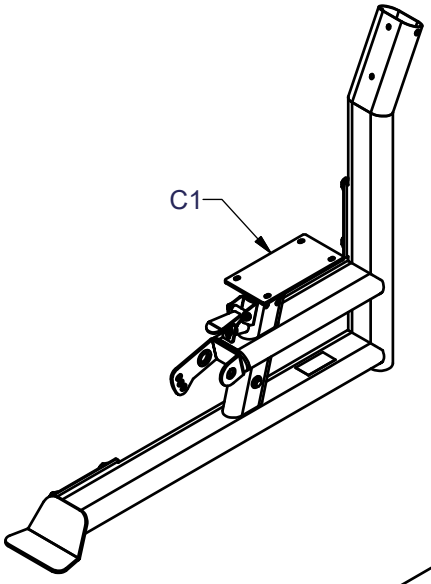


D31

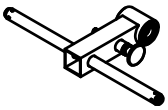


PARTS ILLUSTRATION SHEET

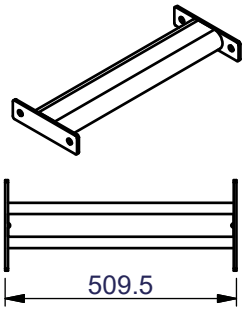
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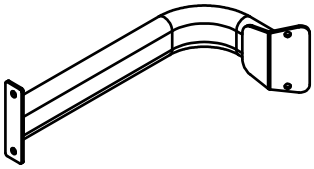
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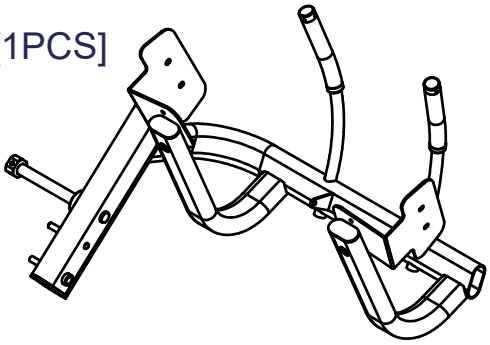
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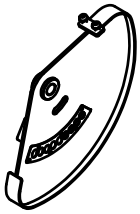
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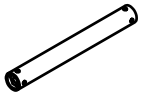
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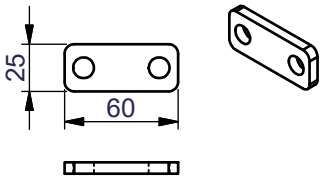
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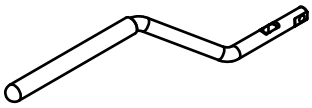
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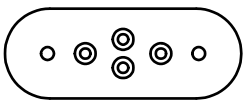
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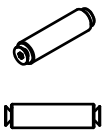
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L[1PCS]
8313-144

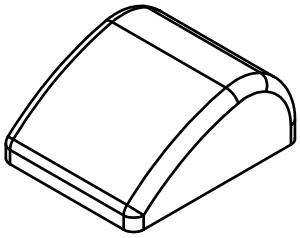


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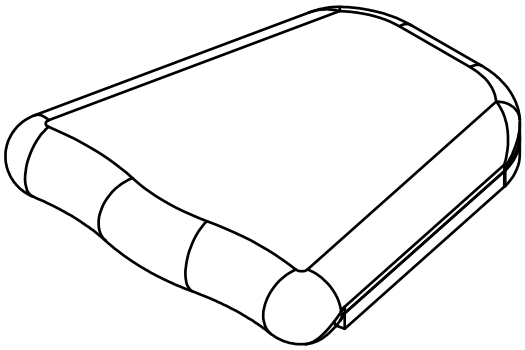


PARTS ILLUSTRATION SHEET

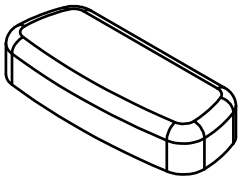
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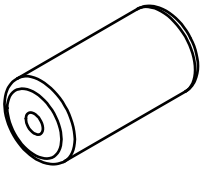
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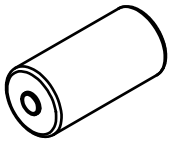
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9161-077

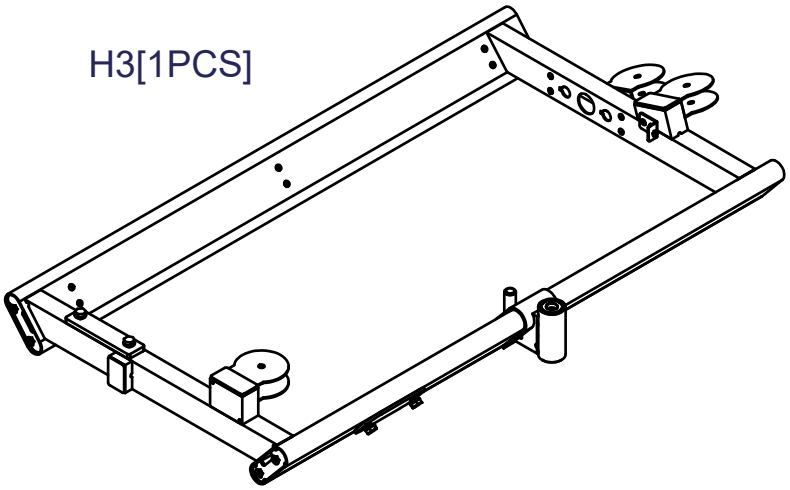


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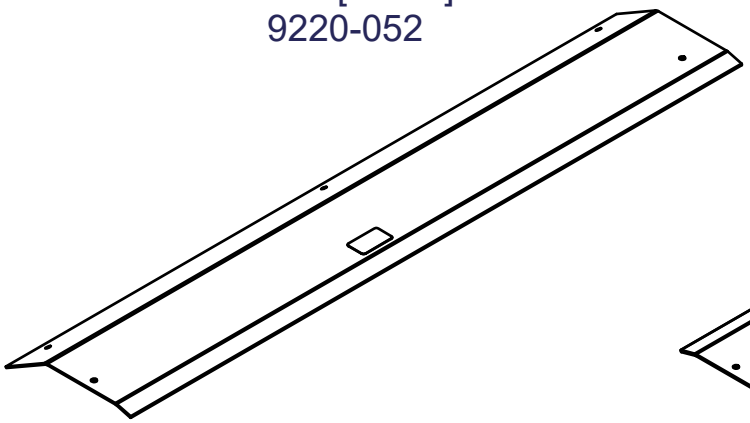


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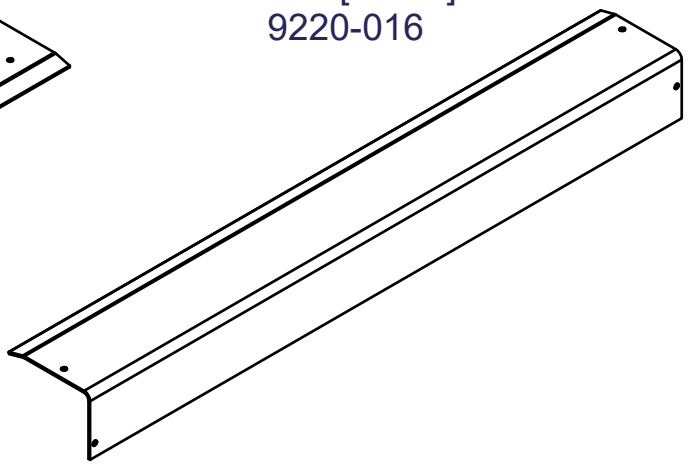
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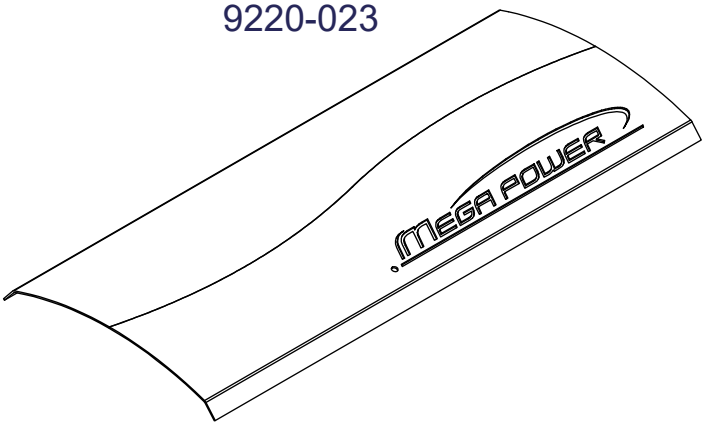
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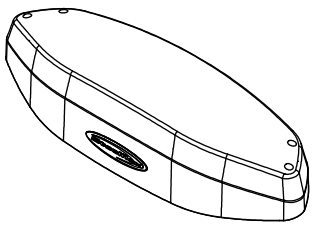
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9220-016



AD[1PCS]
9220-023

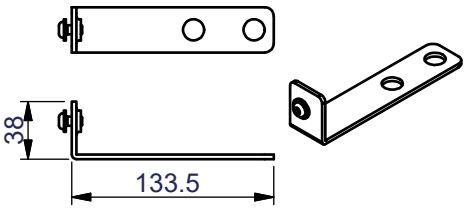


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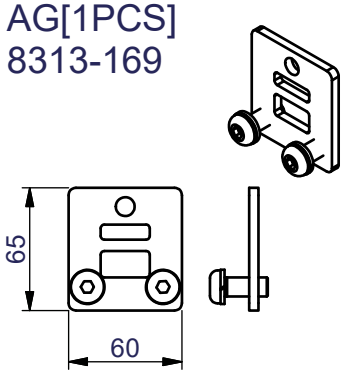


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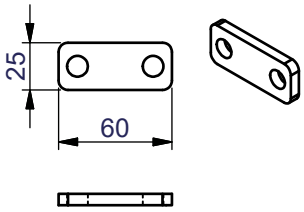
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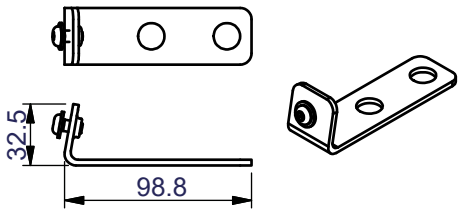
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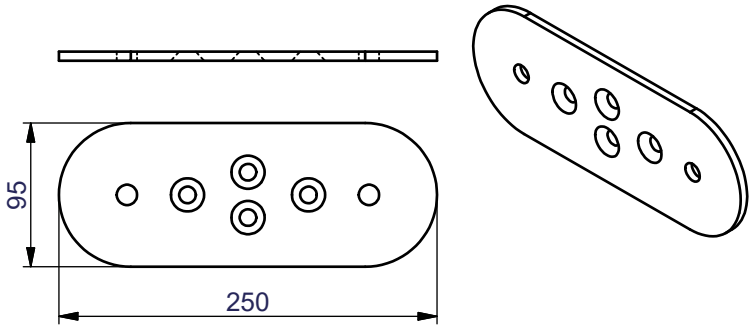
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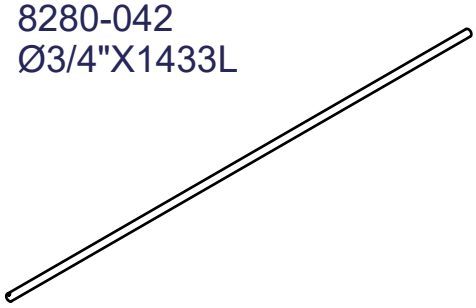
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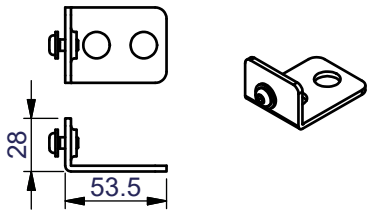
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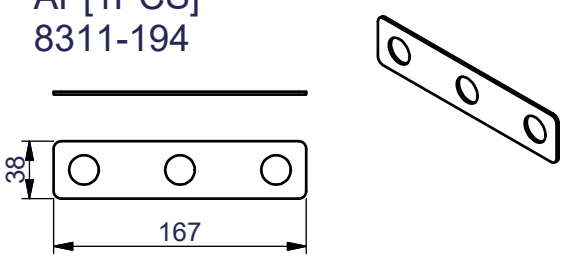
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Ø3/4"X1433L

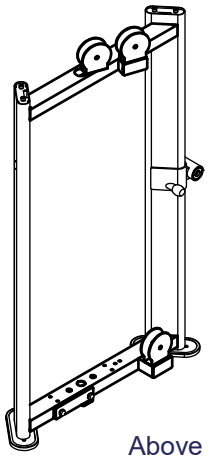


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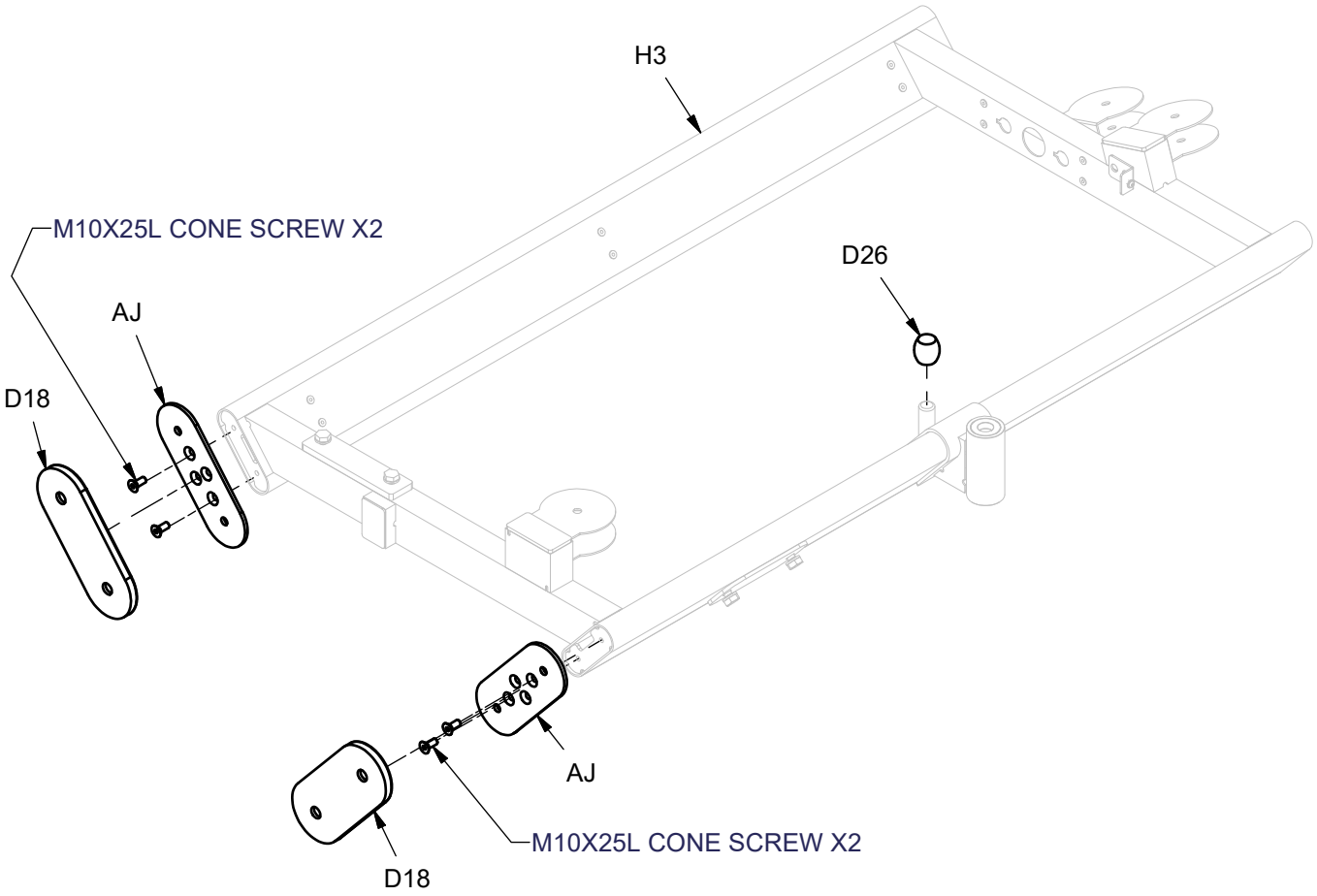


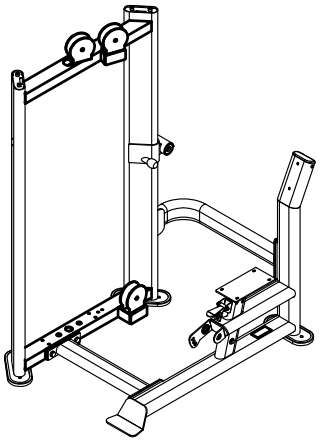
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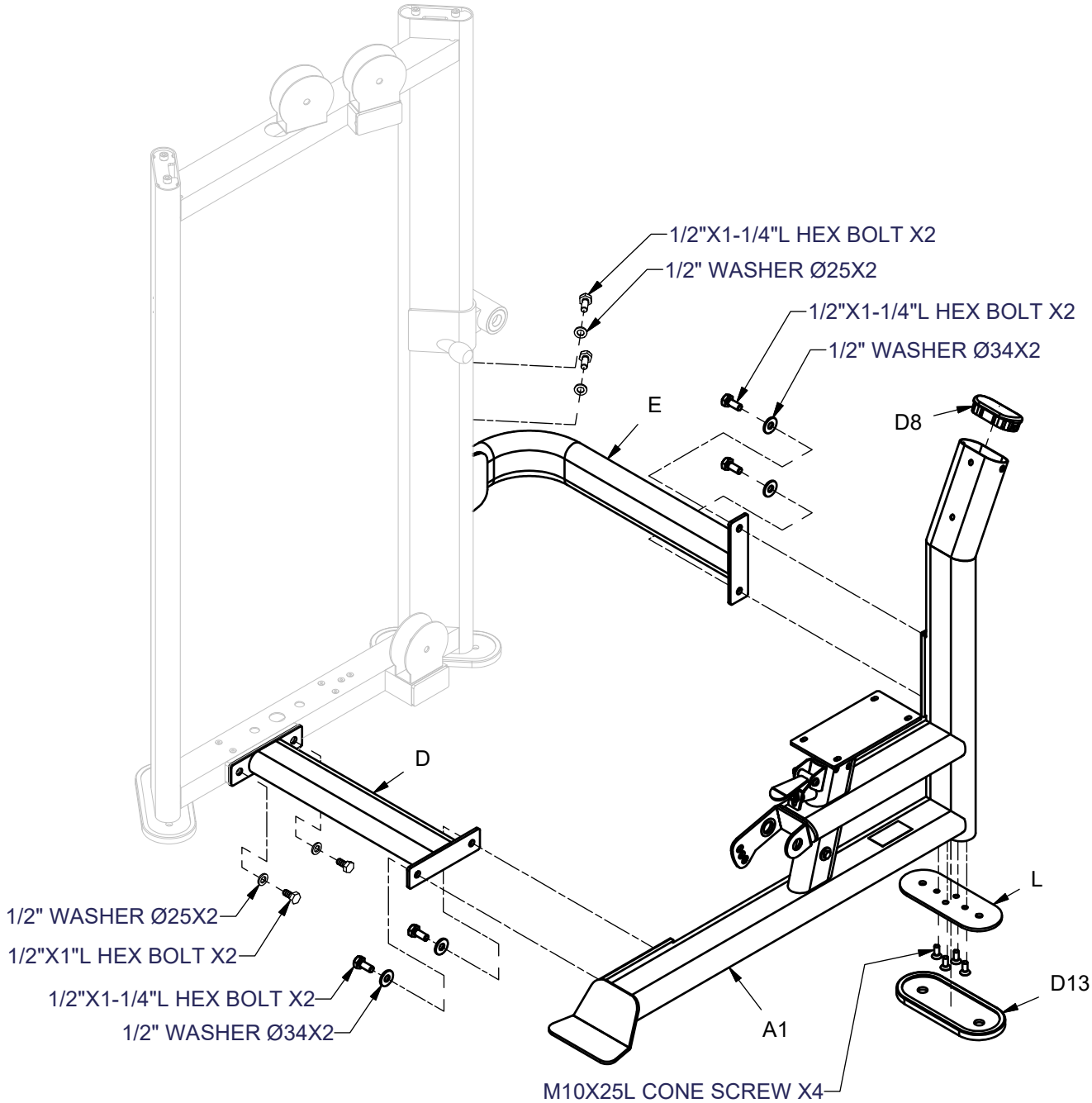


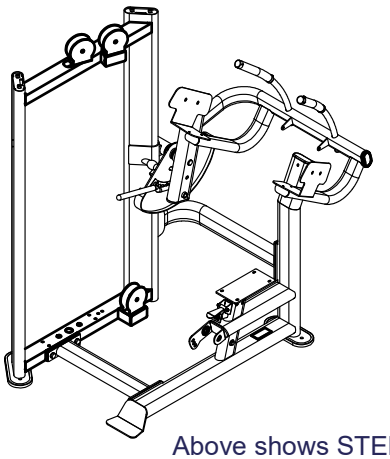
Above shows STEP 1
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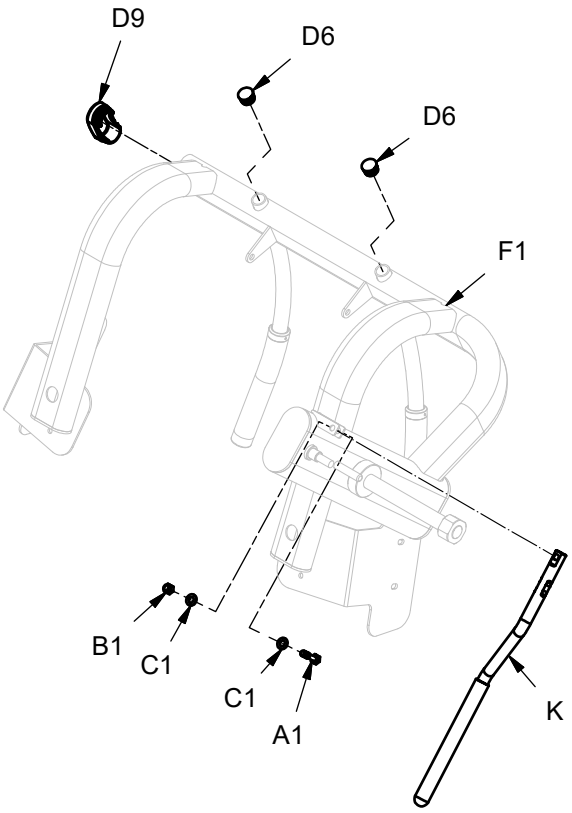


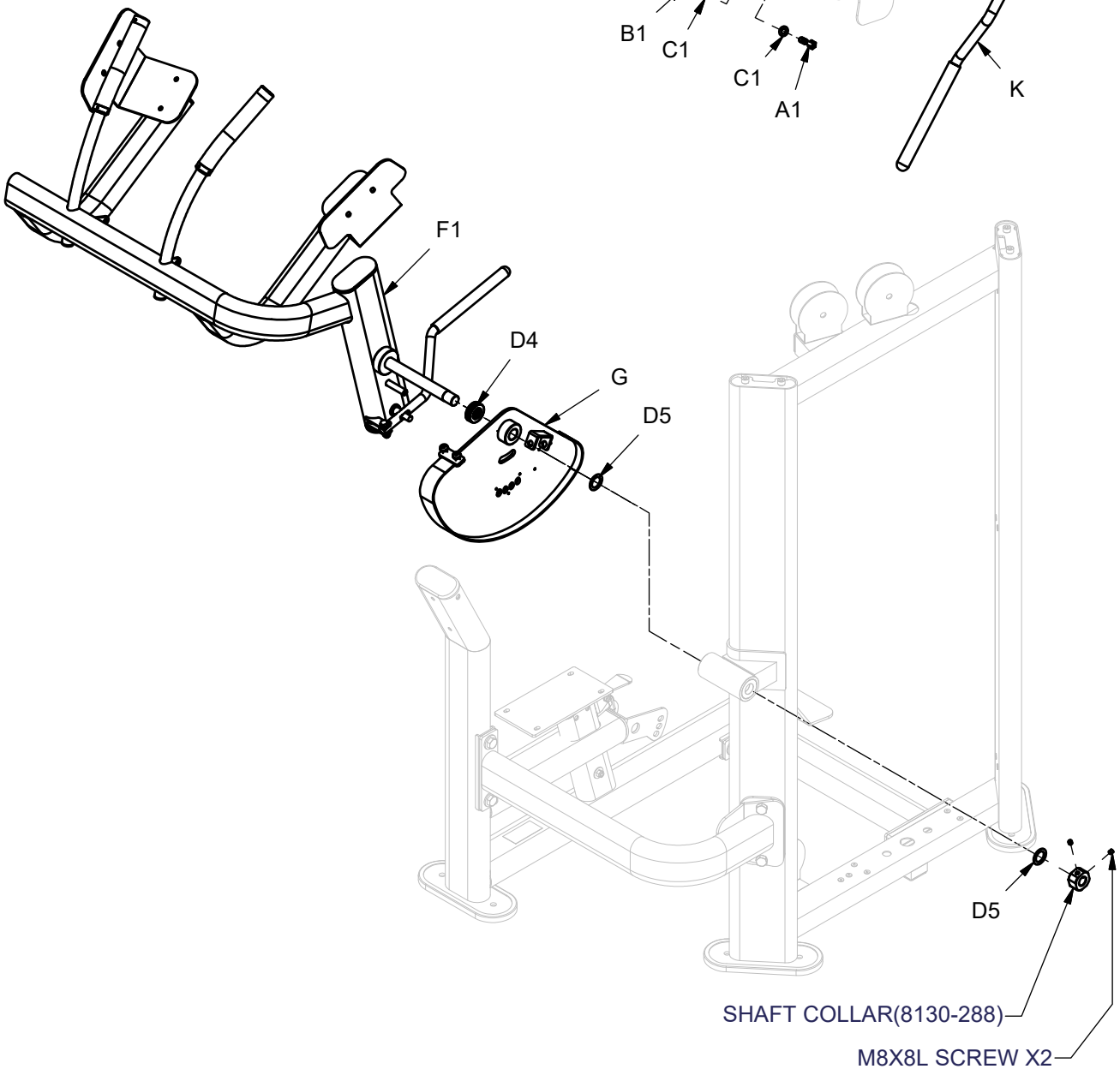
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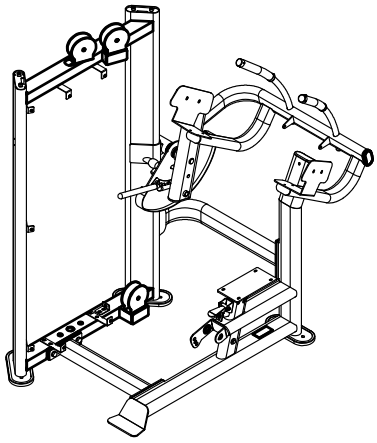




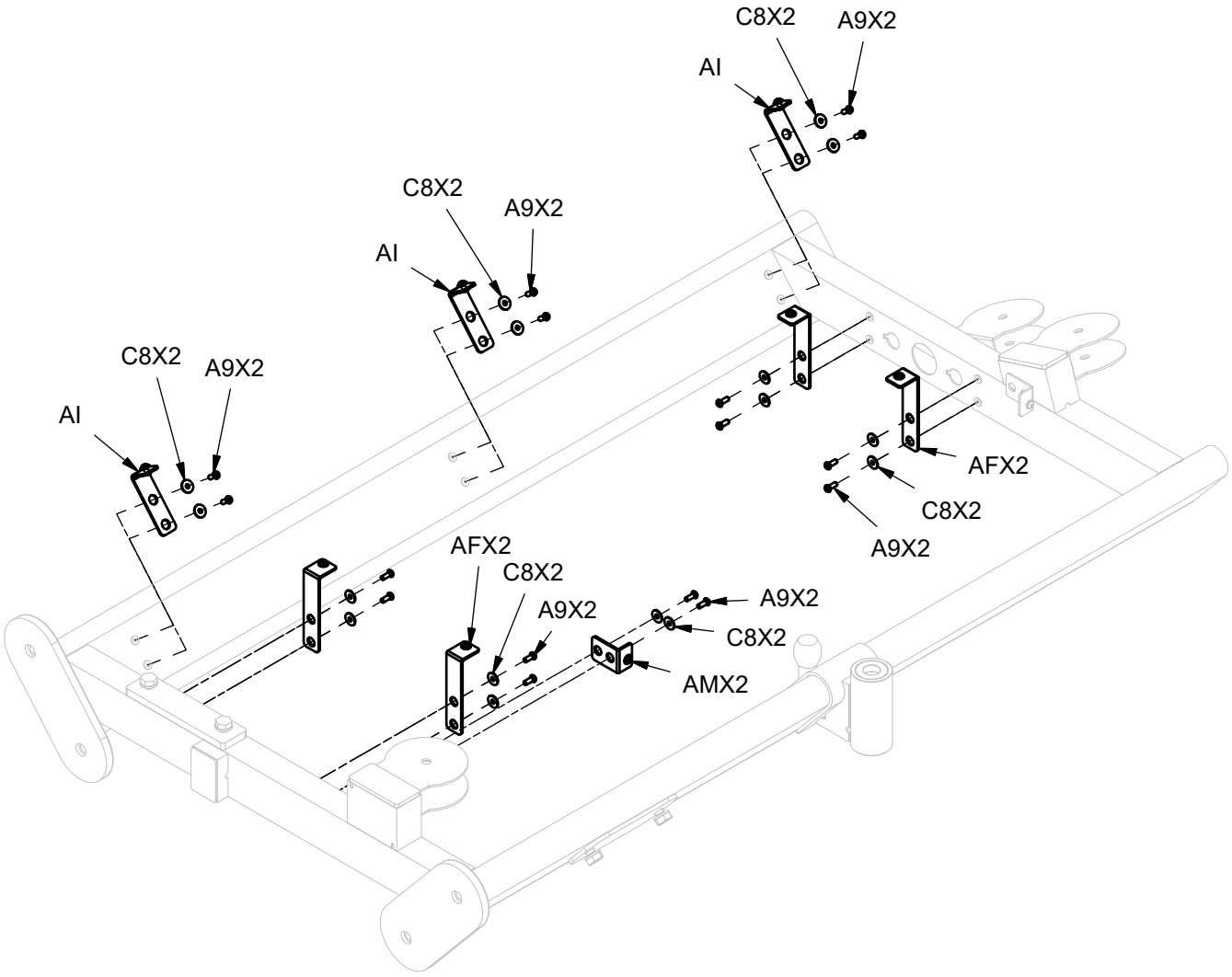
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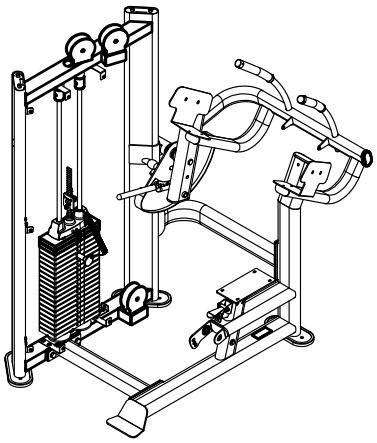




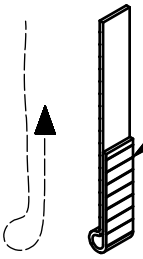


Above shows STEP 4
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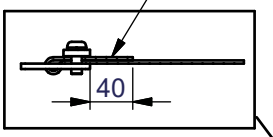


Above shows STEP 5
assembled and completed



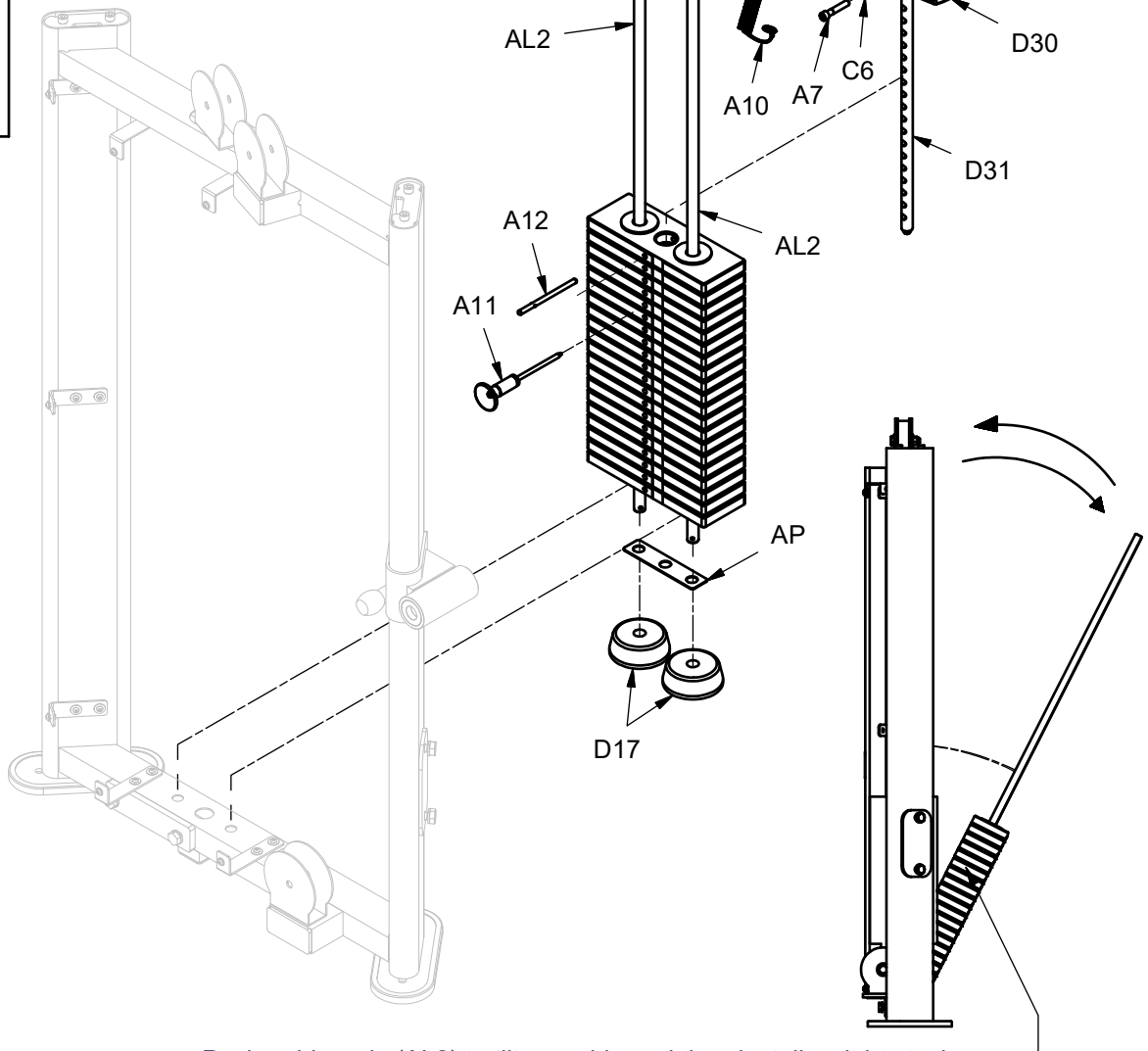
The tread side should be outward

Figure 1

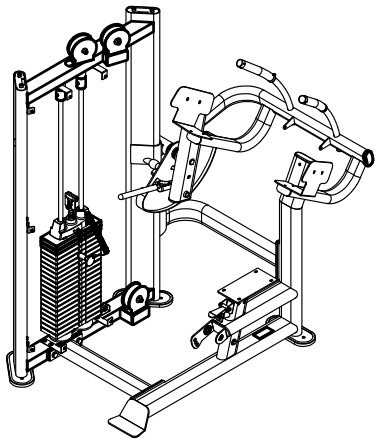


The belt should reserve 40mm extra length

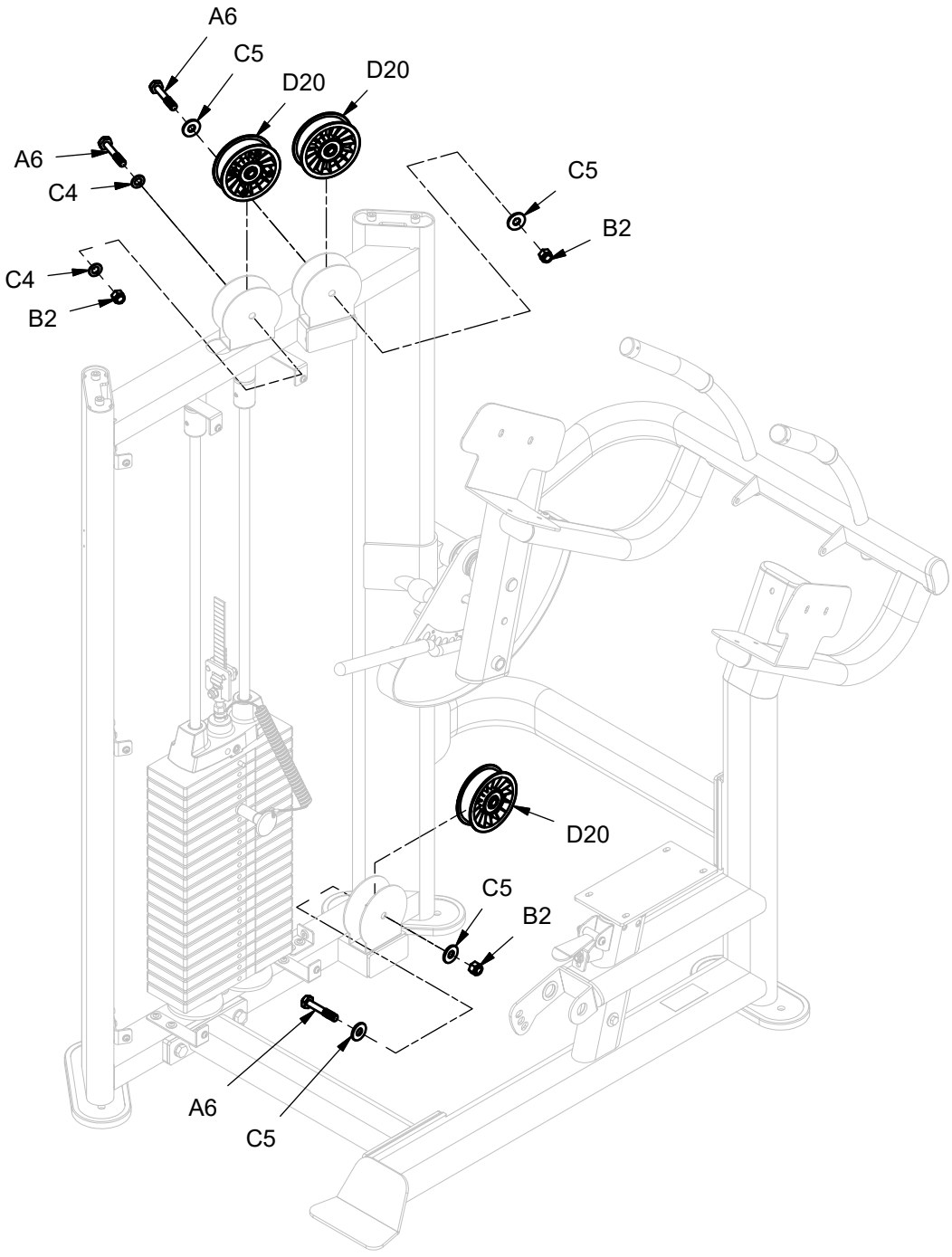
Figure 2



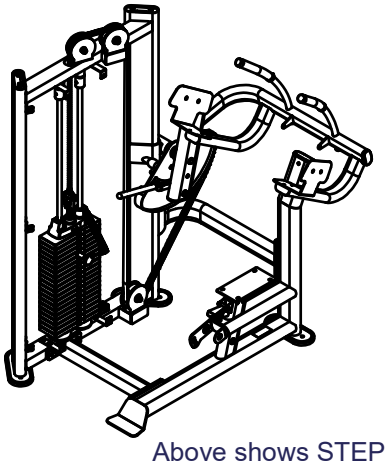
Push guide rods (AL2) to tilt one side and then install weight stacks.
Once finishing the weight stack installation, pull
guide rods (AL2) back and continue setup D30→D16



Above shows STEP 6
assembled and completed



MAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
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 (G)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (J) DO NOT EXCEED 70 PSI

The belt should reserve 40mm extra length

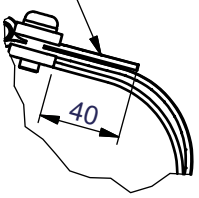
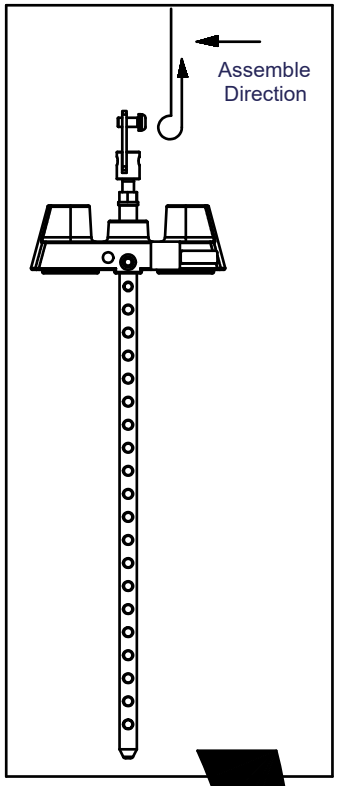


Figure 3



M10X25L ROUND BOLT X2

M10 SPRING WASHER X2

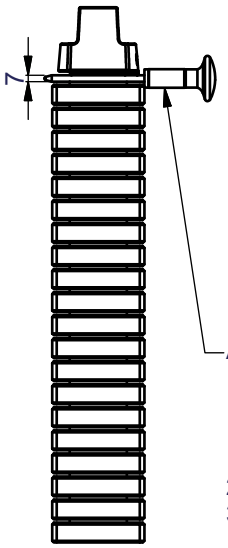
The tread side should be outward

D14

J

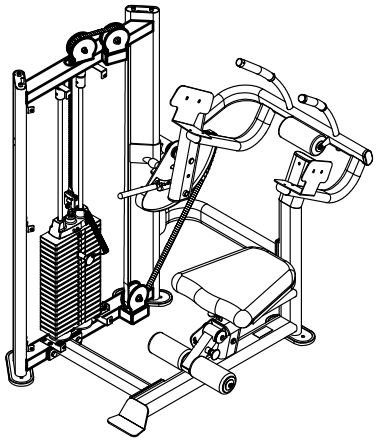
G

D3

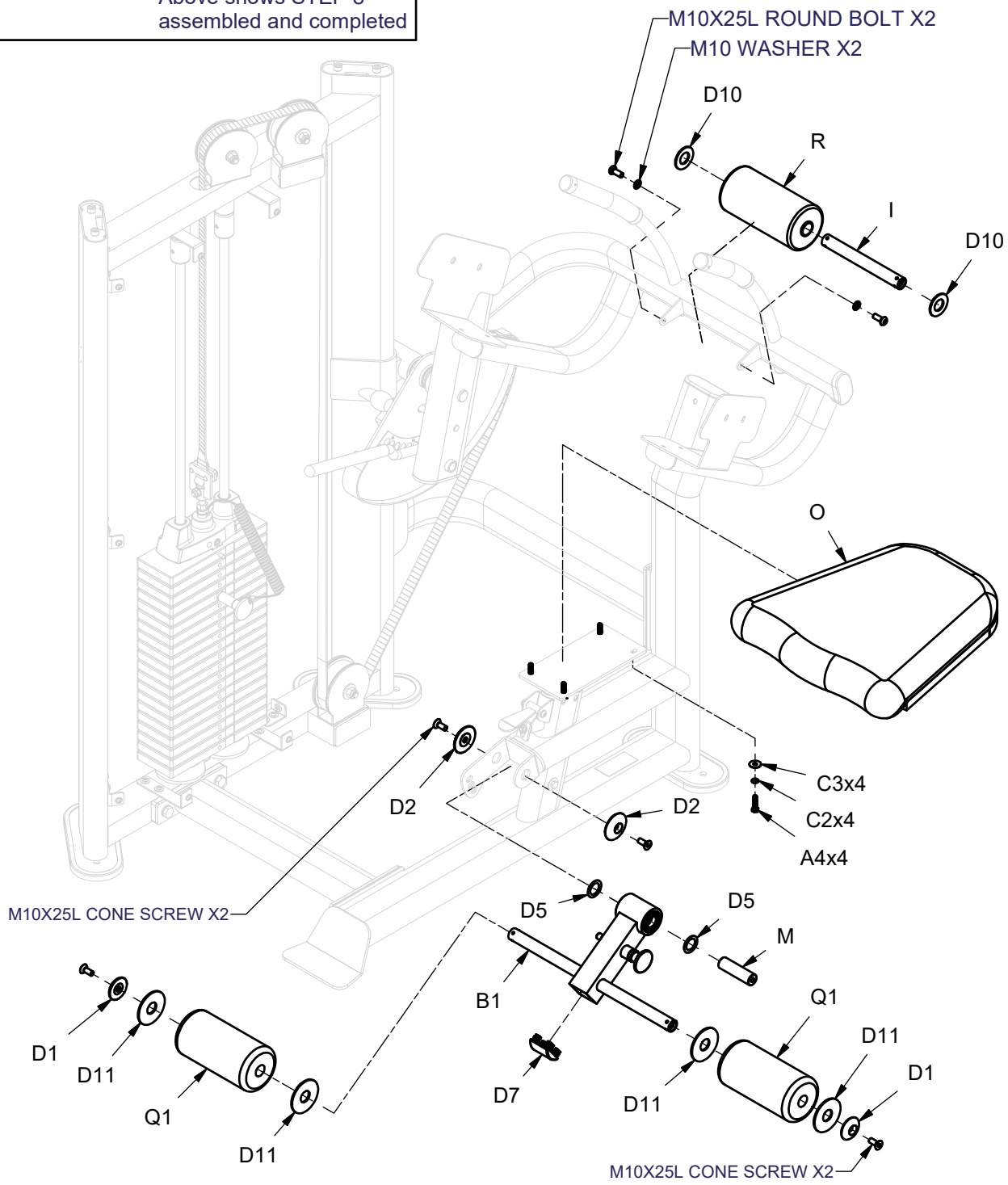


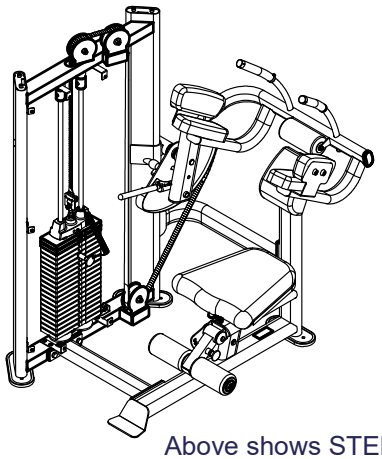
The tread side should be Up

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.

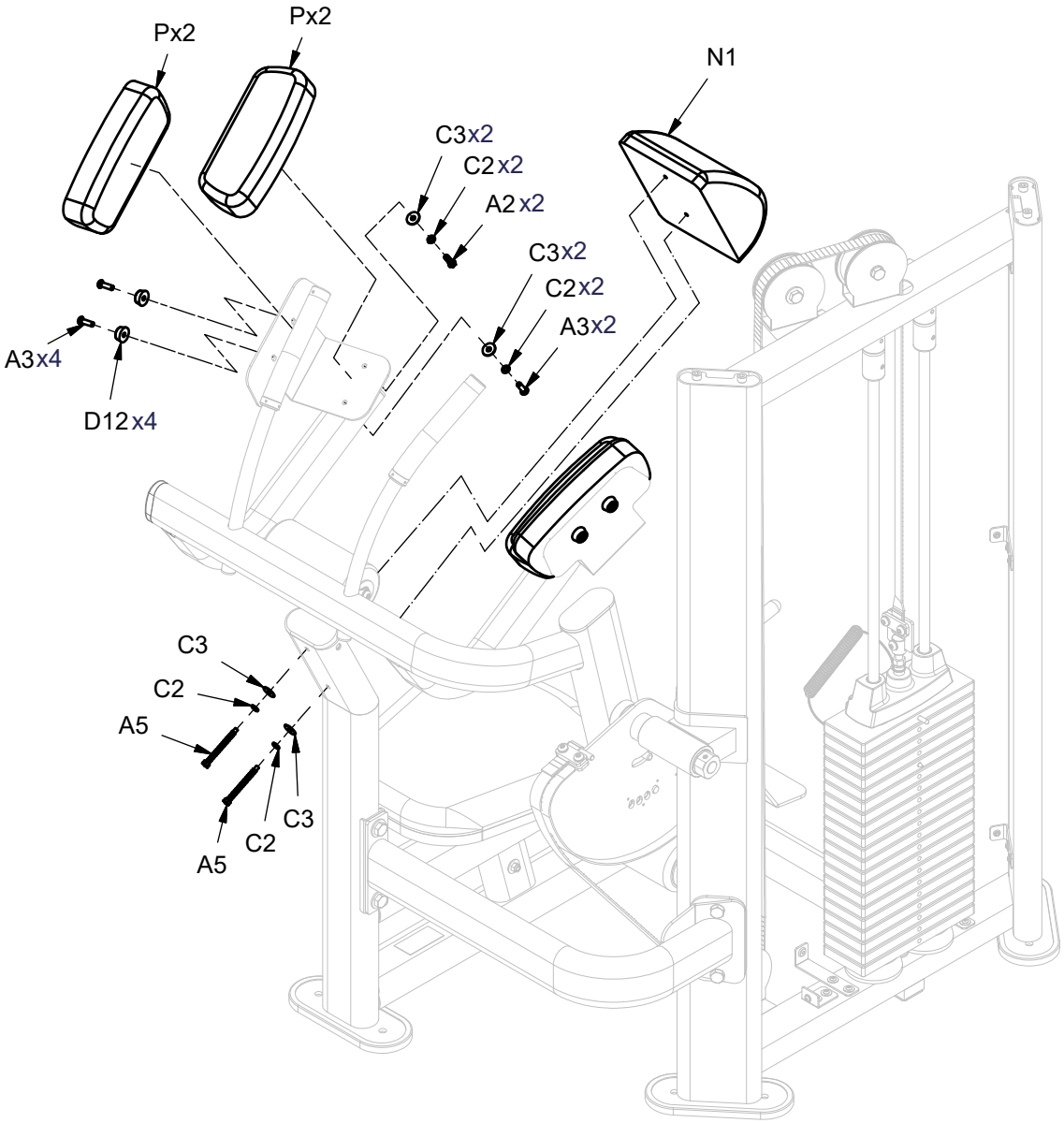


Above shows STEP 8
assembled and completed

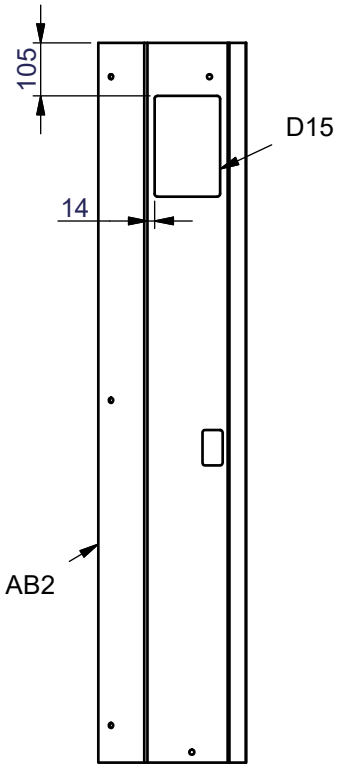


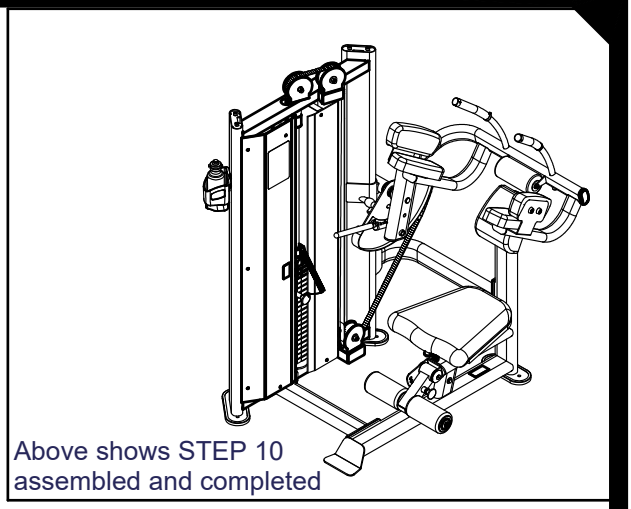


Above shows STEP 9
assembled and completed

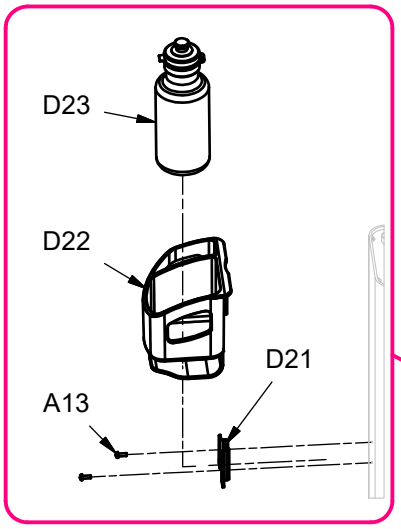


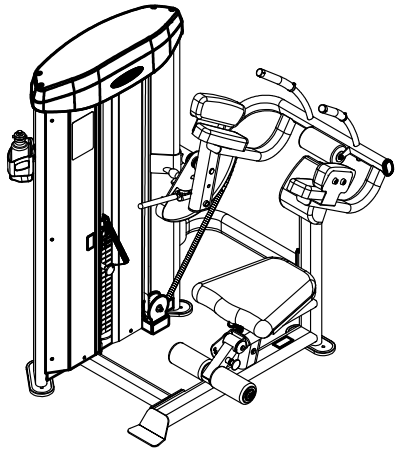
Post location



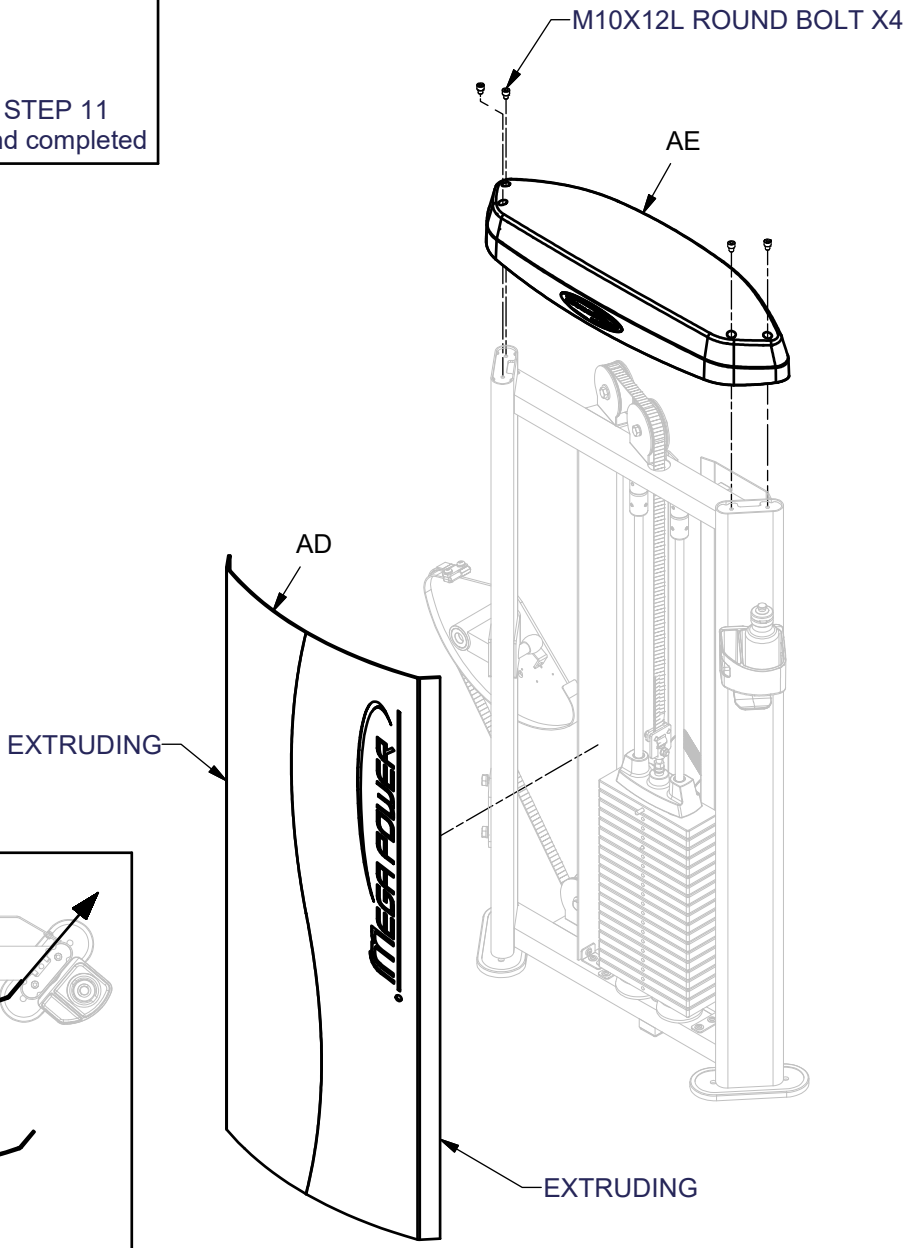


Above shows STEP 10 assembled and completed





Above shows STEP 11
assembled and completed



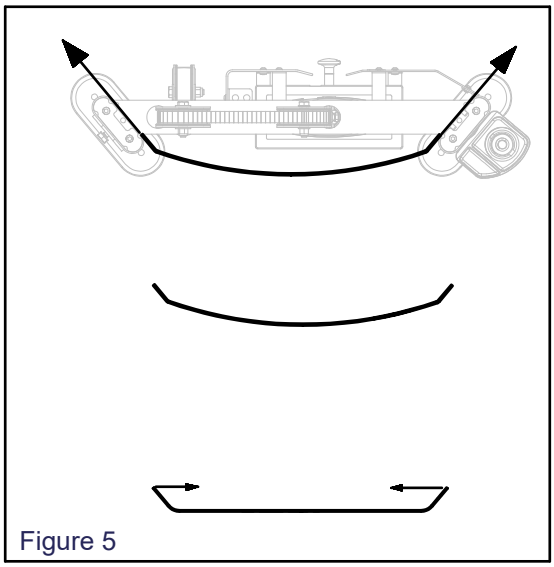
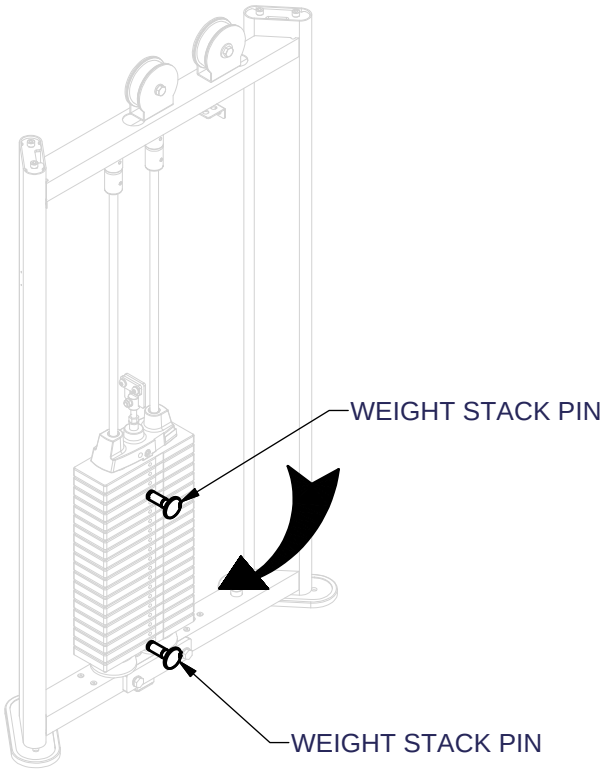
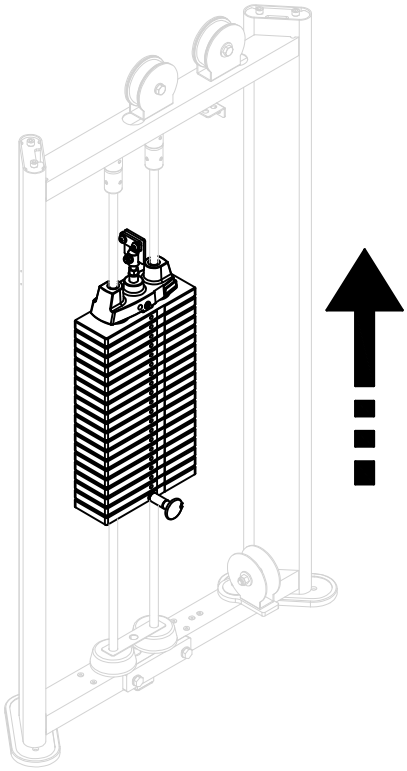


Figure 5

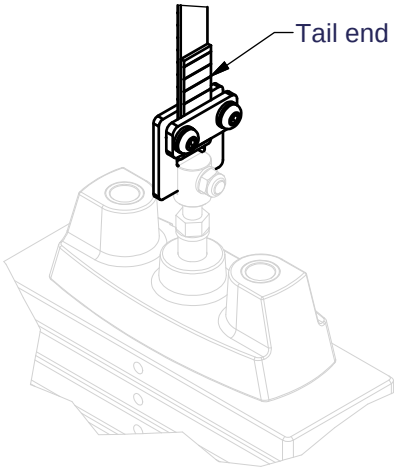
Note: When installing the shroud (AD), push both sides of the shroud toward center in order to bend it a little.
After insert it to the door frame and then releasing it. The shroud will be locked on the door frame.

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.

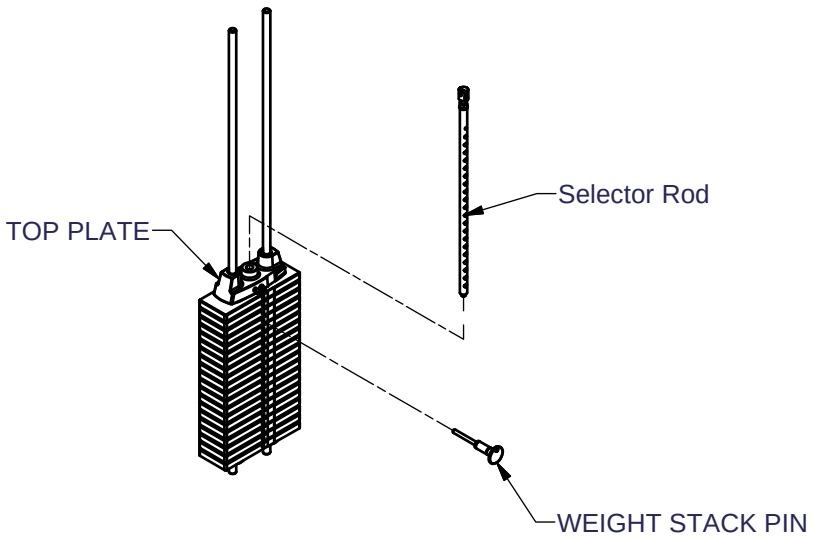


2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt,flat belt will be loosed a little bit.

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.)

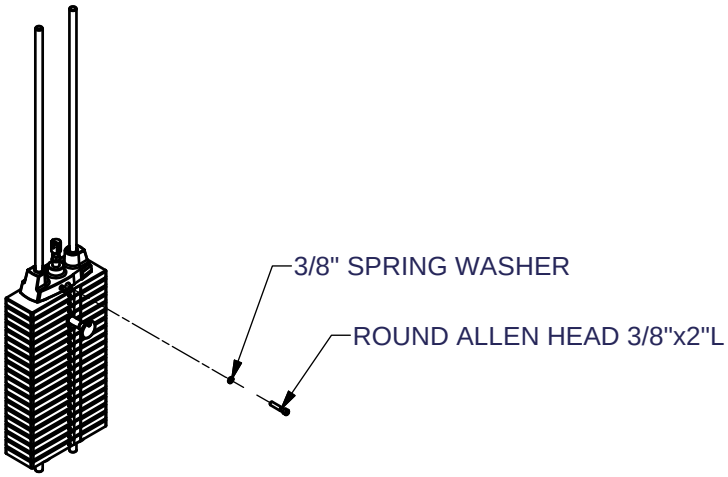
Guide on Selector Rod Adjustment

STEP 1



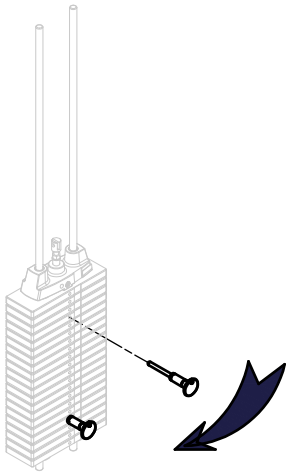
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

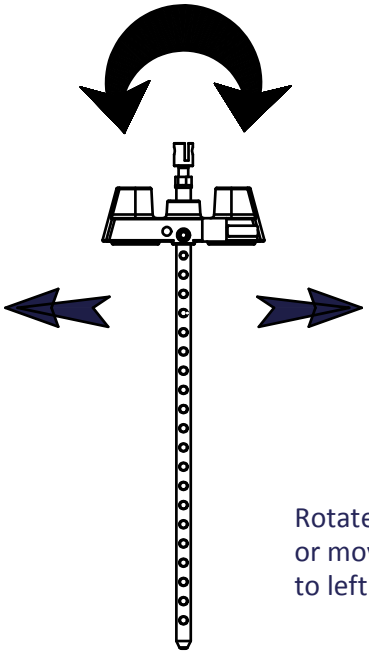


Step 2
Screw the 3/8”x2”L Round Allen Head into Top Plate but not tighten it up.

STEP 3



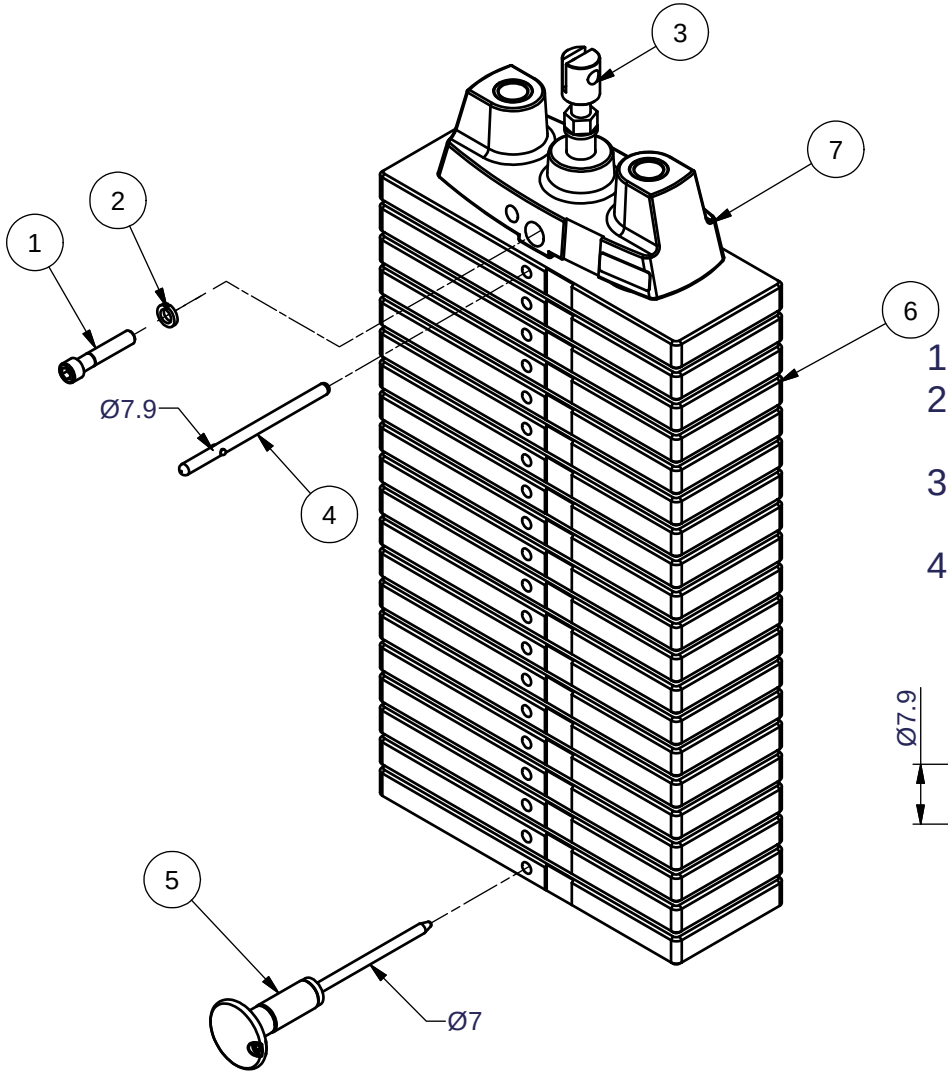
Step 3
Place the selector pin to each weight plate (5,10,15,20….) to check the smoothness.



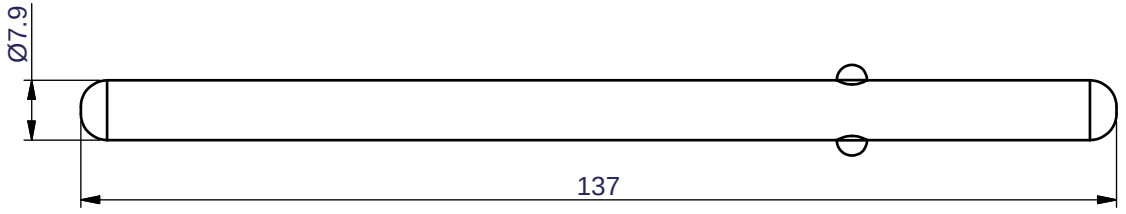
Rotate the Selector Rod slightly
or move the 3/8”x2”L Round Allen Head
to left and right and repeat Step 3.

MEGA POWER series
JUNGLE GYM series

項目	零件代碼	品名	規格	數量	備註
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	8210-272C	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	102x22tx280L 10LB	20	
7	8400-006	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.



(8250-166)PIN

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