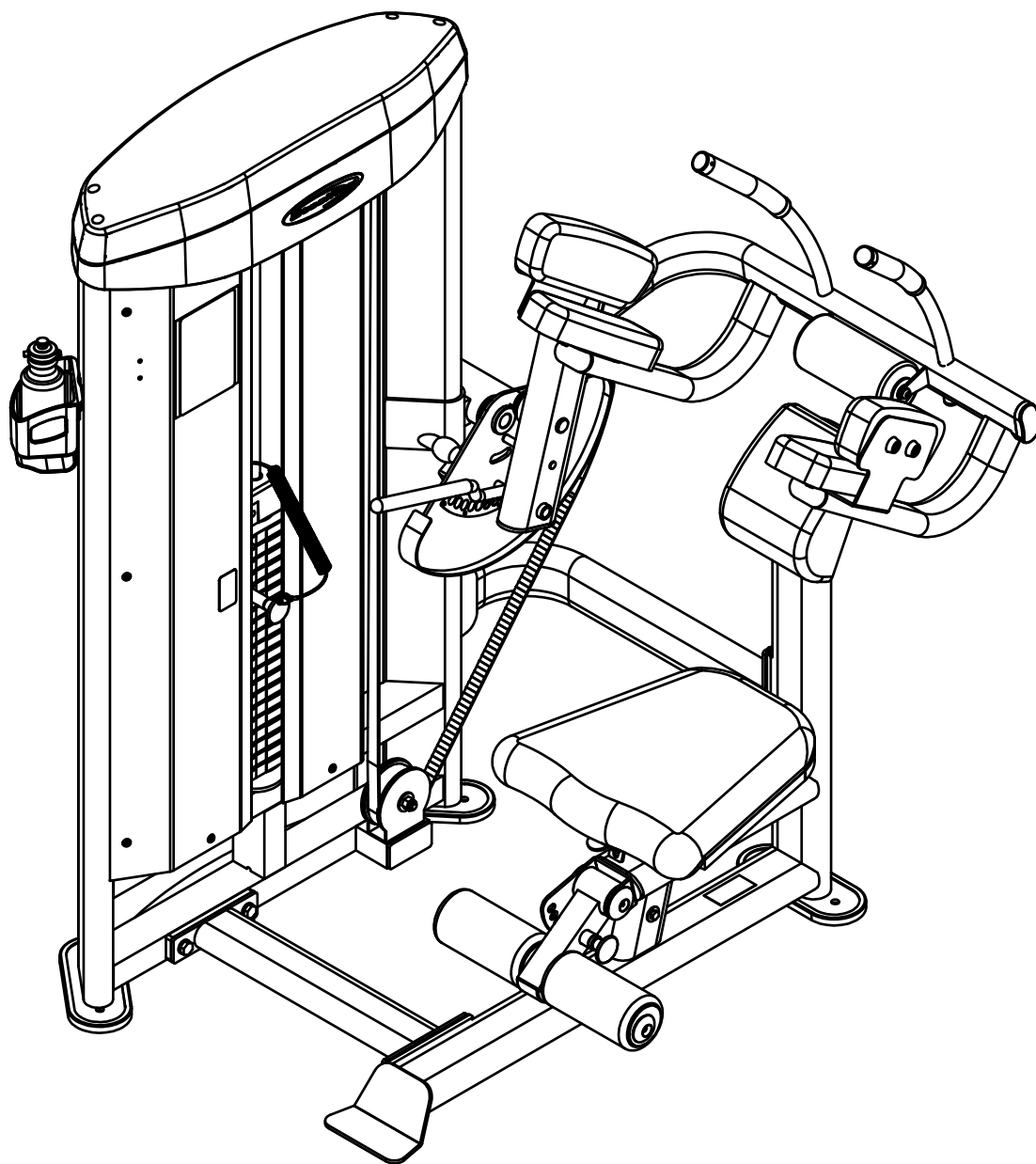


MEGA POWER



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

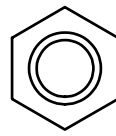
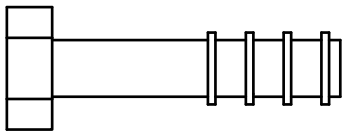
Fax: 886-2-27229750

www.steelflexfitness.com

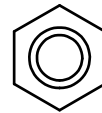
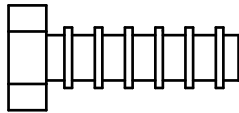
MAM-900.4 OWNER'S MANUAL

MAM-900 ASSEMBLY INSTRUCTIONS

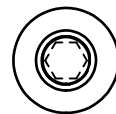
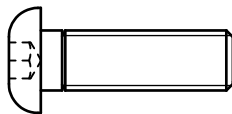
HARDWARE ILLUSTRATION



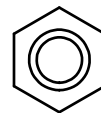
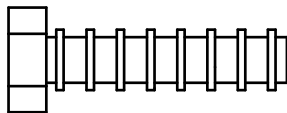
(A1)HEX BOLT 3/8"x1-1/2"L PARTIAL THREAD QTY.1



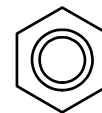
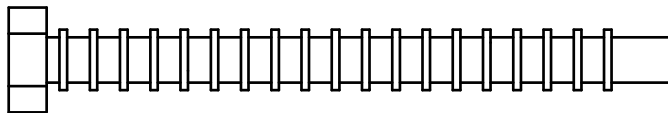
(A2)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.2



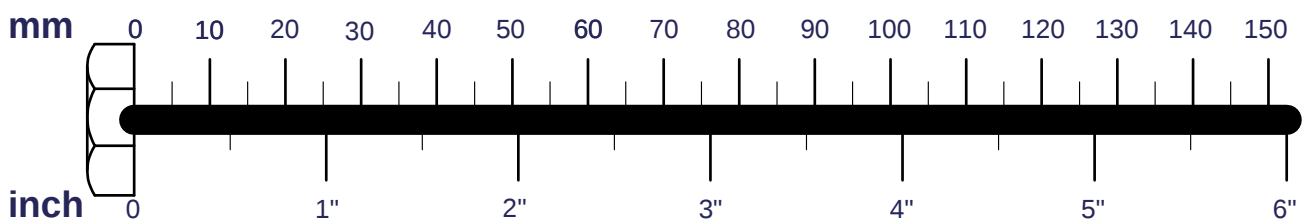
(A3)ROUND ALLEN HEAD 5/16"x1"L PARTIAL THREAD QTY.6



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

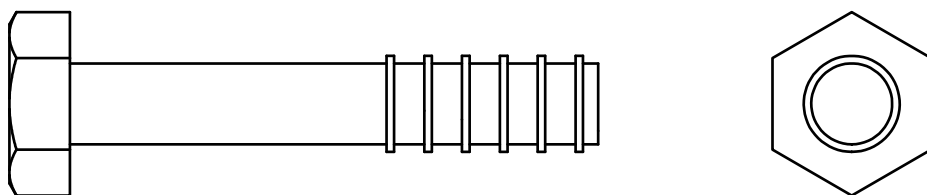


(A5)HEX BOLT 5/16"x3-1/4"L PARTIAL THREAD QTY.2

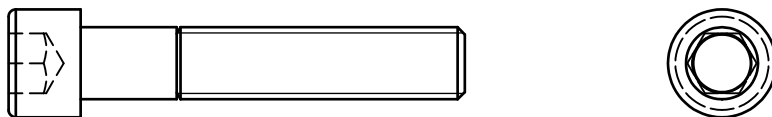


MAM-900 ASSEMBLY INSTRUCTIONS

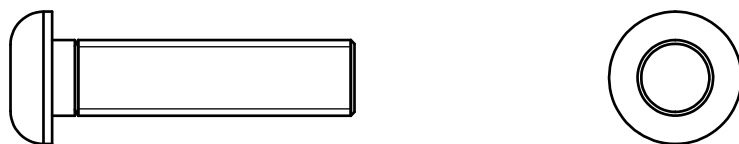
FRAME HARDWARE ILLUSTRATION



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



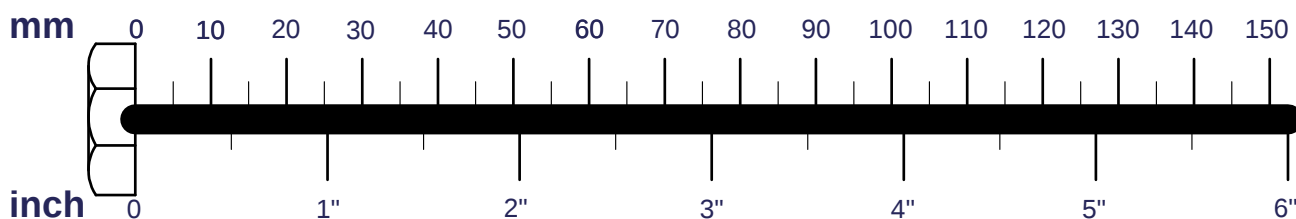
(A7)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



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

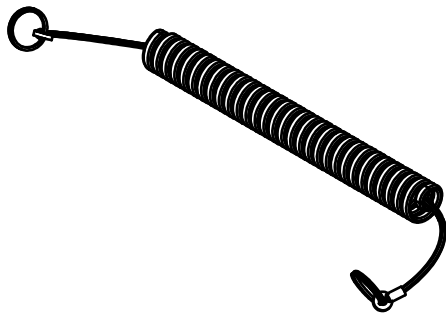


(A9)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16

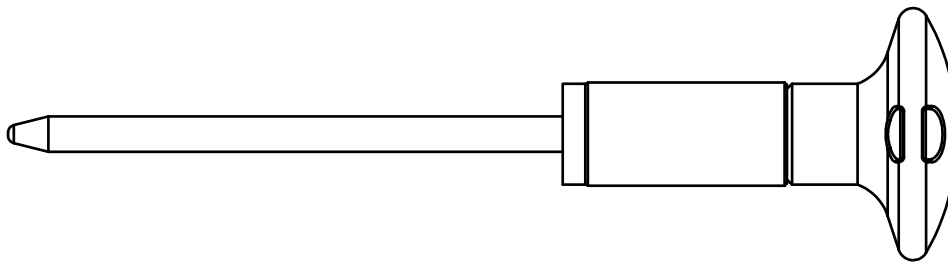


MAM-900 ASSEMBLY INSTRUCTIONS

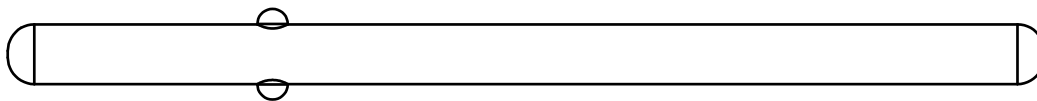
FRAME HARDWARE ILLUSTRATION



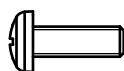
(A10)ELASTIC BELT (F920003) QTY.1



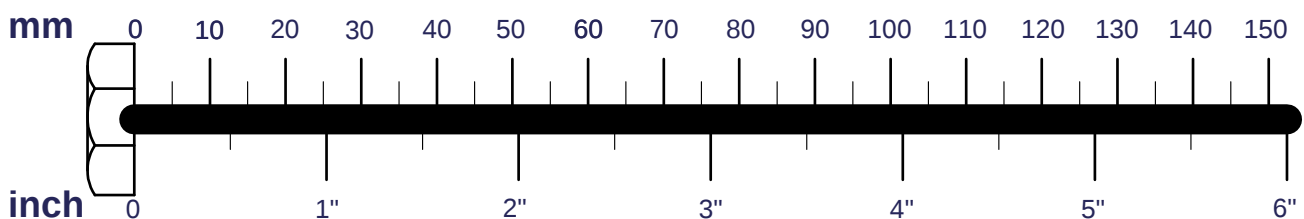
(A11)10 、 15 、 20LB PIN (8250-162)QTY.1



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

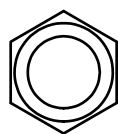
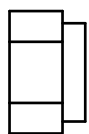


(A13)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

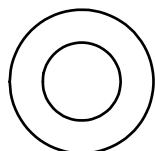


MAM-900 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION



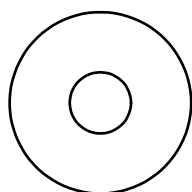
(B1)NYLON LOCK NUT 3/8" QTY.1



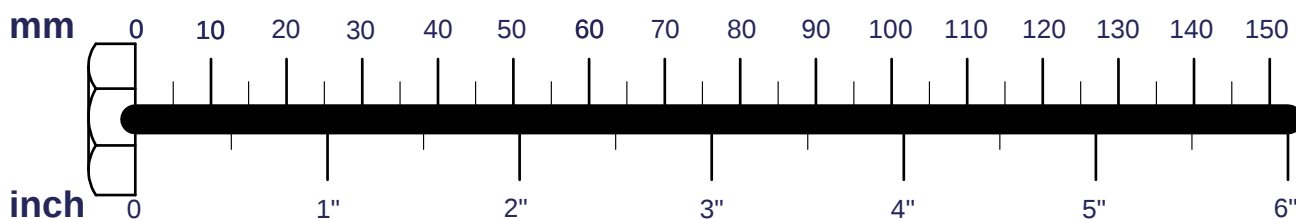
(C1)3/8"(I.D.)FLAT WASHER Ø19 QTY.1



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

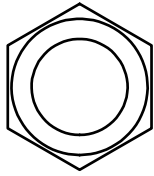


(C3)5/16"(I.D.)FLAT WASHER Ø24 QTY.10

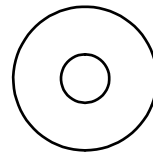
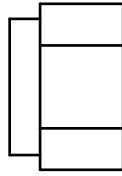


MAM-900 ASSEMBLY INSTRUCTIONS

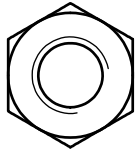
FRAME HARDWARE ILLUSTRATION



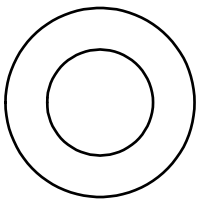
(B2)NYLON LOCK NUT 1/2" QTY.3



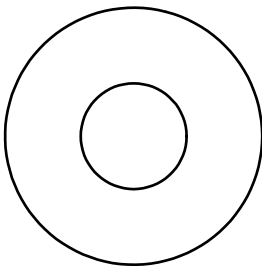
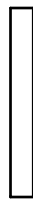
(C8)M6 (I.D.)FLAT WASHER Ø19 QTY.16



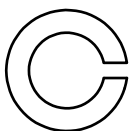
(B3)NYLON LOCK NUT M10 QTY.1



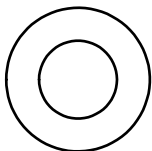
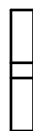
(C4)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



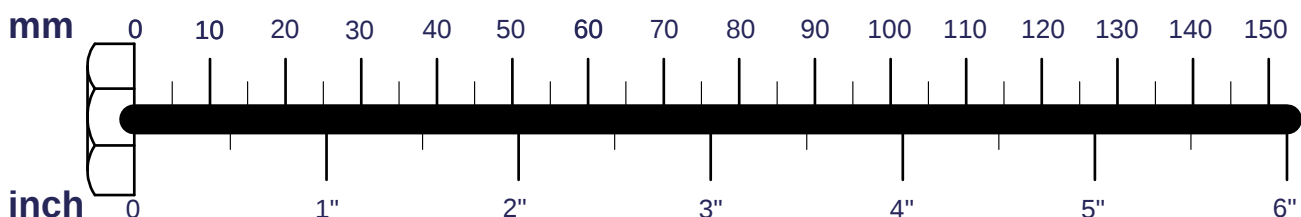
(C5)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



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



(C7)M10(I.D.)FLAT WASHER Ø19 QTY.2



MAM-900 ASSEMBLY INSTRUCTIONS

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]
D10. 2" Nylon Washer (9214-001)-----	[2PCS]
D9. 40X80X2T END CAP(9211-113)-----	[1PCS]
D11. 3" Nylon Washer (9214-008)-----	[4PCS]
D12. Ø27.5X12.5L Rubber Pad(9214-030)-----	[4PCS]
D13.108X263 RUBBER PAD(9310-075)-----	[1PCS]

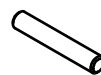
D1



D2



D3



D4



D5



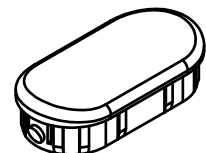
D6



D7



D8



D9



D10



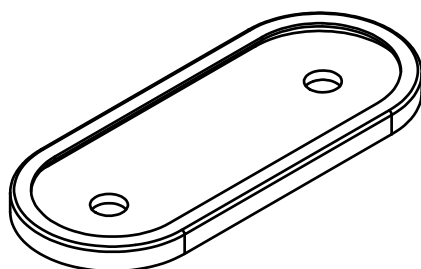
D11



D12



D13



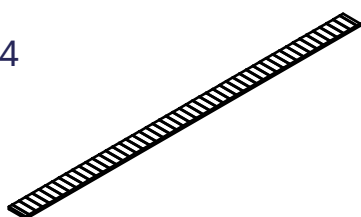
MAM-900 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

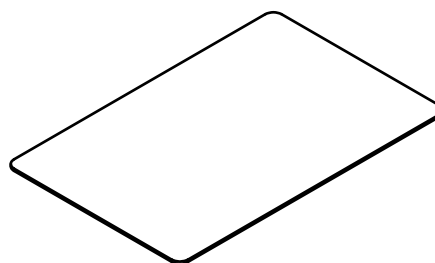
D14.3700mm BELT(FMAM9001)-----[1PCS]

D15.EXERCISE CHART (9420-105)-----[1PCS]

D14



D15



MAM-900 ASSEMBLY INSTRUCTIONS

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]

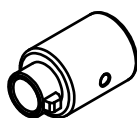
D20.Ø115 PULLEY(9213-042B)-----[3PCS]

D21.BOTTLE BRACKET(8388-025)-----[1PCS]

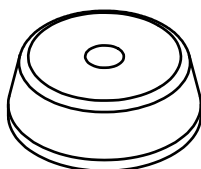
D22.BOTTLE RACK(9260-320)-----[1PCS]

D23.BOTTLE(9260-123)-----[1PCS]

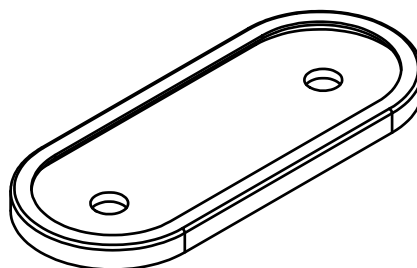
D16



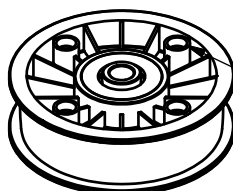
D17



D18



D20

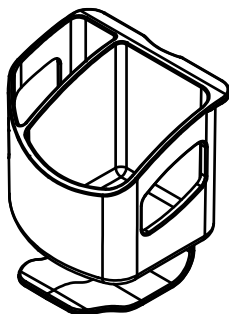


no magnet

D21



D22



D23



MAM-900 ASSEMBLY INSTRUCTIONS

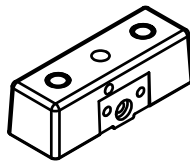
FRAME HARDWARE ILLUSTRATION

D26. Ø1" BUFFER COVER (9212-019) -----[1PCS]
D27.TOP PLATE(8400-033)-----[1PCS]
D28.3/4" SHAFT COLLAR(9211-167)-----[2PCS]
D29.Selector Rod(8210-216C)-----[1PCS]

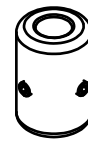
D26



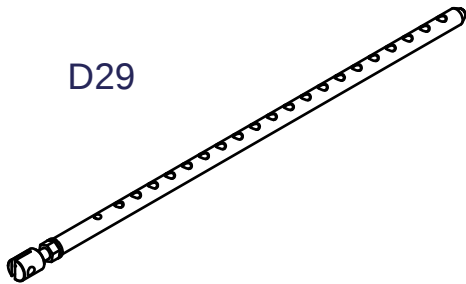
D27



D28



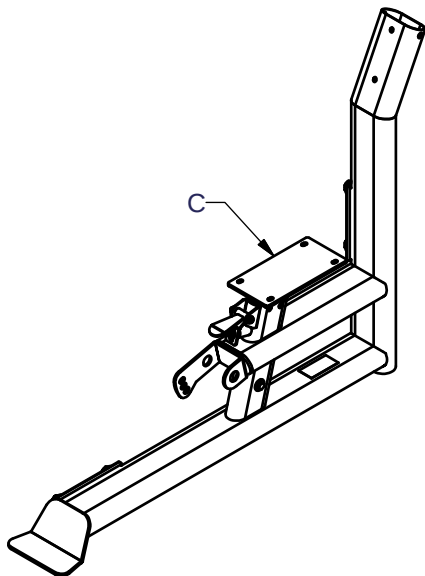
D29



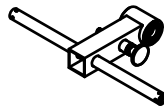
MAM-900 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

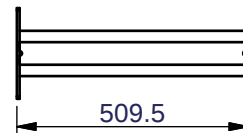
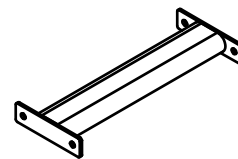
A1[1PCS]



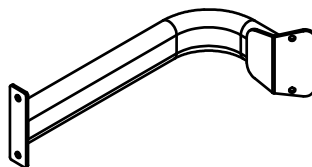
B1[1PCS]



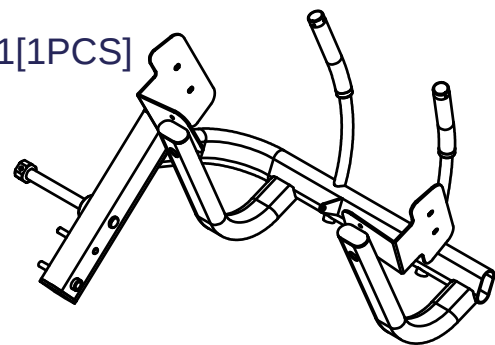
D[1PCS]



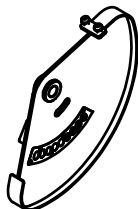
E[1PCS]



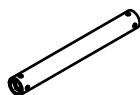
F1[1PCS]



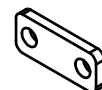
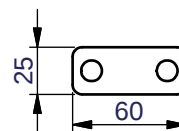
G[1PCS]



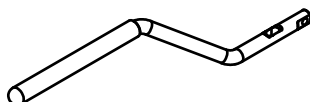
I[1PCS]
6640-004
Ø1"X219L



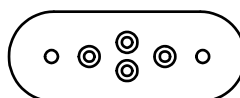
J[1PCS]
8311-117



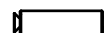
K[1PCS]
8311-117



L[1PCS]
8313-144



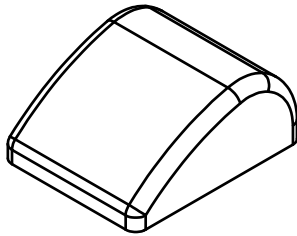
M[1PCS]
8220-186
Ø25x87.5L



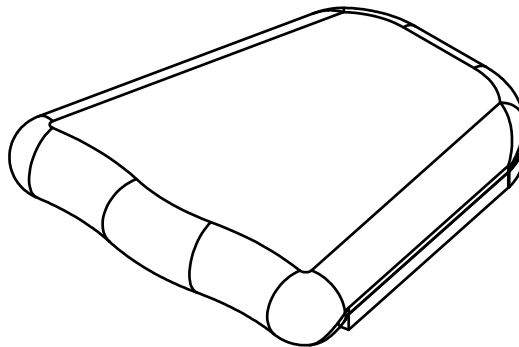
MAM-900 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

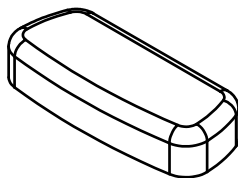
N1[1PCS]
9111-085



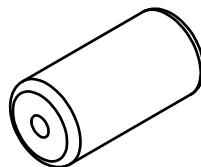
O[1PCS]
9121-082



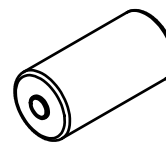
P[4PCS]
9131-040



Q1[2PCS]
Ø4"XØ23X8"L
9161-077



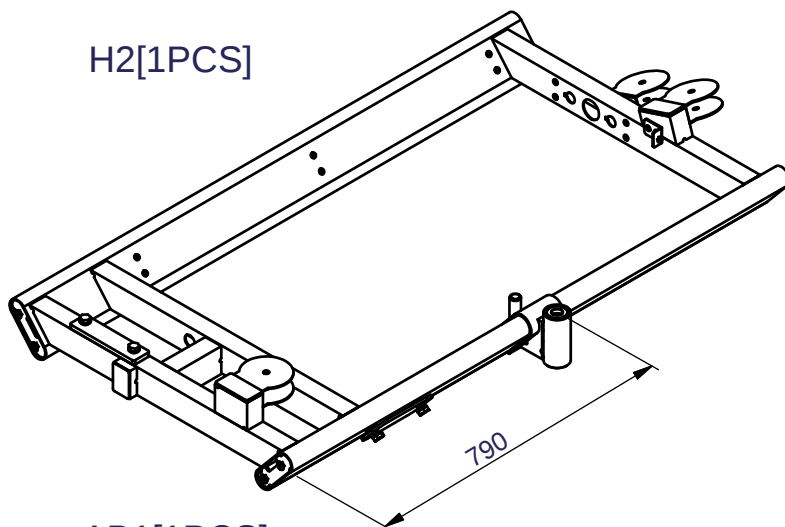
R[1PCS]
Ø4"XØ27X8"L
9161-049



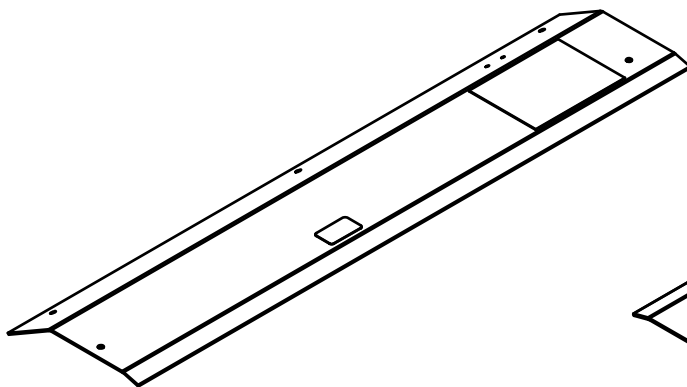
MAM-900 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

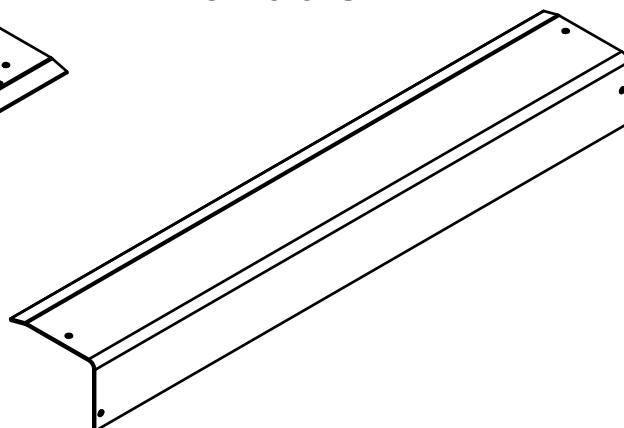
H2[1PCS]



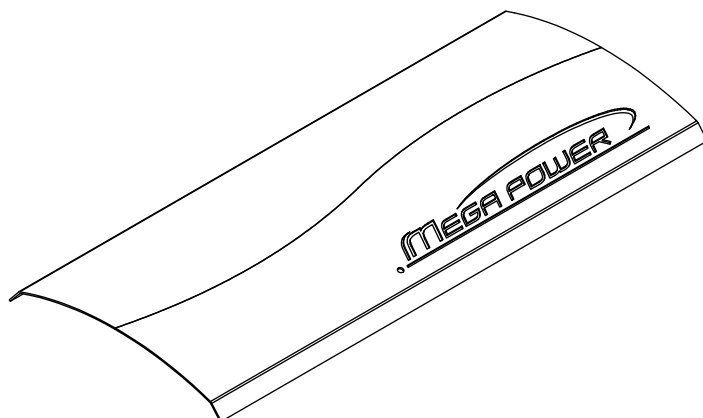
AB1[1PCS]
9220-017



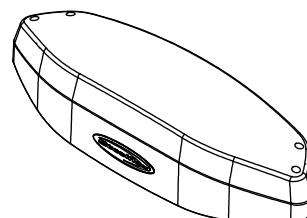
AC[1PCS]
9220-018



AD[1PCS]
9220-023



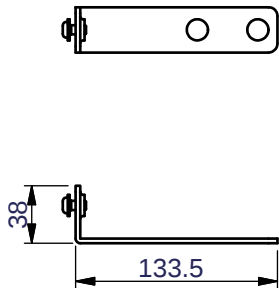
AE[1PCS]
9211-148



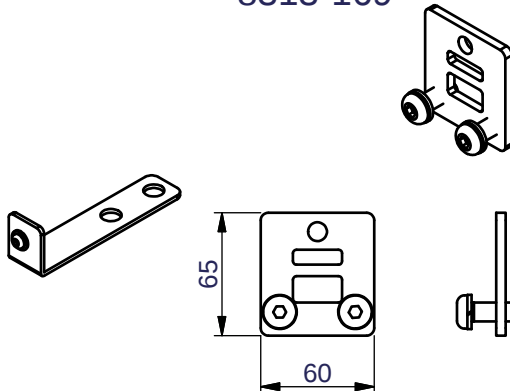
MAM-900 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

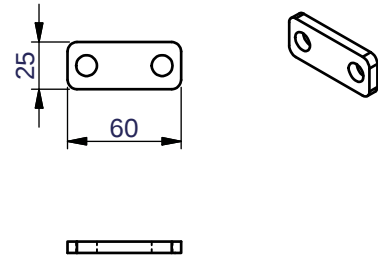
AF[4PCS]
8331-057



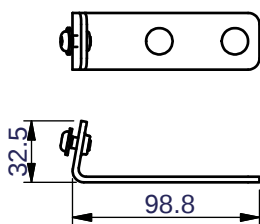
AG[1PCS]
8313-169



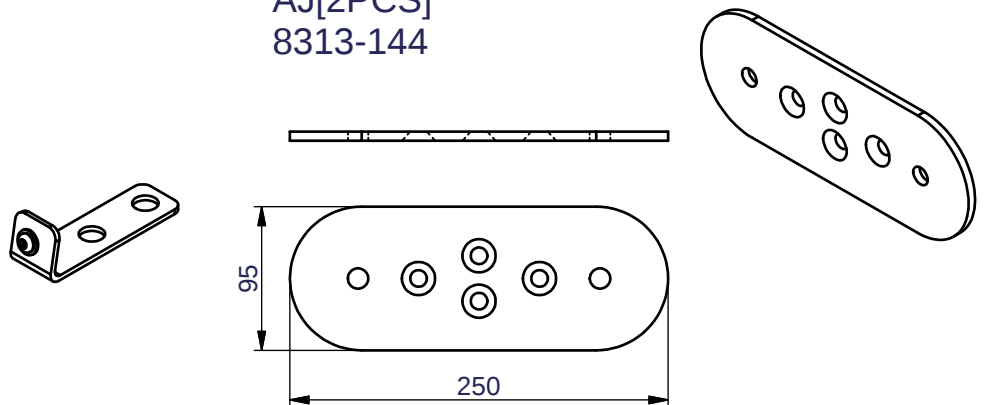
AH[1PCS]
8311-117



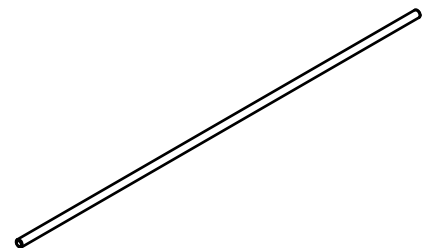
AI[3PCS]
8331-058



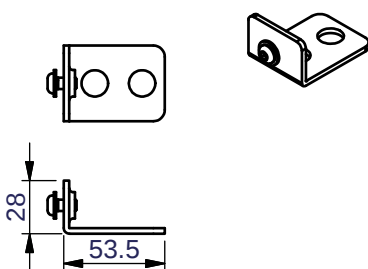
AJ[2PCS]
8313-144



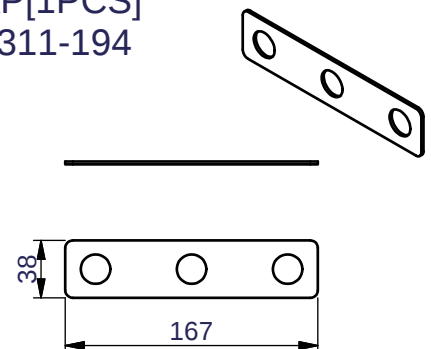
AL1[2PCS]
8280-041
Ø3/4"X1243L



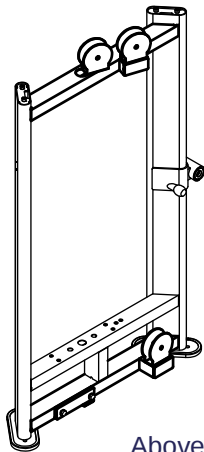
AM[1PCS]
8331-056



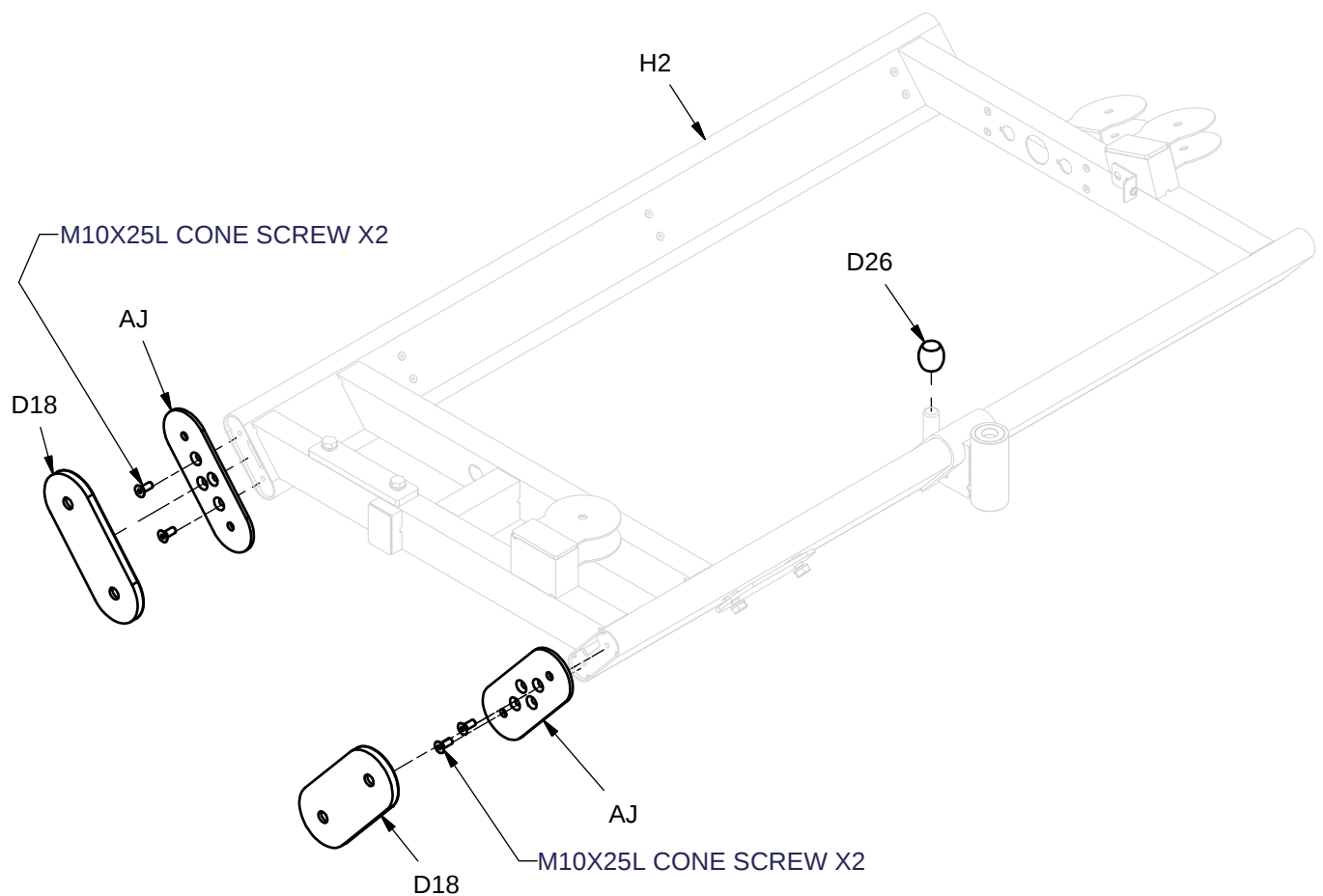
AP[1PCS]
8311-194



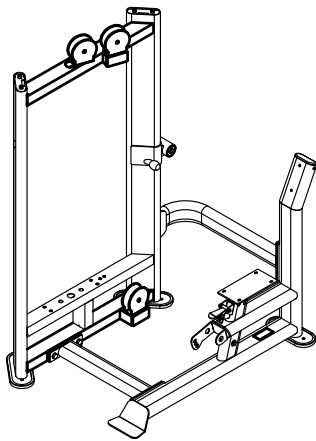
MAM-900 ASSEMBLY INSTRUCTIONS



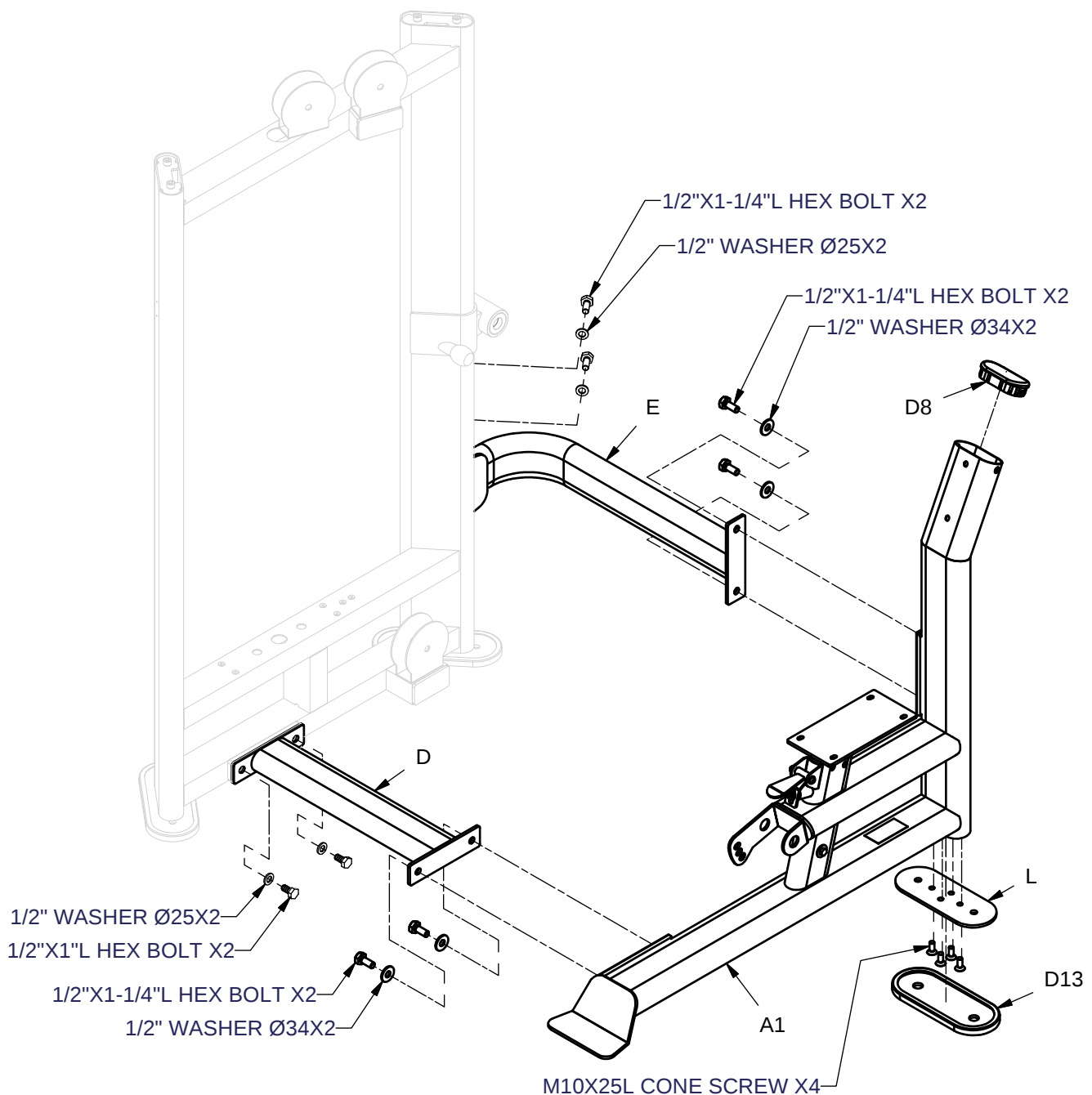
Above shows STEP 1
assembled and completed



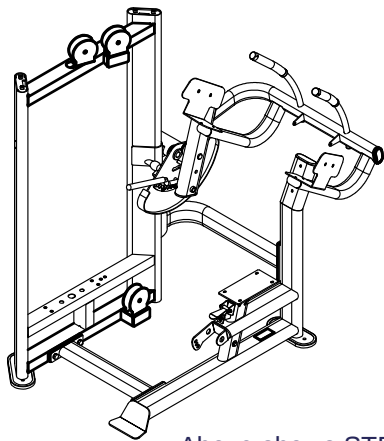
MAM-900 ASSEMBLY INSTRUCTIONS



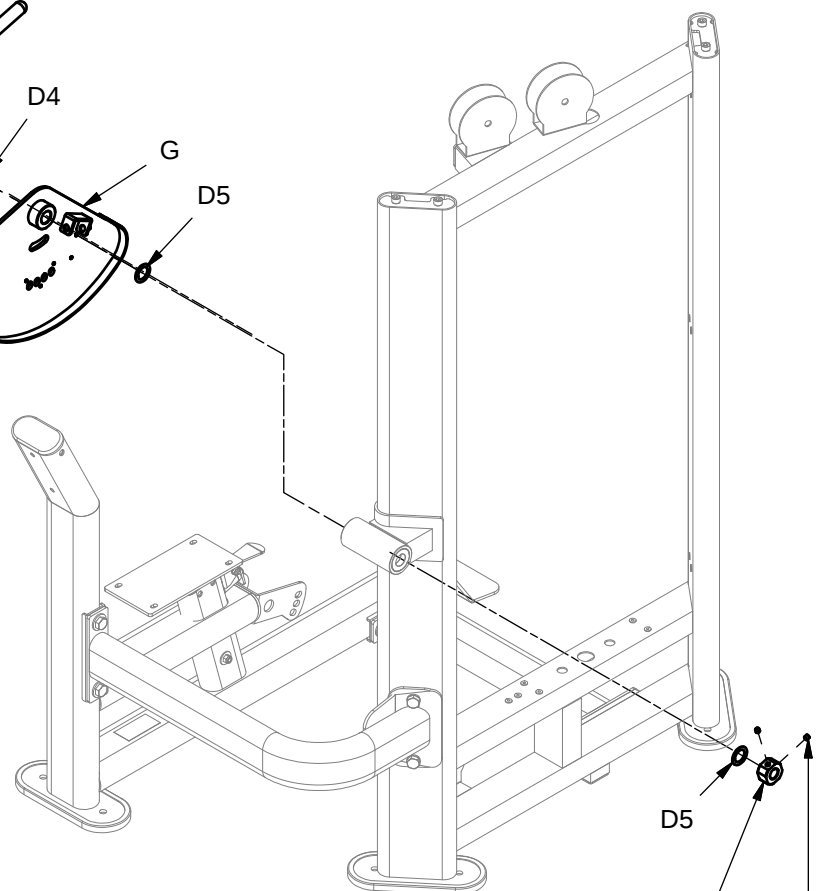
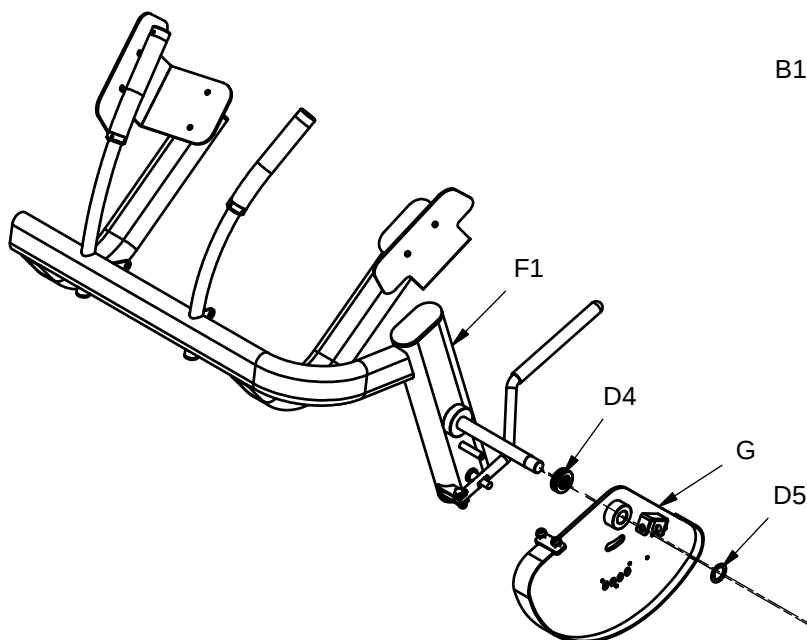
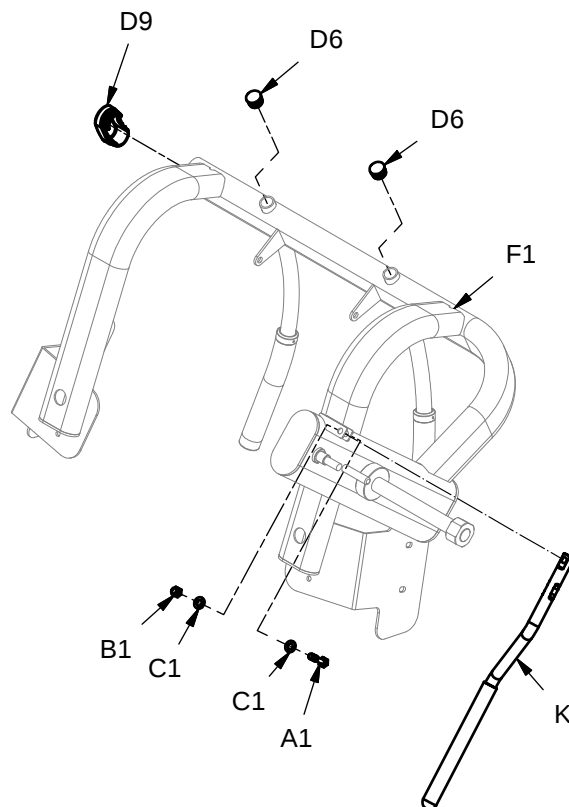
Above shows STEP 2
assembled and completed



MAM-900 ASSEMBLY INSTRUCTIONS



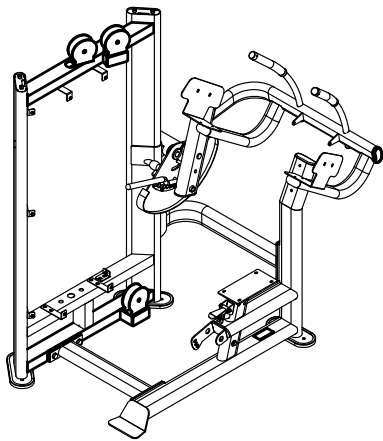
Above shows STEP 3
assembled and completed



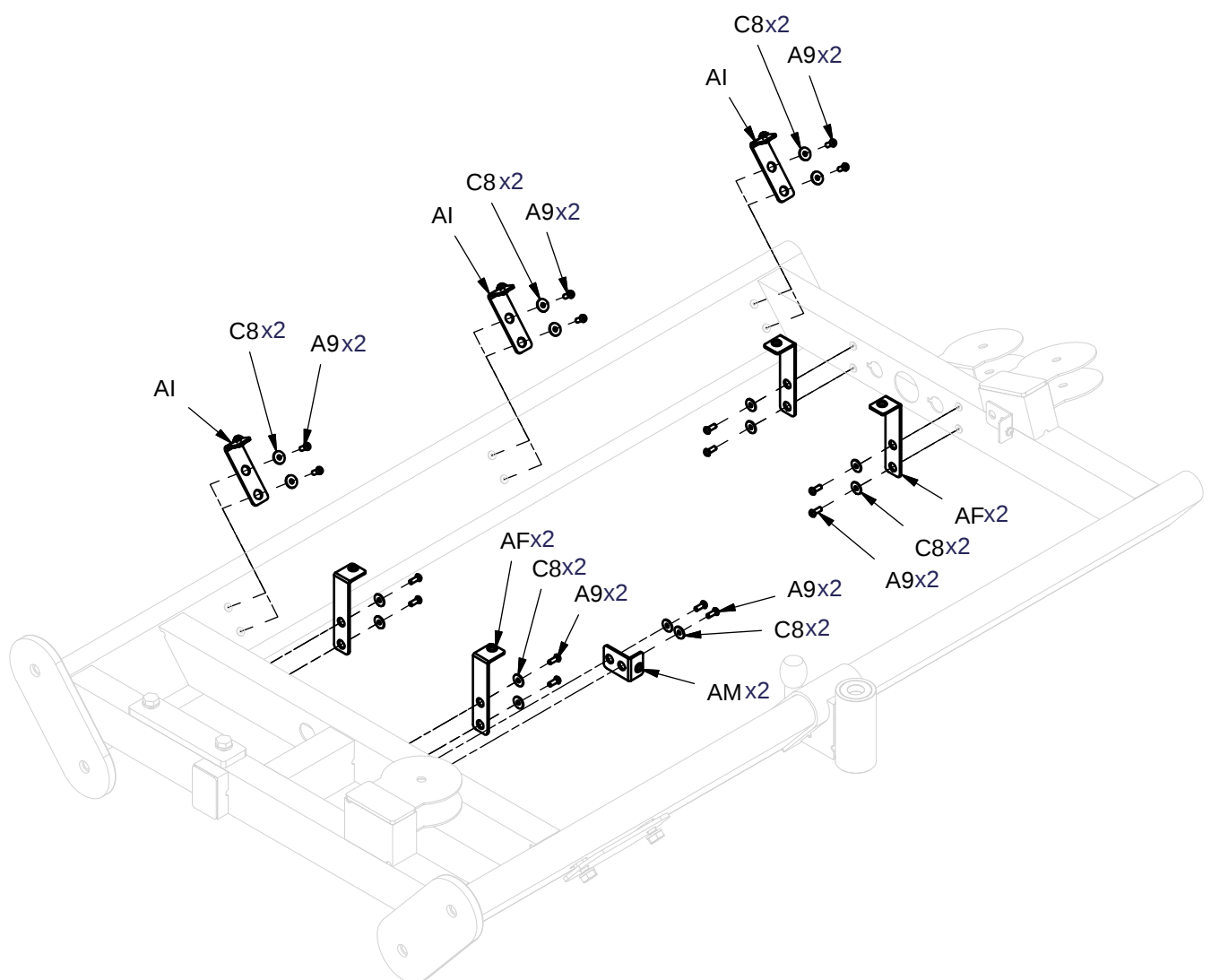
SHAFT COLLAR(8130-288)

M8X8L SCREW X2

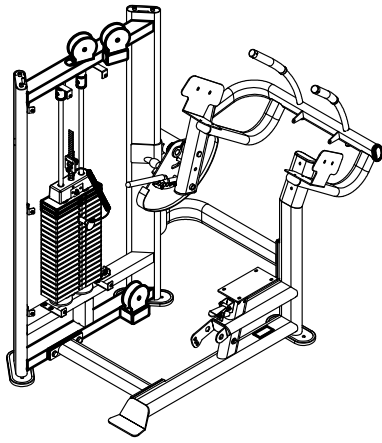
MAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed



MAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 5 assembled and completed

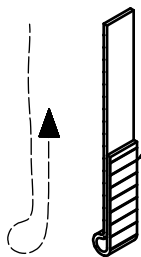


Figure 1

The tread side should be outward

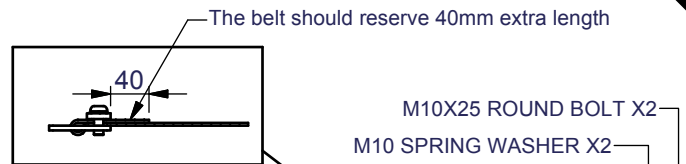
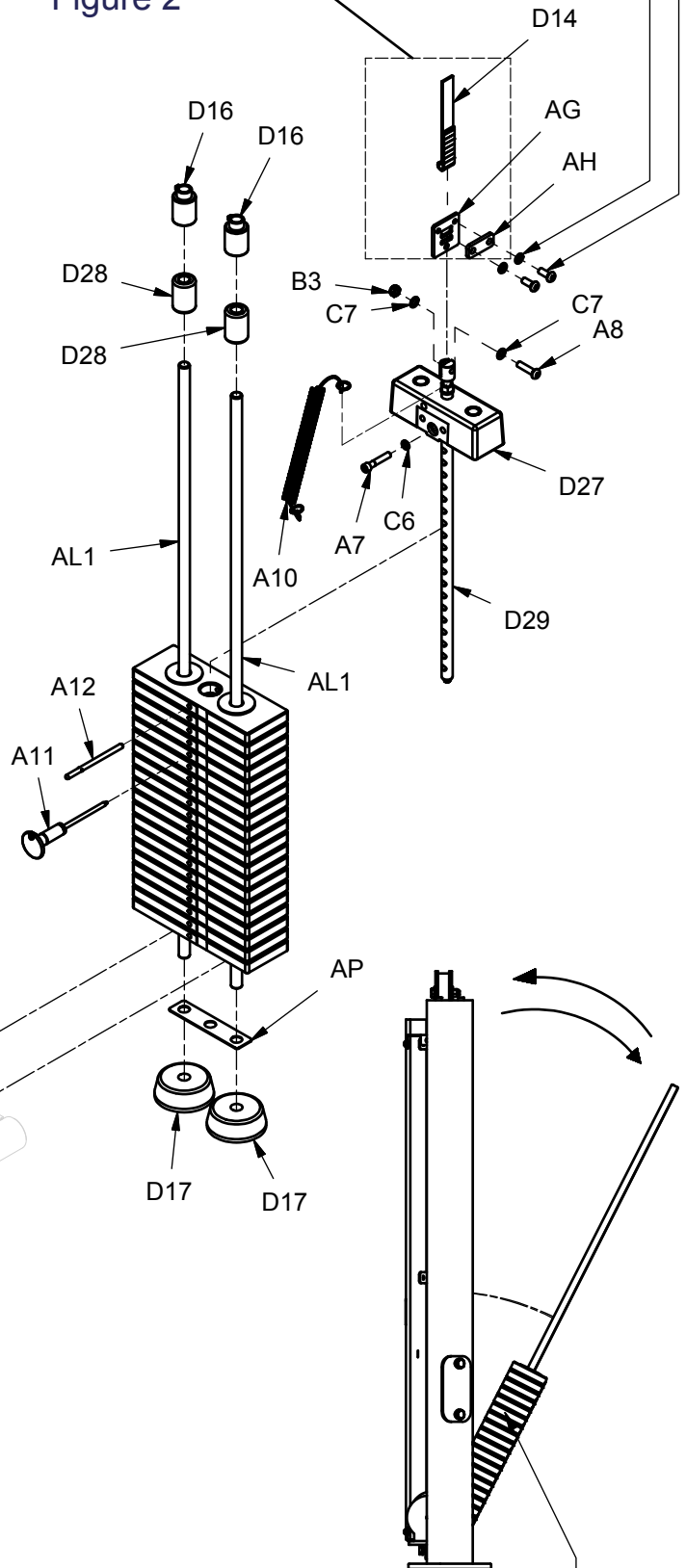
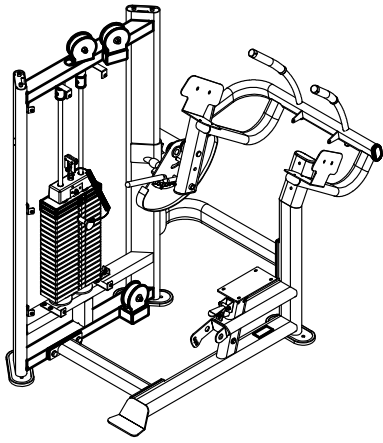


Figure 2

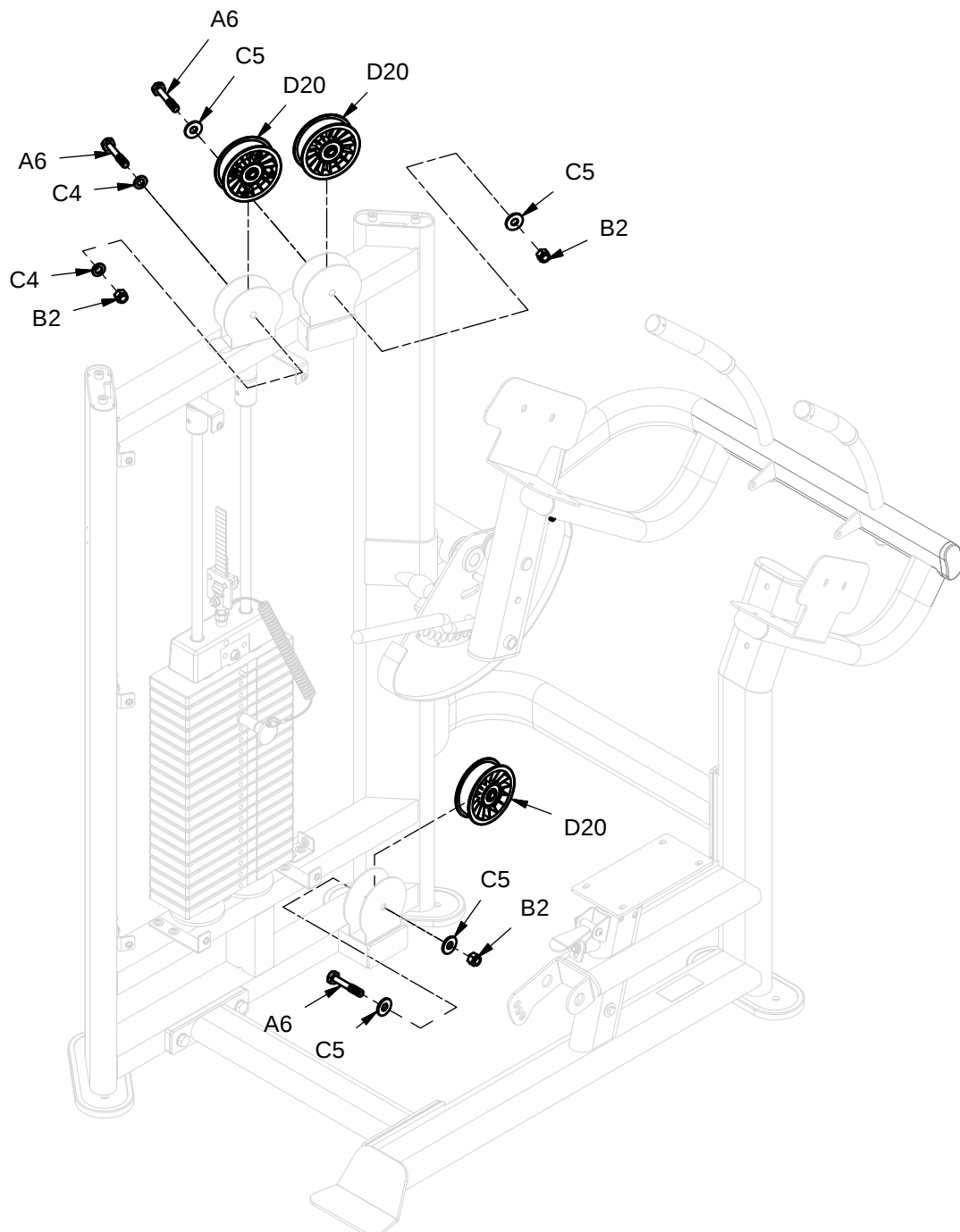


Push guide rods (AL1) to tilt one side and then install weight stacks.
Once finishing the weight stack installation, pull guide rods (AL1) back and continue setup D27→D16

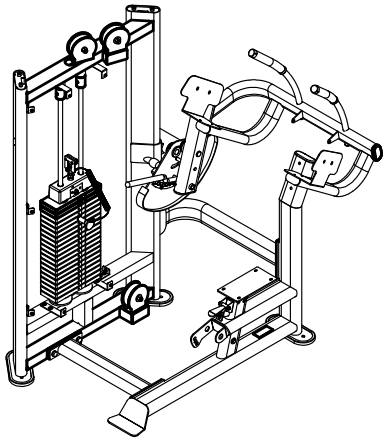
MAM-900 ASSEMBLY INSTRUCTIONS



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 (AG)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (AH) DO NOT EXCEED 70 PSI

The belt should reserve 40mm extra length

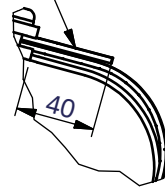
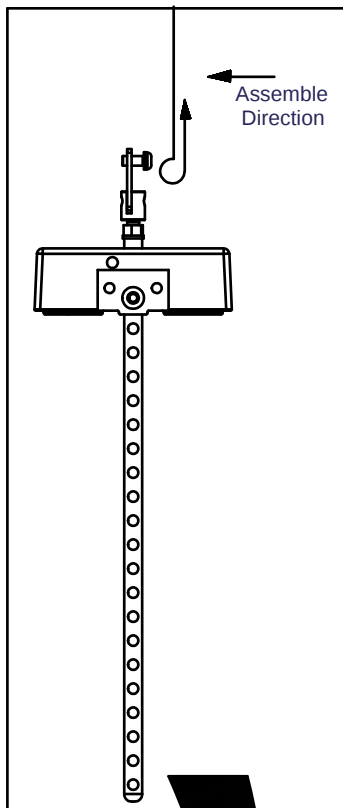


Figure 3



The tread side should be outward

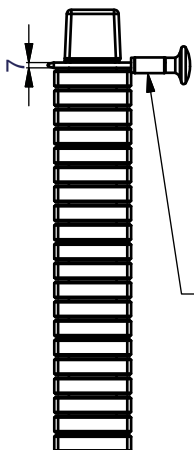
D14

M10X25L ROUND BOLT X2
M10 SPRING WASHER X2

J

D3

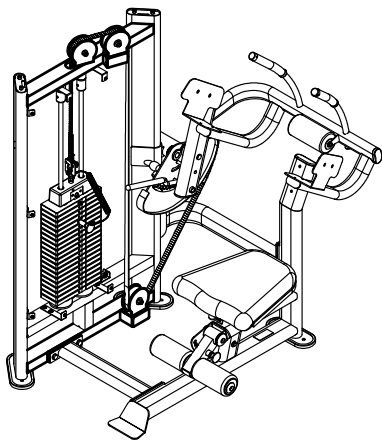
The tread side should be Up



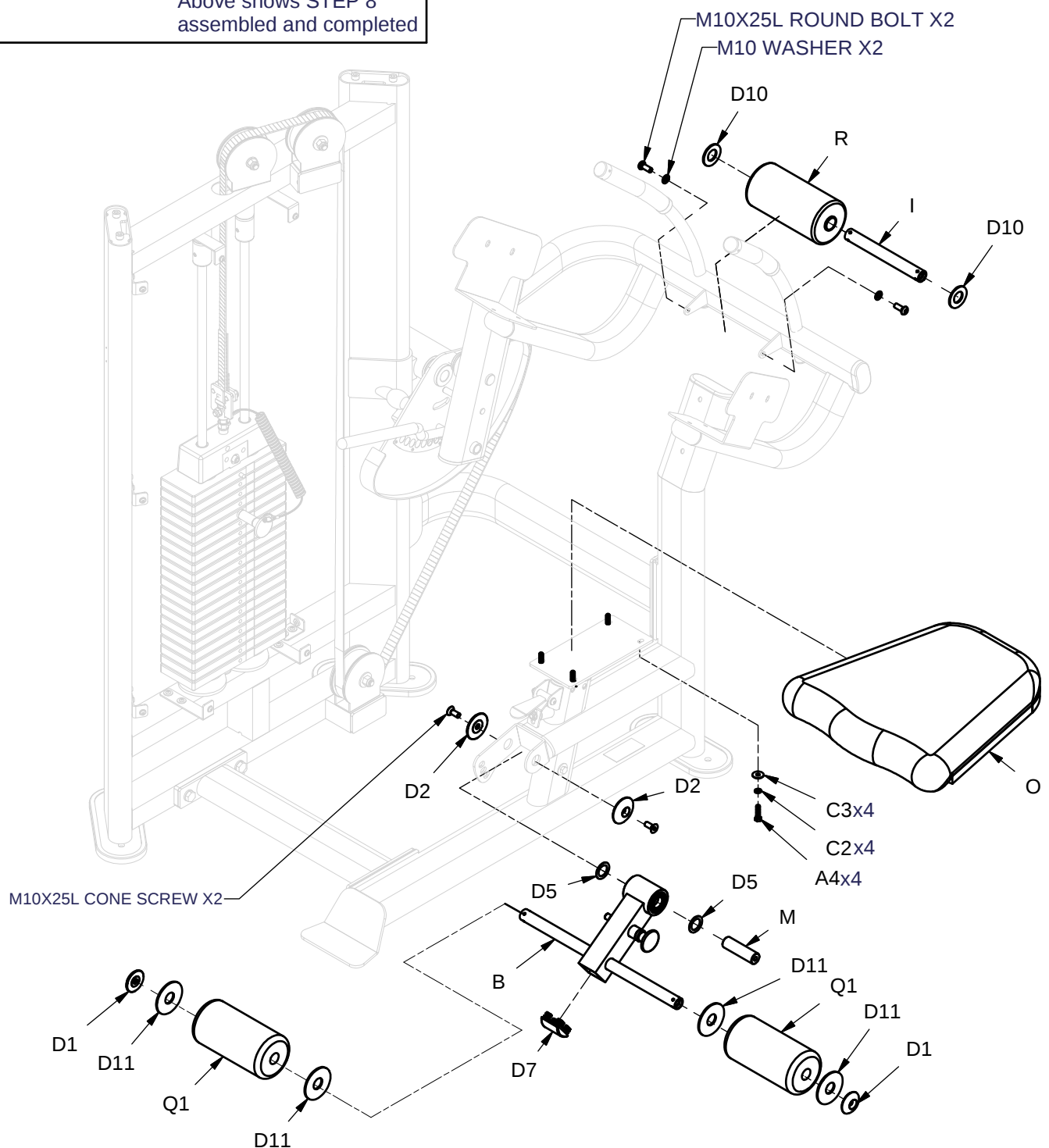
Adjust Belt Procedure:

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.

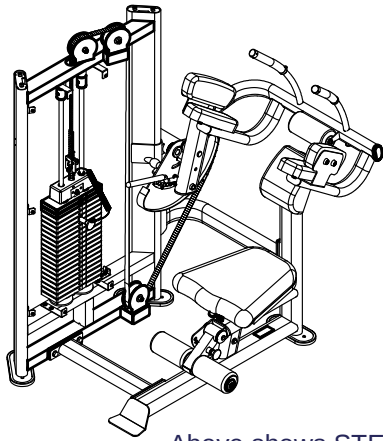
MAM-900 ASSEMBLY INSTRUCTIONS



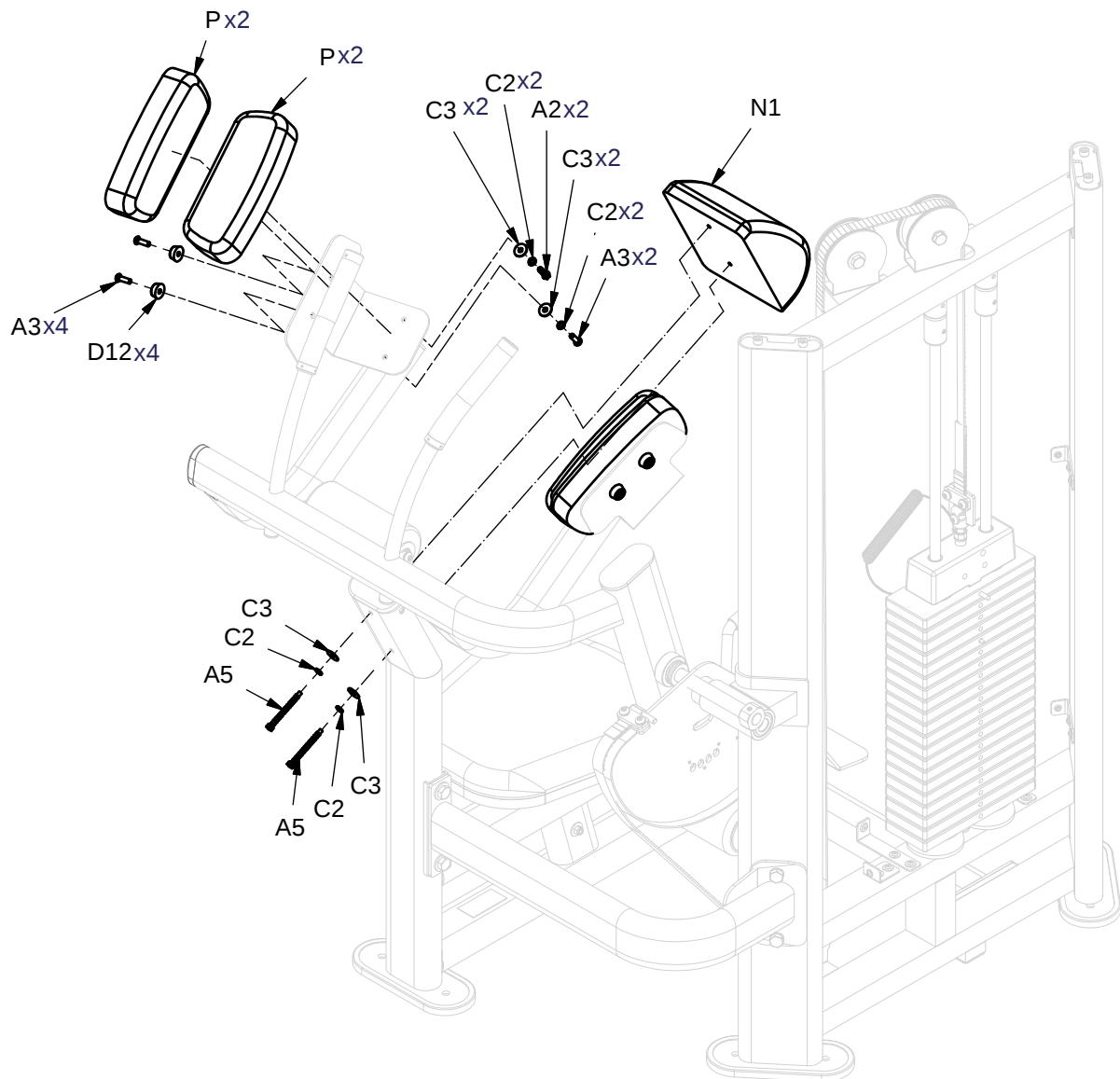
Above shows STEP 8
assembled and completed



MAM-900 ASSEMBLY INSTRUCTIONS

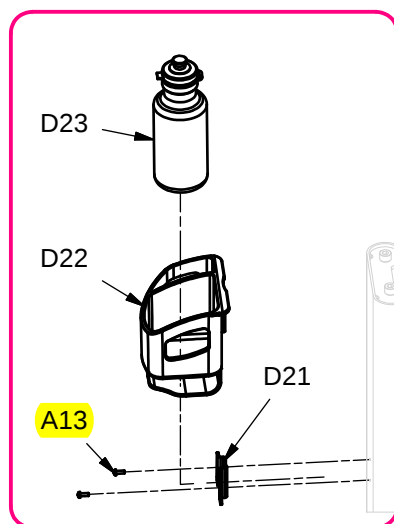
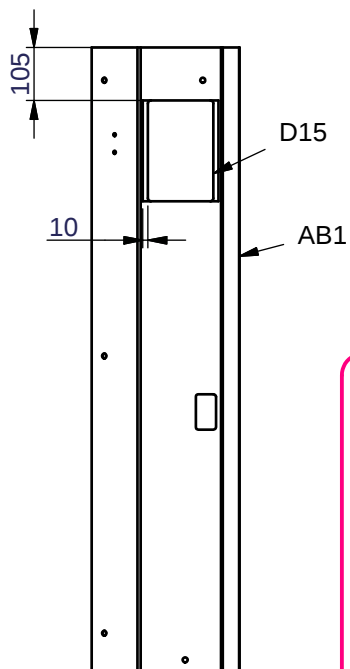


Above shows STEP 9
assembled and completed

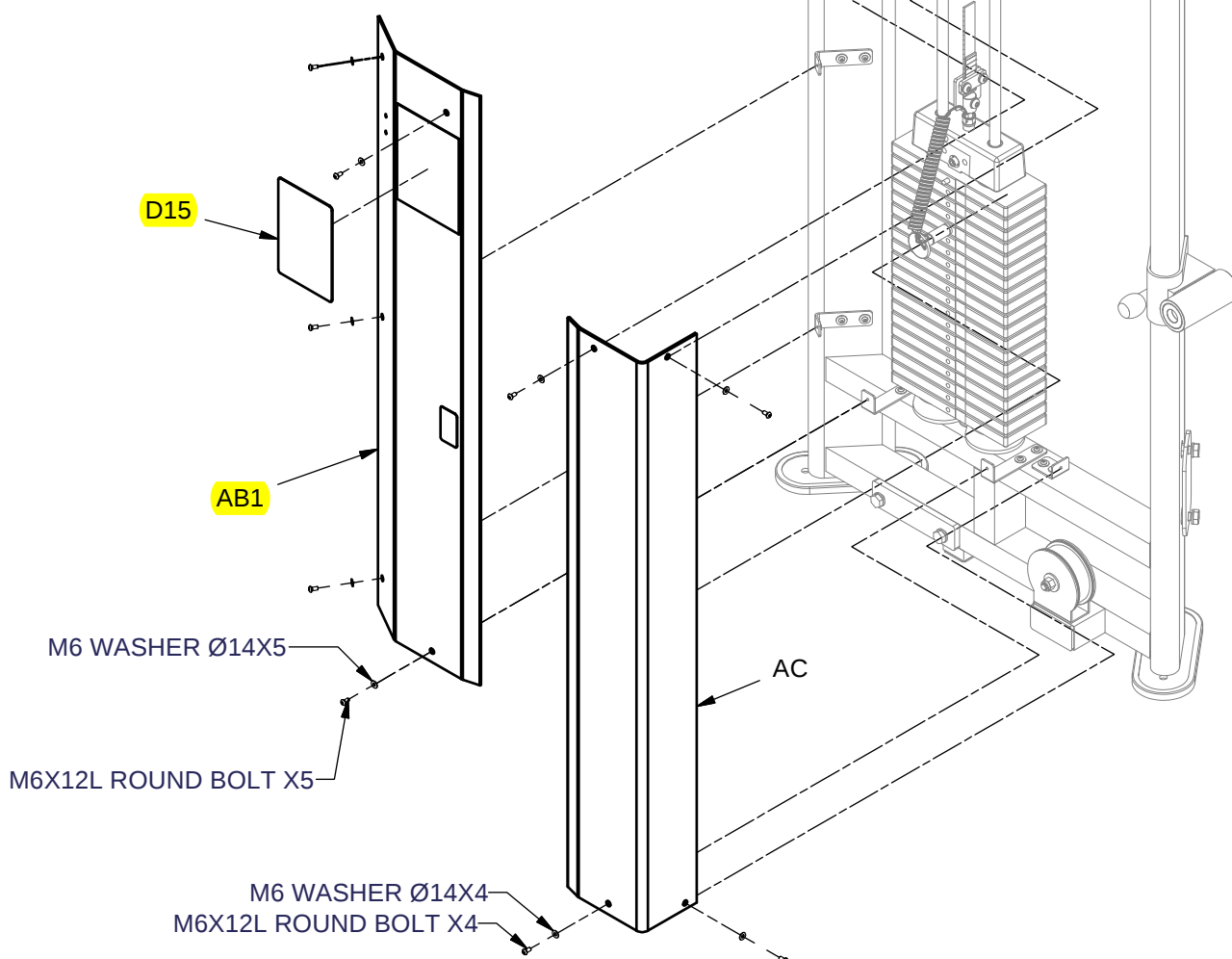
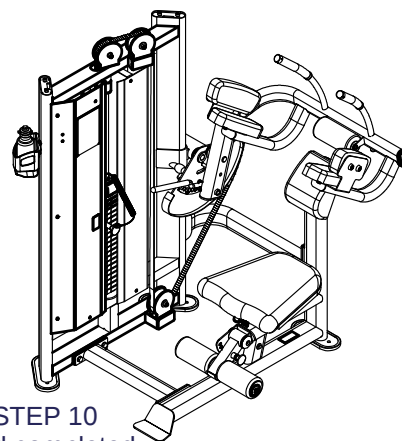


MAM-900 ASSEMBLY INSTRUCTIONS

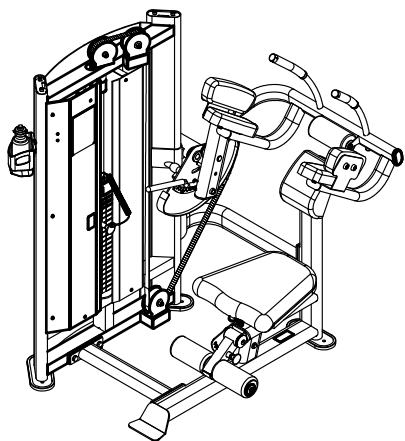
Post location



Above shows STEP 10 assembled and completed



MAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

M10X12L ROUND BOLT X4

AE

AD

EXTRUDING

EXTRUDING

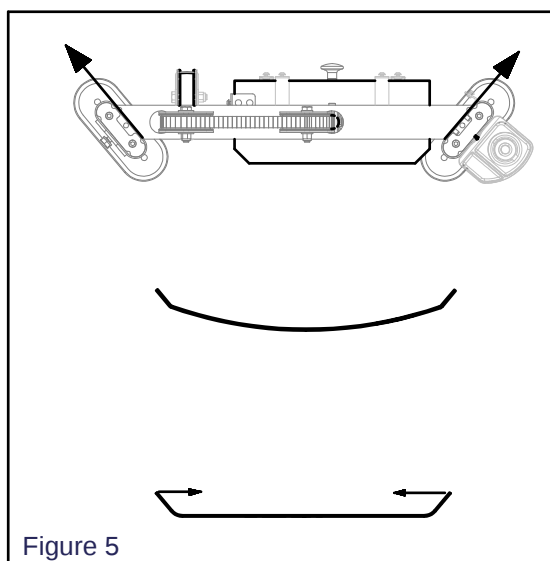
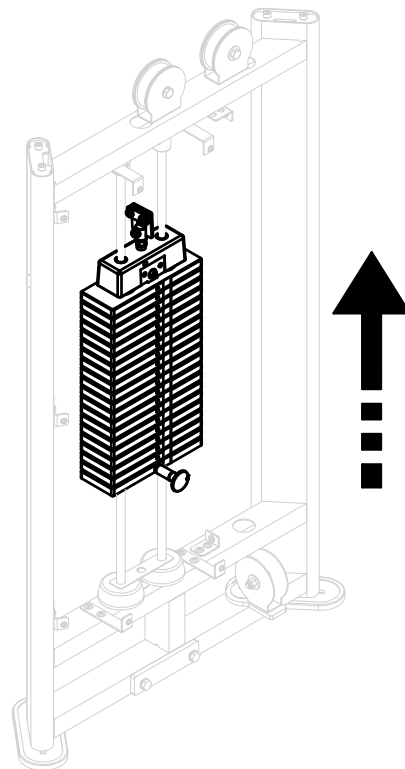
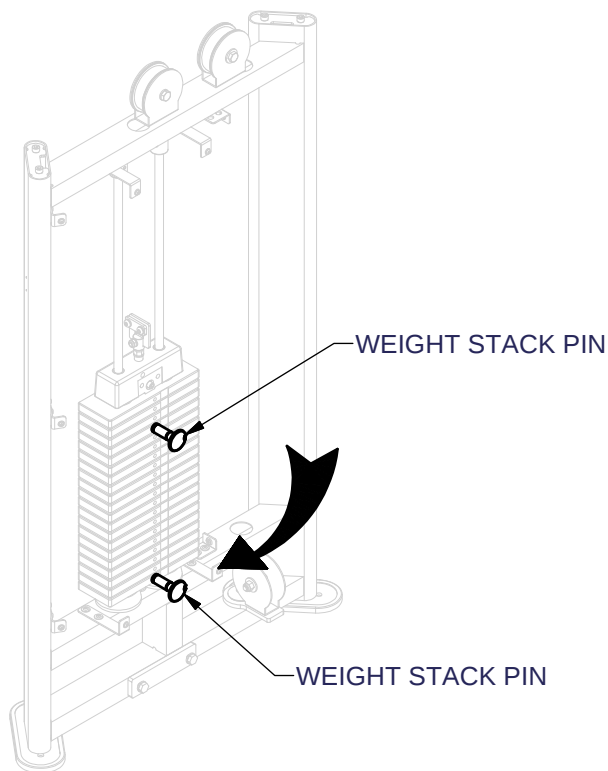


Figure 5

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.

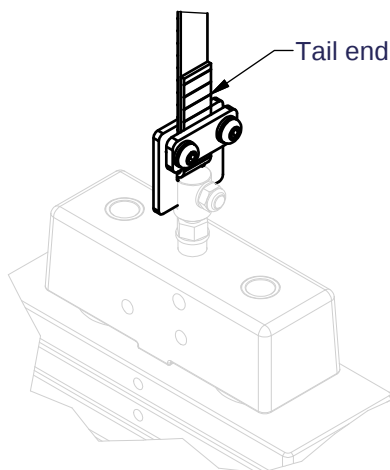
ASSEMBLY INSTRUCTIONS

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.

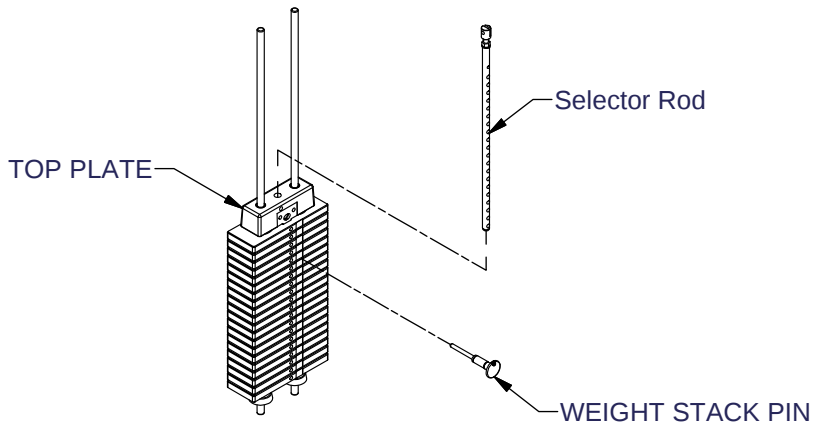
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

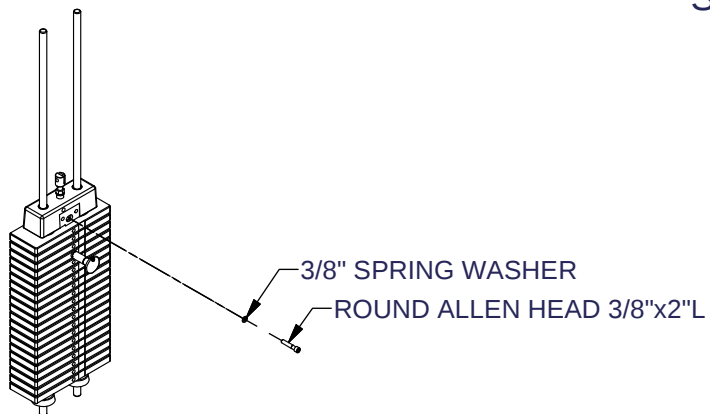


Step 1

Place Selector Rod into Top Plate.

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

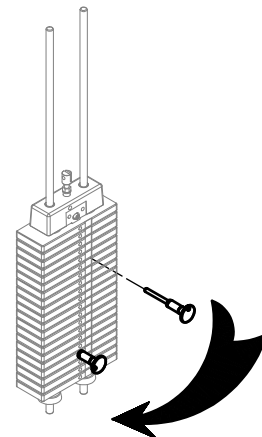
STEP 2



Step 2

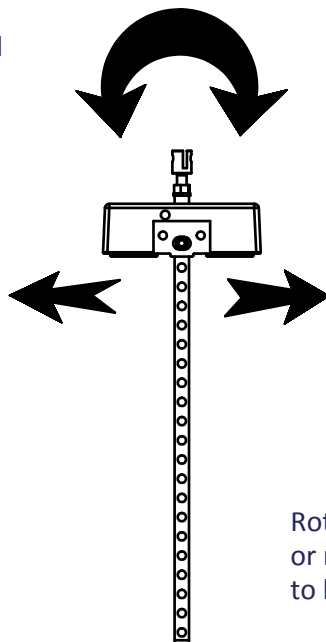
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

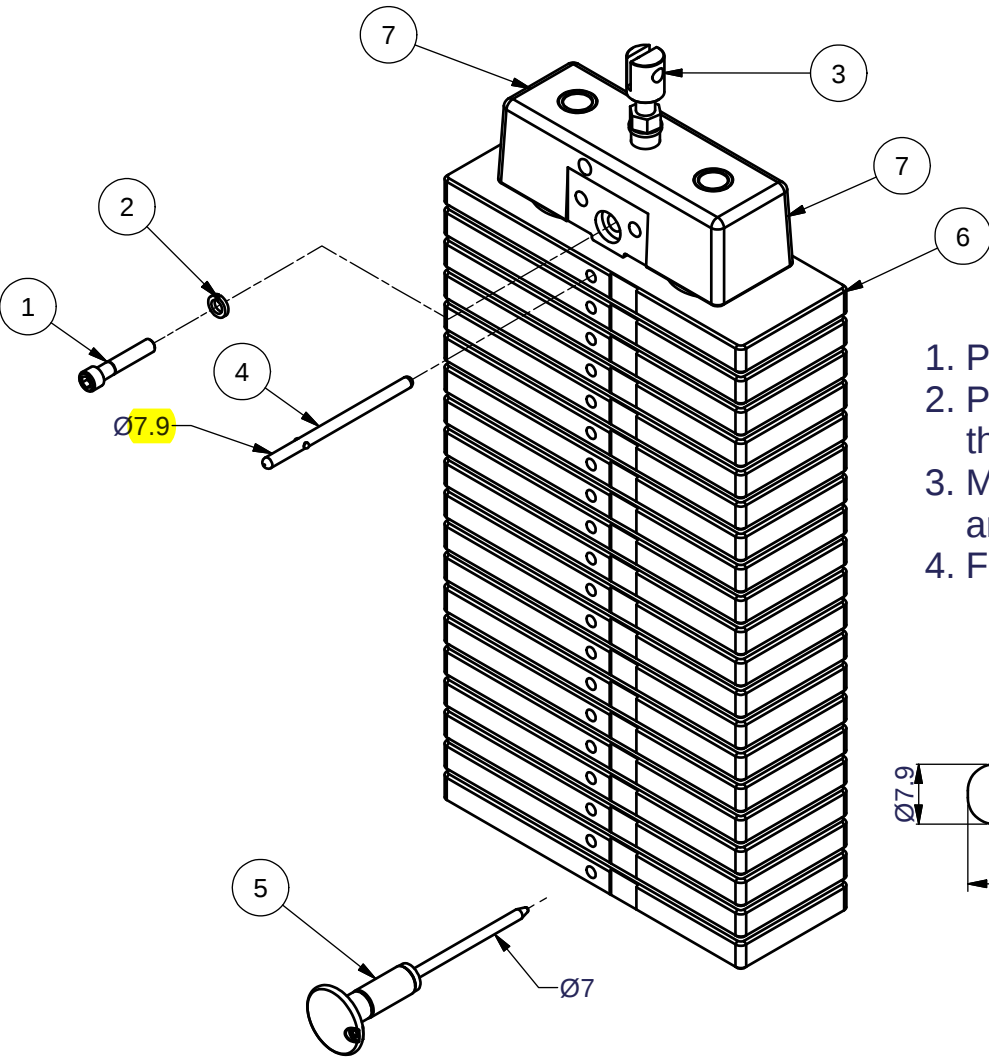
Place the selector pin to each weight plate (5,10,15,20....) to check the smoothness.



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.

