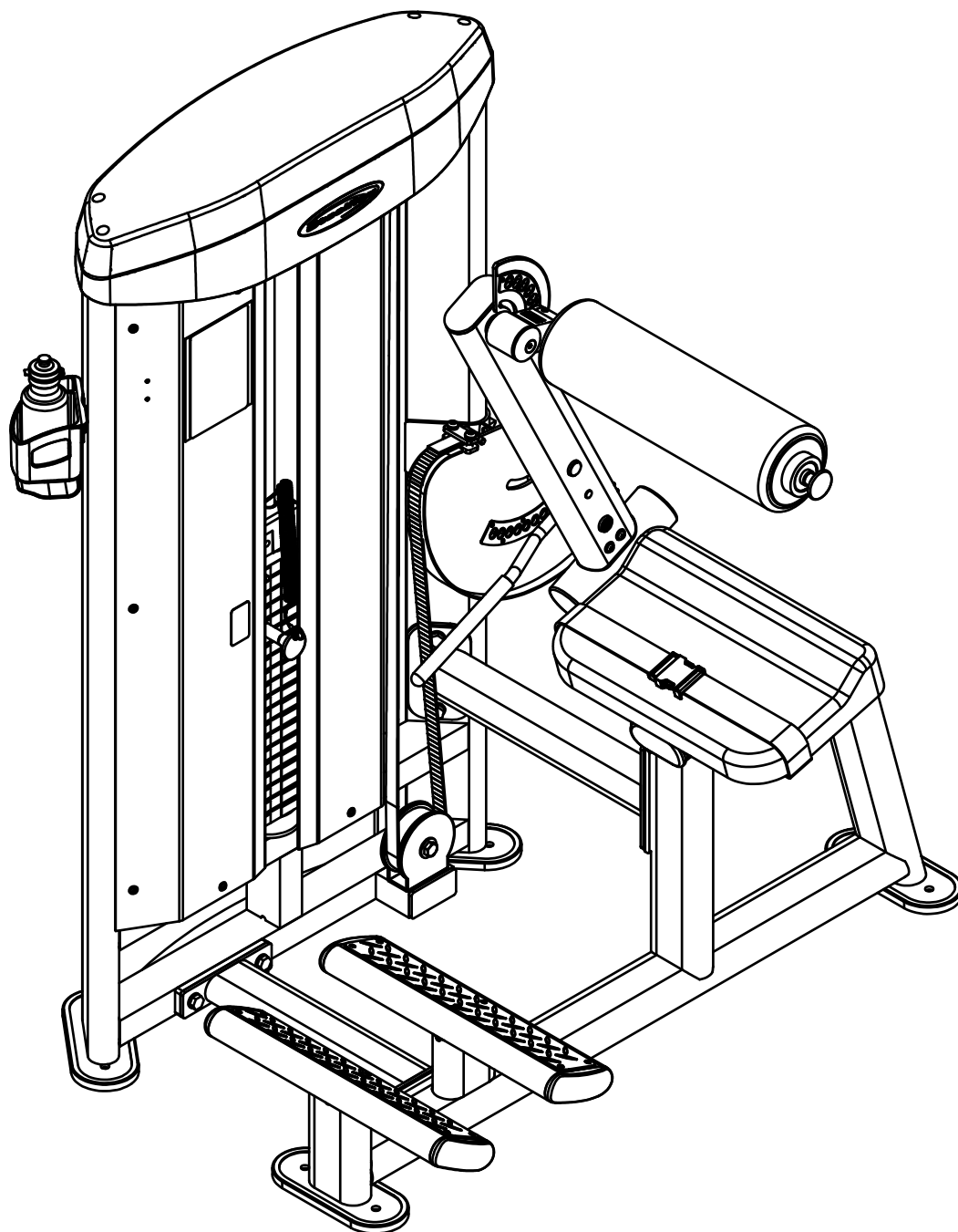


MEGA POWER



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

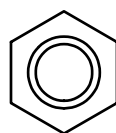
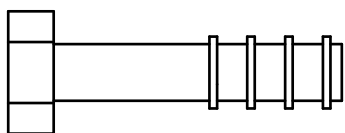
Fax: 886-2-27229750

www.steelflexfitness.com

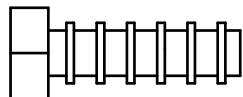
MBK-1600.3 OWNER'S MANUAL

MBK1600 ASSEMBLY INSTRUCTIONS

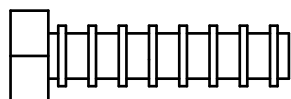
HARDWARE ILLUSTRATION



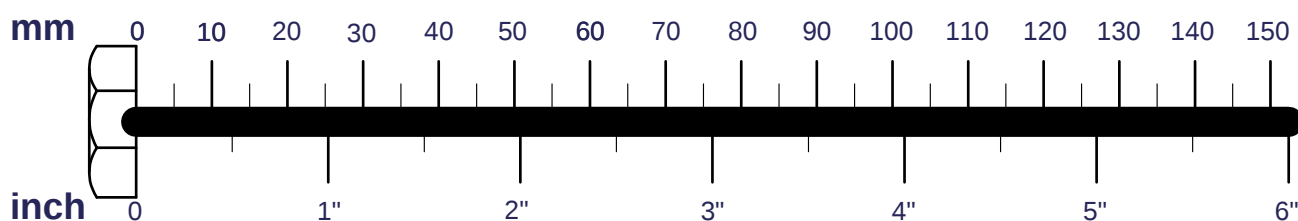
(A1)HEX BOLT 3/8"X1-1/2"L PARTIALTHREAD QTY.1



(A2)HEX BOLT 5/16"X1L PARTIALTHREAD QTY.2

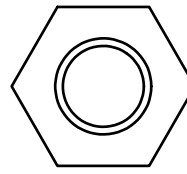
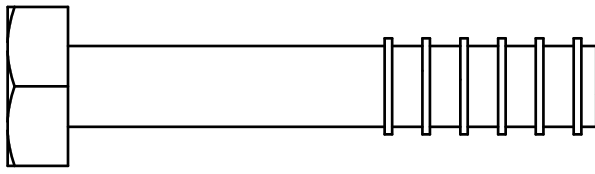


(A3)HEX BOLT 5/16"X1-1/4"L PARTIALTHREAD QTY.4

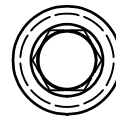
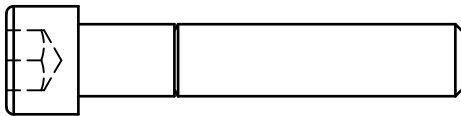


MBK1600 ASSEMBLY INSTRUCTIONS

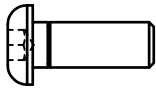
DOOR FRAME HARDWARE ILLUSTRATION



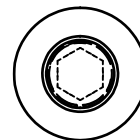
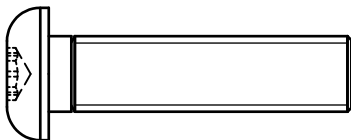
(A4)HEX BOLT 1/2"X2 3/4" PARTIALTHREAD QTY.3



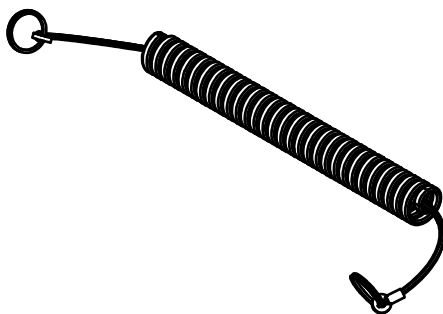
(A5)ROUND ALLEN HEAD 3/8"X2"L PARTIALTHREAD QTY.1



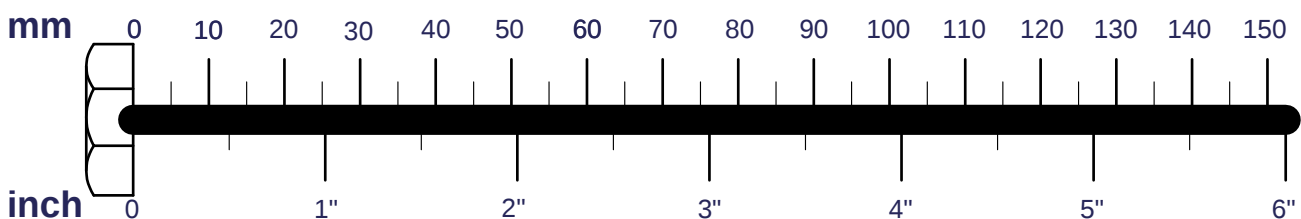
(A6)ROUND ALLEN HEAD M6X16L PARTIALTHREAD QTY.16



(A7)ROUND ALLEN HEAD M10X40L PARTIALTHREAD QTY.1

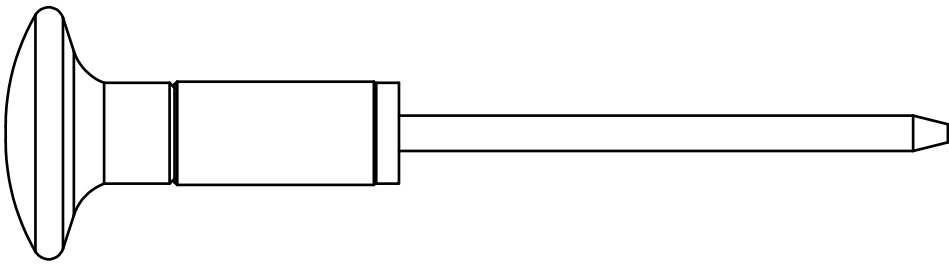


(A8) Elastic Belt (F920003) QTY.1

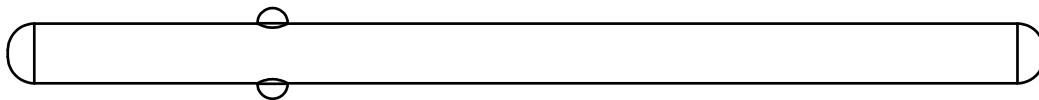


MBK1600 ASSEMBLY INSTRUCTIONS

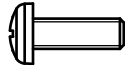
DOOR FRAME HARDWARE ILLUSTRATION



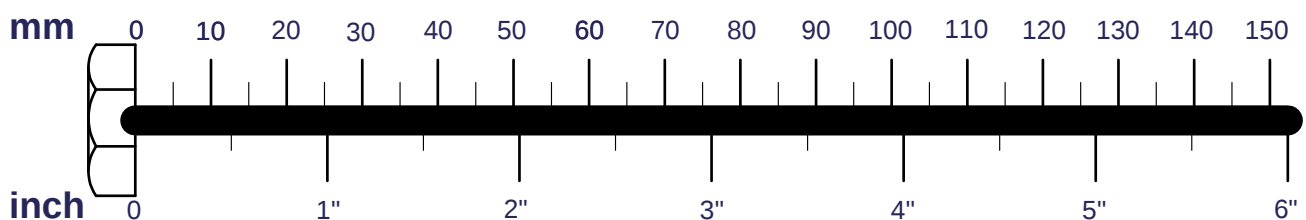
(A9) 10 、 15 、 20LB PIN (8250-162) QTY.1



(A10) Ø5/16" FIXED PIN (8250-166) QTY.1

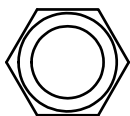
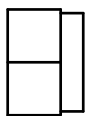


(A11) ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

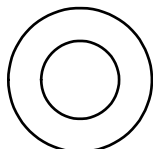


MBK1600 ASSEMBLY INSTRUCTIONS

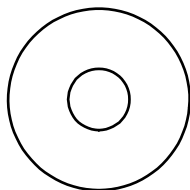
HARDWARE ILLUSTRATION



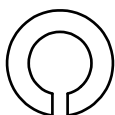
(B1) NYLON LOCK NUT 3/8" QTY.1



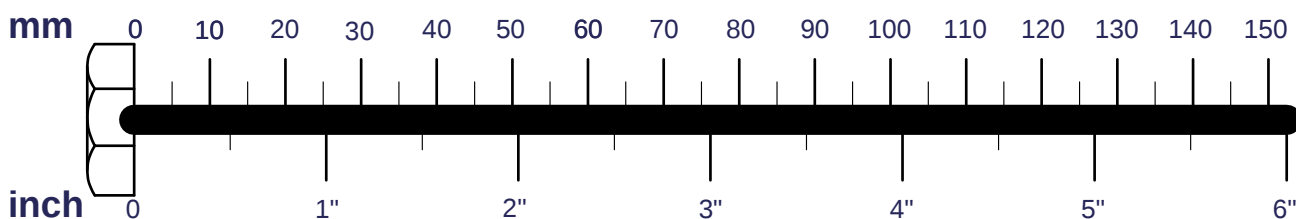
(C1) 3/8" (I.D.) FLAT WASHER Ø19 QTY.2



(C2) 5/16" (I.D.) FLAT WASHER Ø24 QTY.6

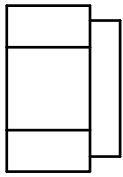


(C3) 5/16" (I.D.) SPRING WASHER QTY.6

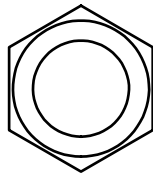


MBK1600 ASSEMBLY INSTRUCTIONS

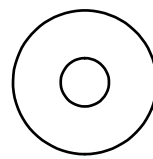
DOOR FRAME HARDWARE ILLUSTRATION



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



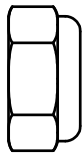
(B3) NYLON LOCK NUT M10 QTY.1



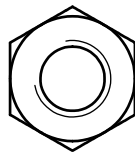
(C7) M6 (I.D.) FLAT WASHER Ø19 QTY.16



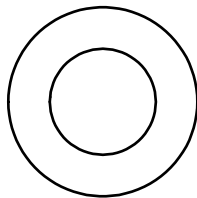
(C8) M10 (I.D.) FLAT WASHER Ø19 QTY.2



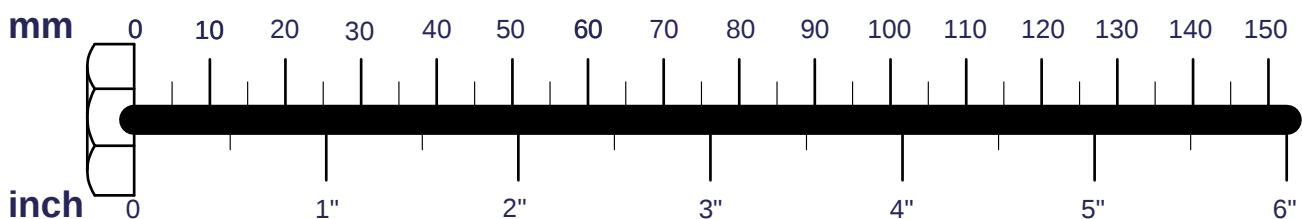
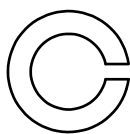
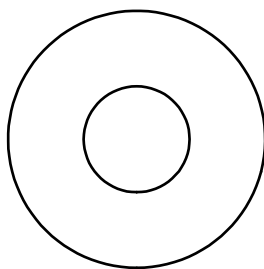
(C4) 1/2" (I.D.) FLAT WASHER Ø25 QTY.2



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



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

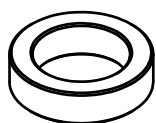


MBK1600 ASSEMBLY INSTRUCTIONS

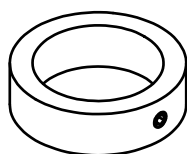
HARDWARE ILLUSTRATION

D1.	Ø38XØ25.8X10L STEEL BUSHING (8120-071) -----	【1PCS】
D2.	Ø70X52X20L STEEL BUSHING(8130-065) -----	【1PCS】
D3.	Ø60 CAP COVER (8130-231) -----	【1PCS】
D4.	Ø10X60L SHAFT (8210-156) -----	【1PCS】
D5.	ROLLER BEARING(8510-008) -----	【1PCS】
D6.	Ø38X26X1.5t CU WASHER (8520-008) -----	【3PCS】
D7.	59X116.5X2.5TX25H END CAP (9211-189) -----	【1PCS】
D8.	50X150X41.5H END CAP (9211-162) -----	【4PCS】
D9.	Ø120XØ51X3t NYLON WASHER(9214-039) -----	【2PCS】
D10.	108X15tX263L RUBBER PAD (9310-075) -----	【2PCS】
D11.	BUCKLE (9630-162) -----	【1PCS】
D12.	3560mm CAM BELT (FMBK16001) -----	【1PCS】

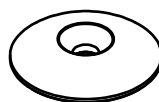
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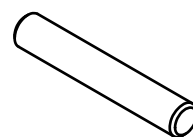
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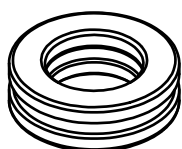
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D4



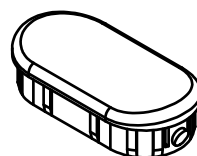
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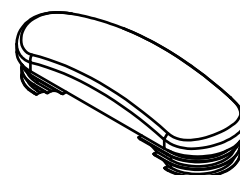
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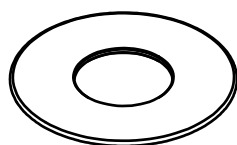
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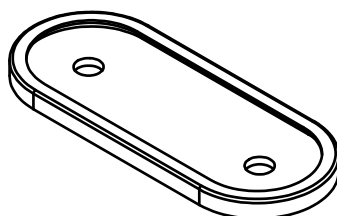
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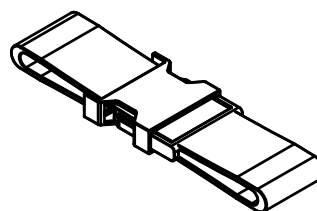
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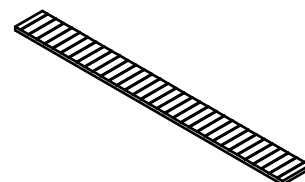
D10



D11



D12

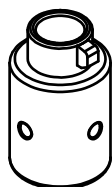


MBK1600 ASSEMBLY INSTRUCTIONS

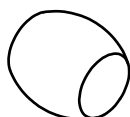
DOOR FRAME PARTS ILLUSTRATION SHEET

DD1. Ø3/4 SHAFT COLLAR (9211-147)	-----	【2PCS】
DD2. Ø1" BUFFER COVER (9212-019)	-----	【1PCS】
DD3. Ø4" RUBBER COUNT (9310-017)	-----	【2PCS】
DD4. 108X14.5tX263L RUBBER PAD (9310-075)	-----	【2PCS】
DD5. BOTTLE BRACKET (8388-025)	-----	【1PCS】
DD6. BOTTLE HOLDER (9260-320)	-----	【1PCS】
DD7. BOTTLE (9260-123)	-----	【1PCS】
DD9. Ø115X50L PULLEY (9213-042B)	-----	【3PCS】
DD10. Ø3/4 SHAFT COLLAR (9211-167)	-----	【2PCS】

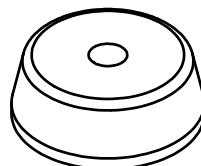
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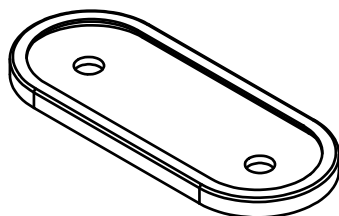
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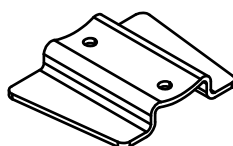
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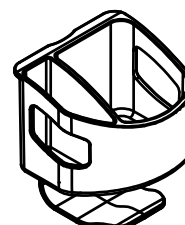
DD4.



DD5.



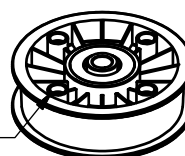
DD6.



DD7.

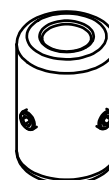


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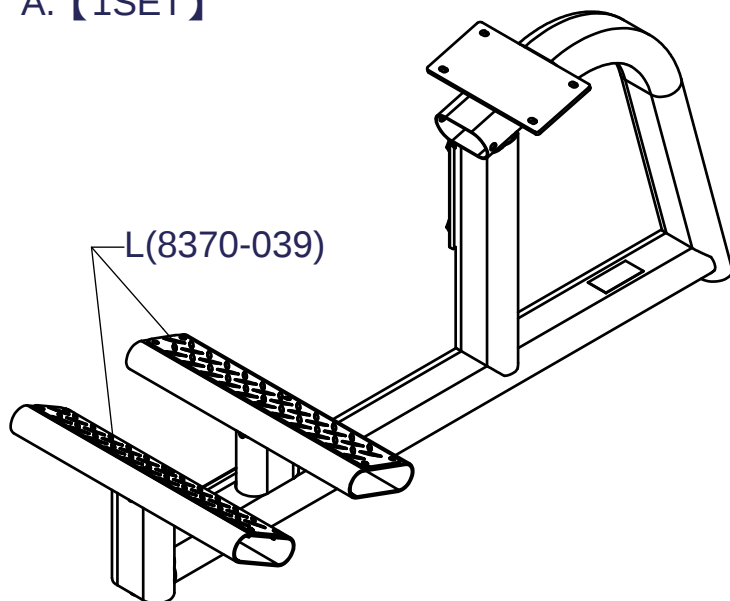
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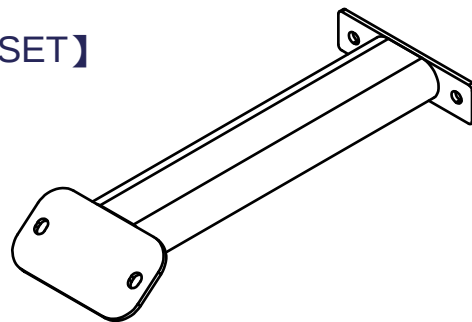
MBK1600 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

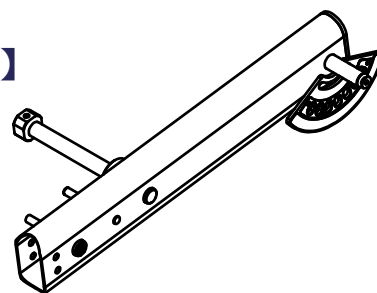
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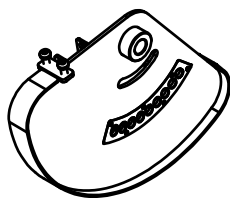
B. 【1SET】



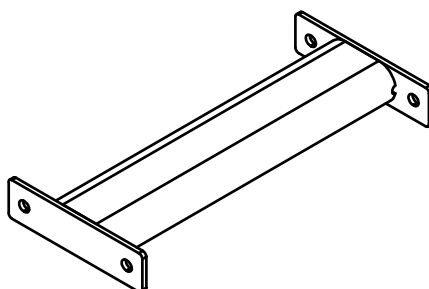
C. 【1SET】



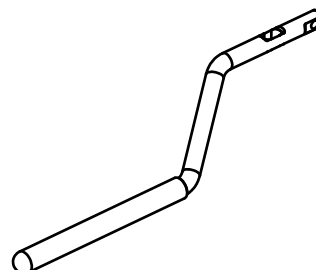
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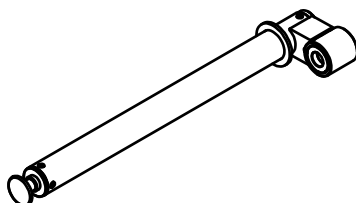
E. 【1SET】



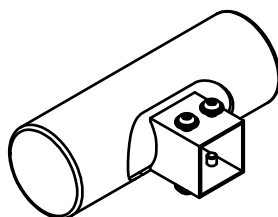
F. 【1SET】
8210-157



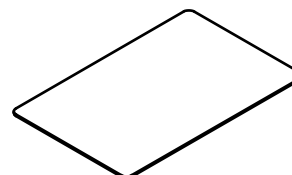
G. 【1SET】
6670-001



H1. 【1SET】
280274

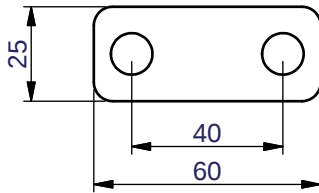


I. 【1PCS】
9420-112



PARTS ILLUSTRATION SHEET

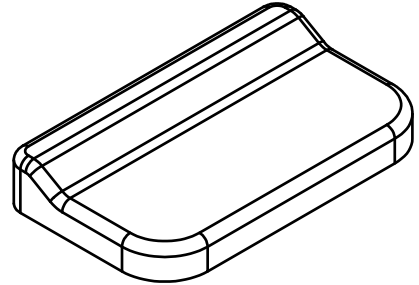
J. 【1PCS】
8311-117



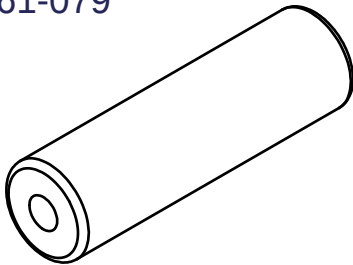
K. 【2PCS】
8313-144



L. 【1SET】
9121-074

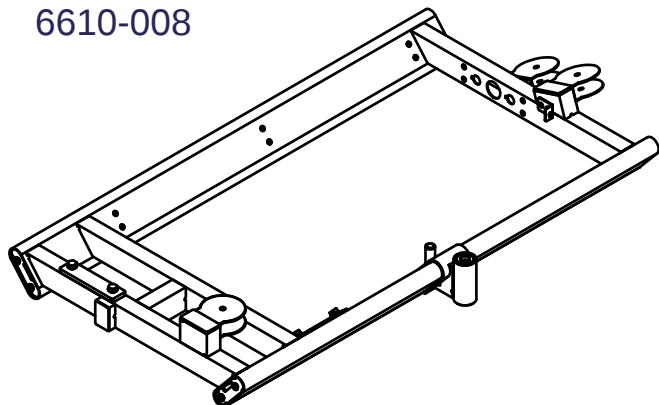


M3. 【1SET】
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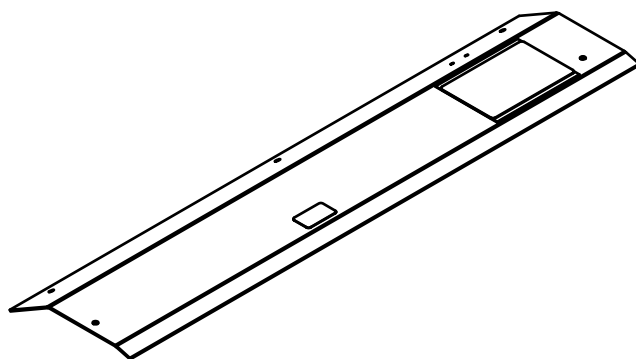


DOOR FRAME PARTS ILLUSTRATION SHEET

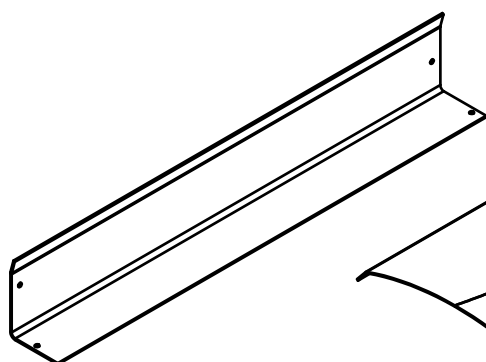
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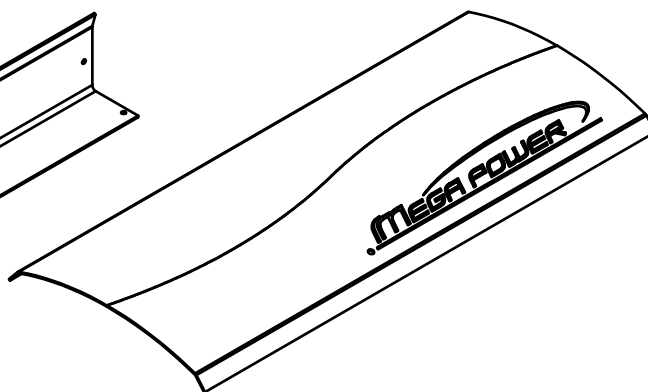
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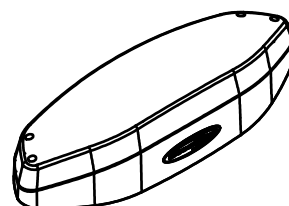
AD. 【1PCS】
9220-018



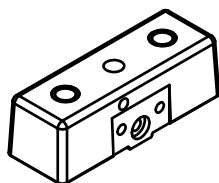
AE. 【1PCS】
9220-023



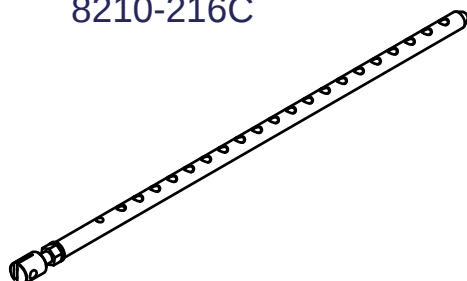
AF. 【1SET】
9211-148



AG1. 【1SET】
8400-033



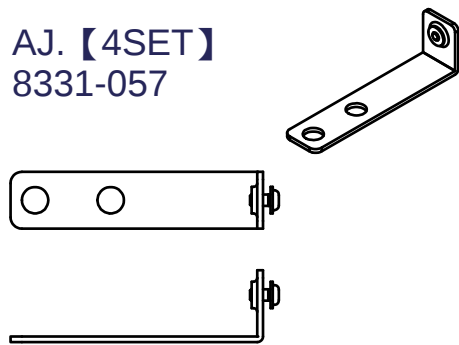
AH1. 【1SET】
8210-216C



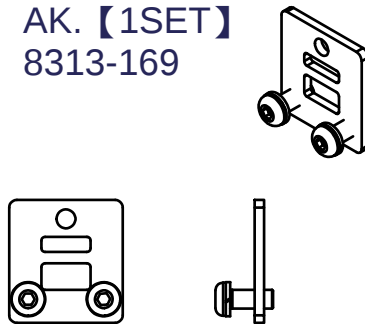
MBK1600 ASSEMBLY INSTRUCTIONS

DOOR FRAME PARTS ILLUSTRATION SHEET

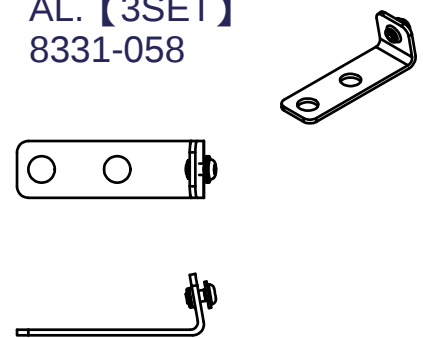
AJ. 【4SET】
8331-057



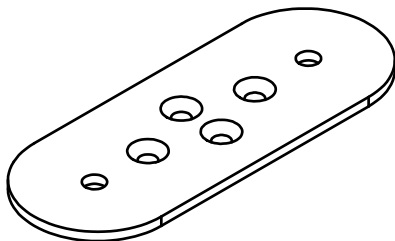
AK. 【1SET】
8313-169



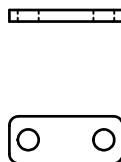
AL. 【3SET】
8331-058



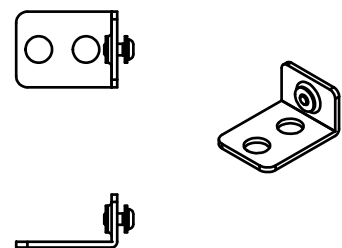
AM. 【2PCS】
8313-144



AN. 【1PCS】
8311-117



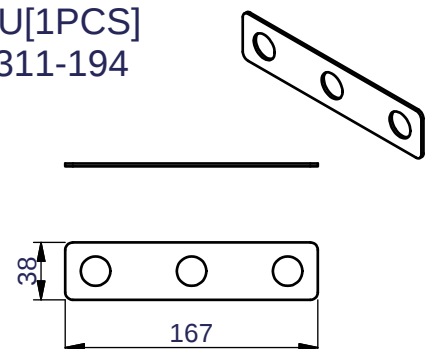
AR. 【1SET】
8331-056



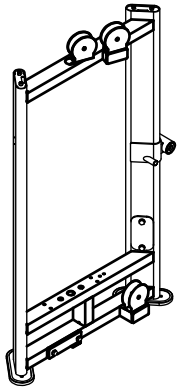
AS1. 【2PCS】
8280-041



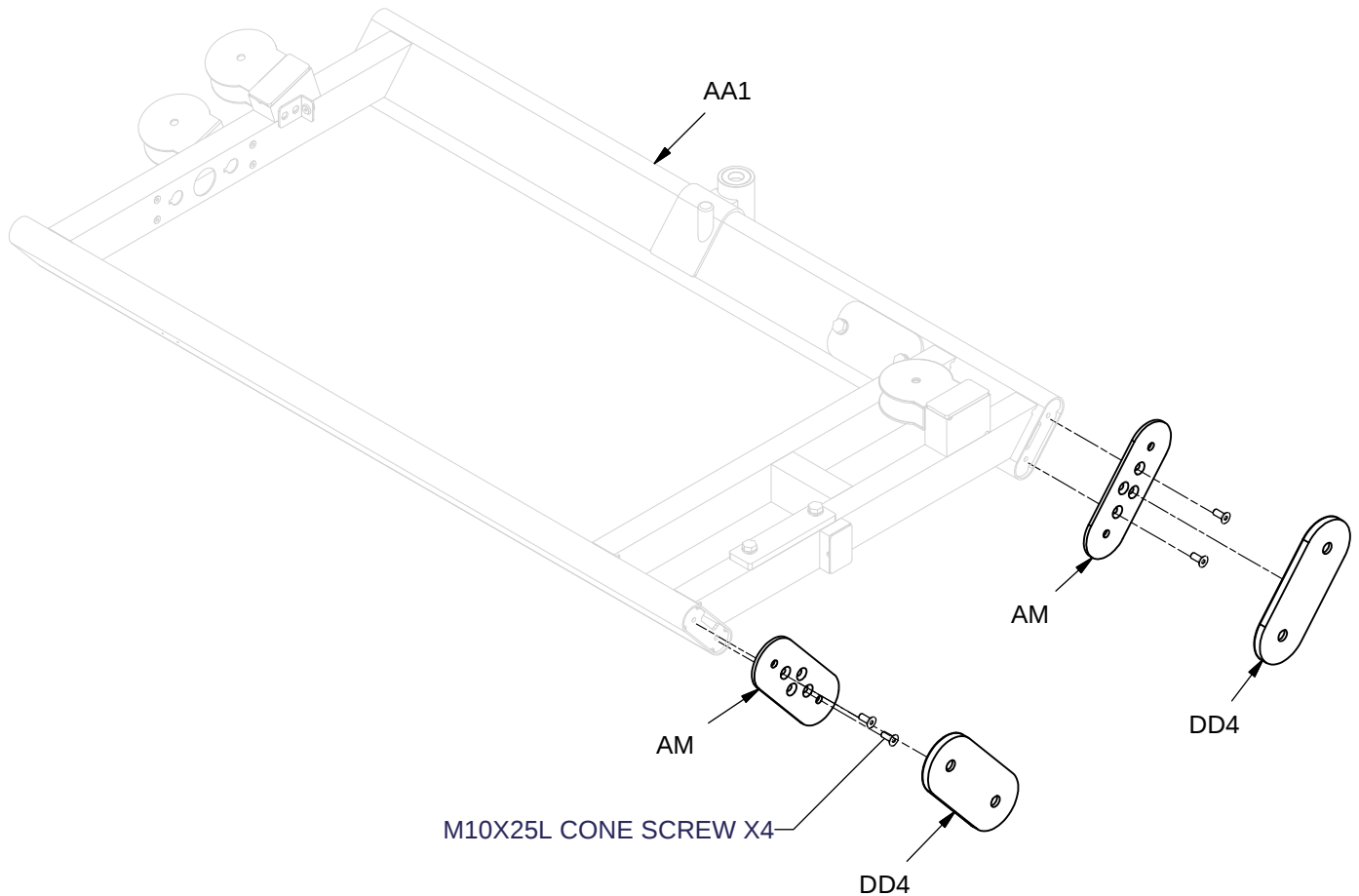
AU【1PCS】
8311-194



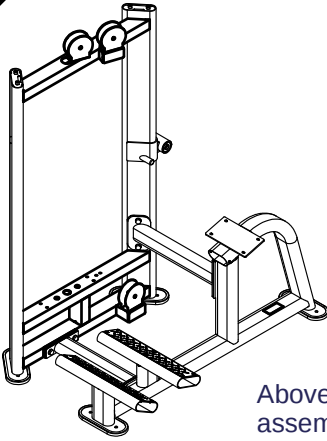
MBK1600 ASSEMBLY INSTRUCTIONS



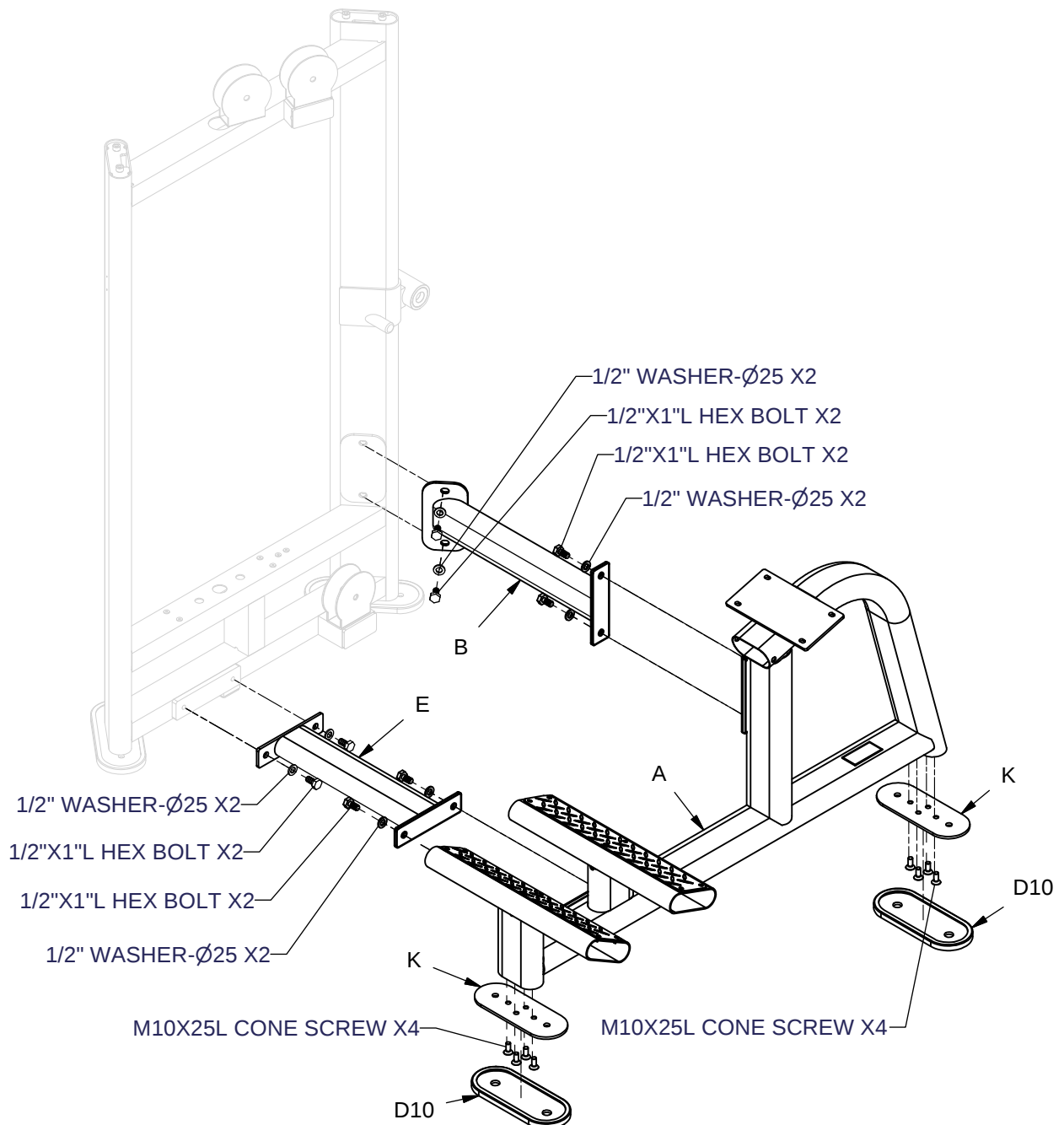
Above shows STEP 1
assembled and completed



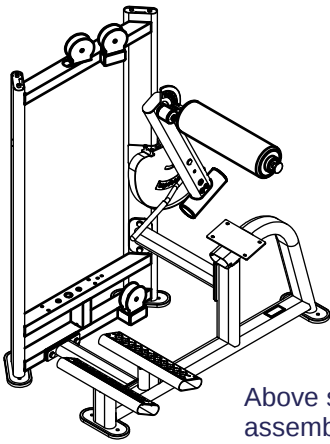
MBK1600 ASSEMBLY INSTRUCTIONS



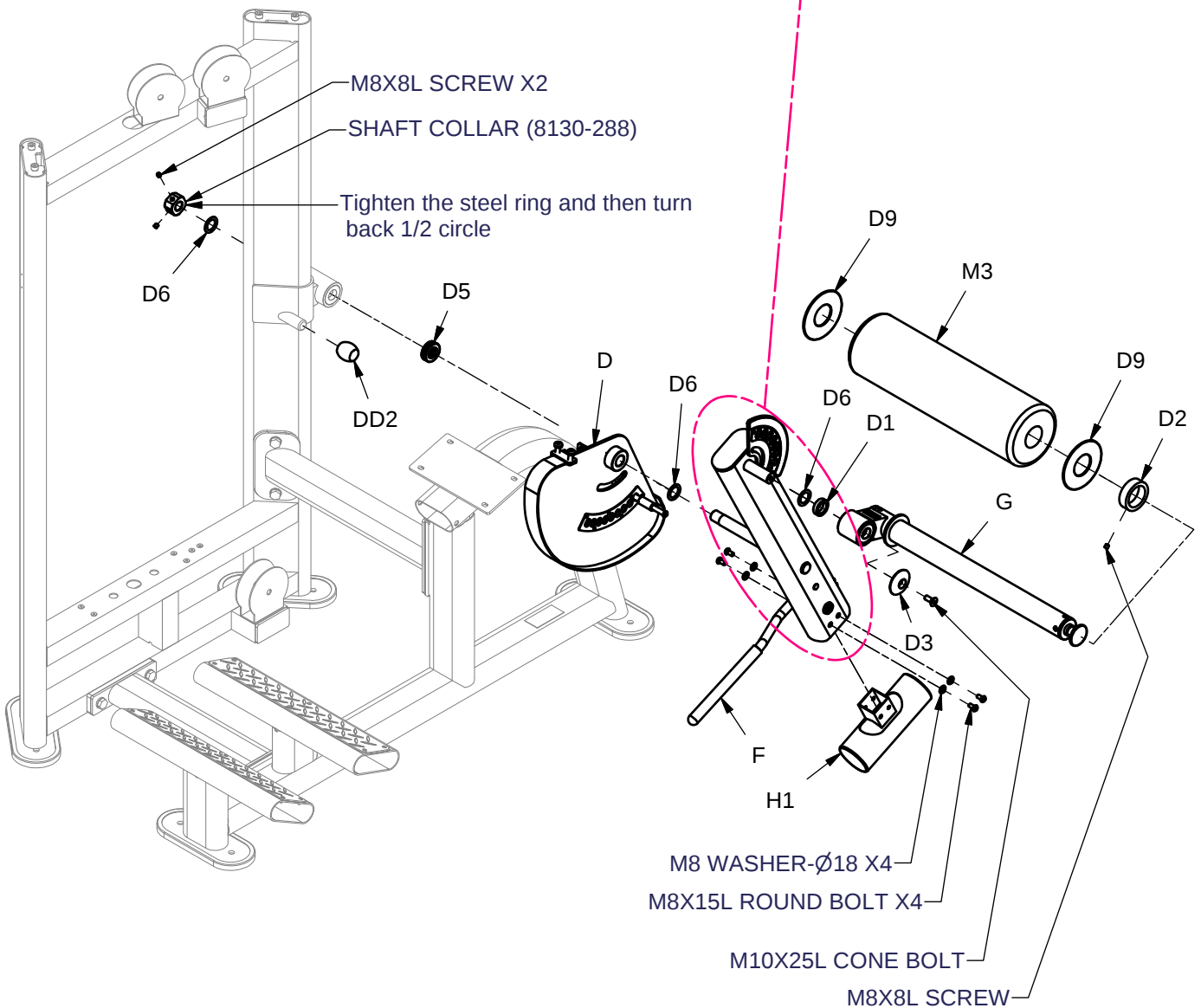
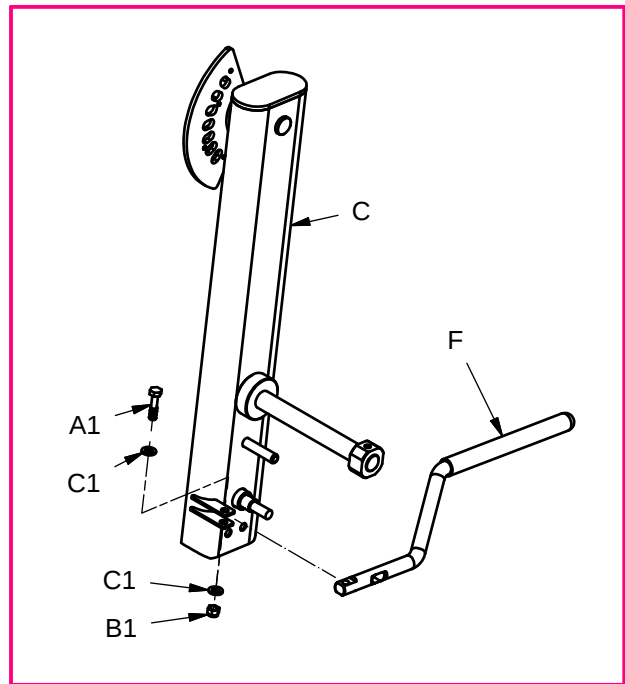
Above shows STEP 2
assembled and completed



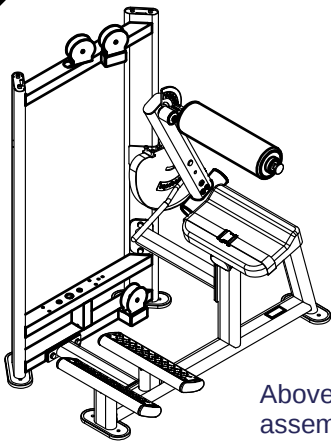
MBK1600 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed

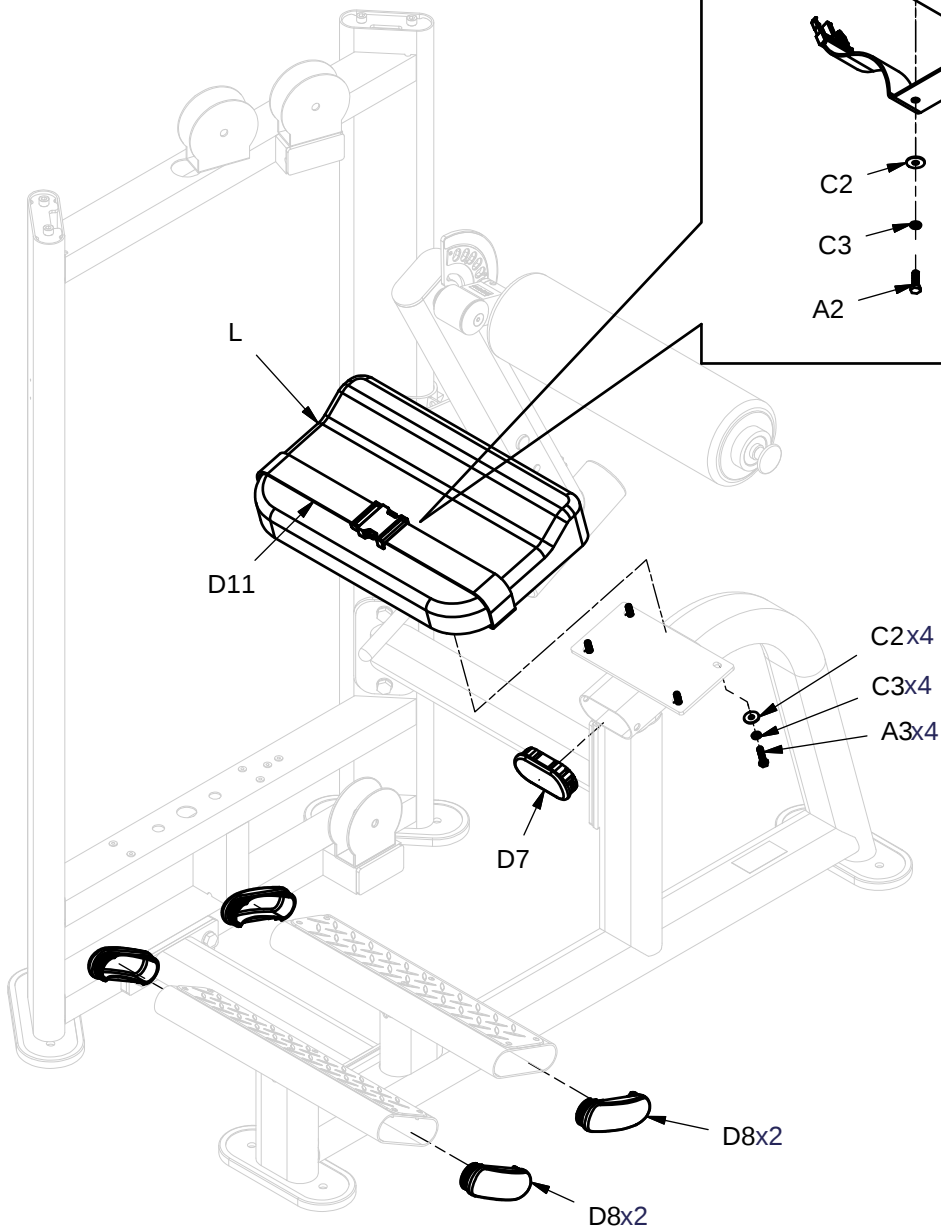


MBK1600 ASSEMBLY INSTRUCTIONS

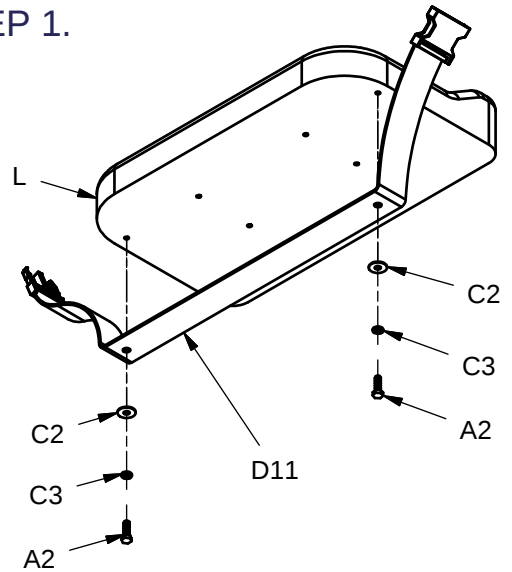


Above shows STEP 4
assembled and completed

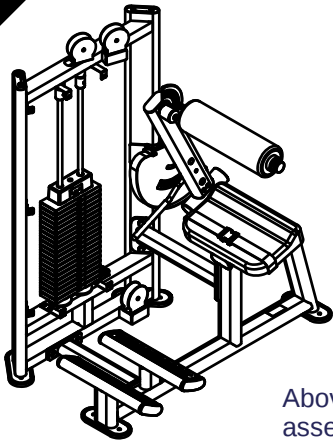
STEP 2.



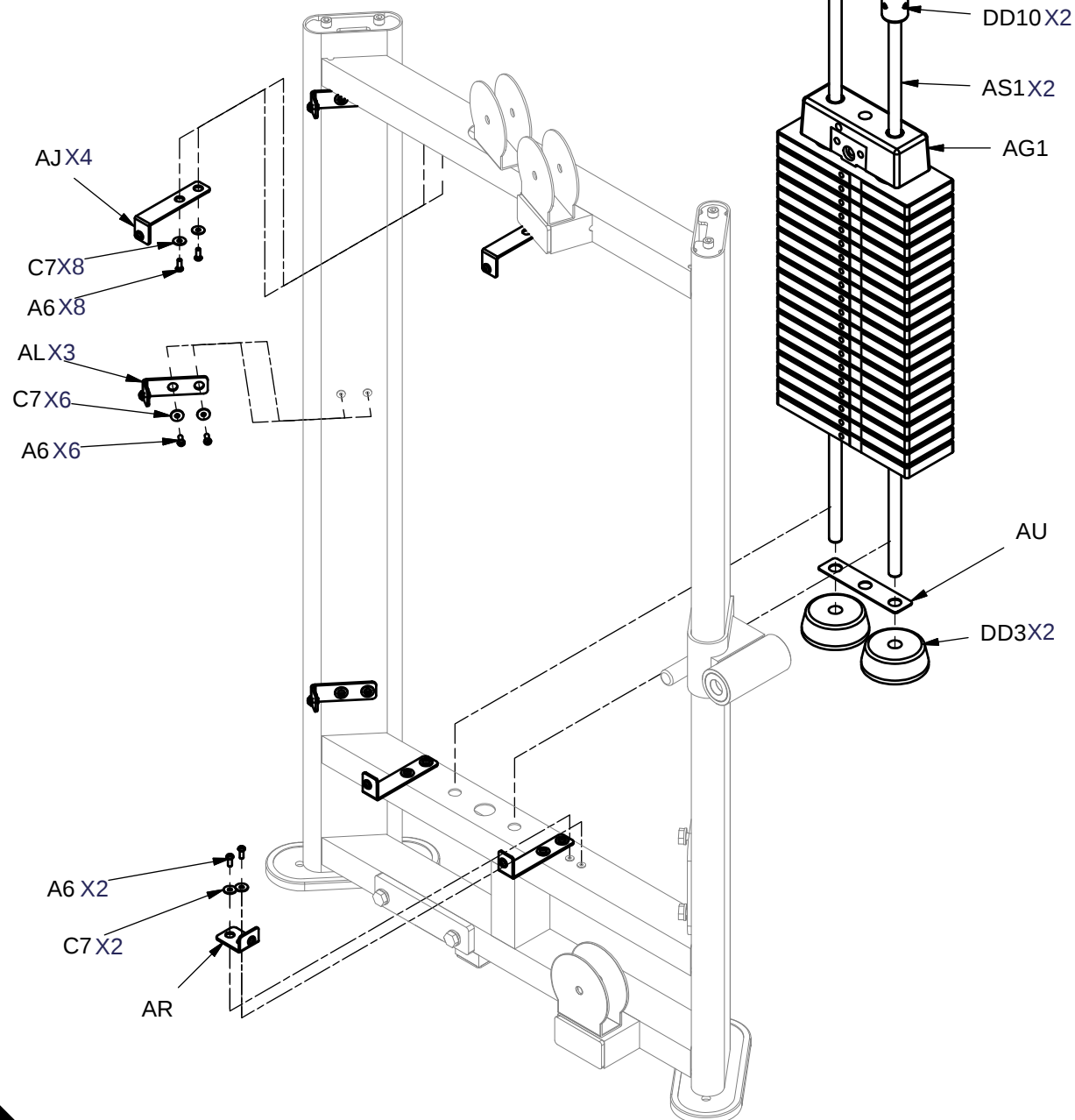
STEP 1.



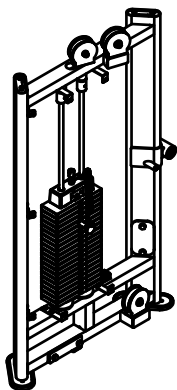
MBK1600 ASSEMBLY INSTRUCTIONS



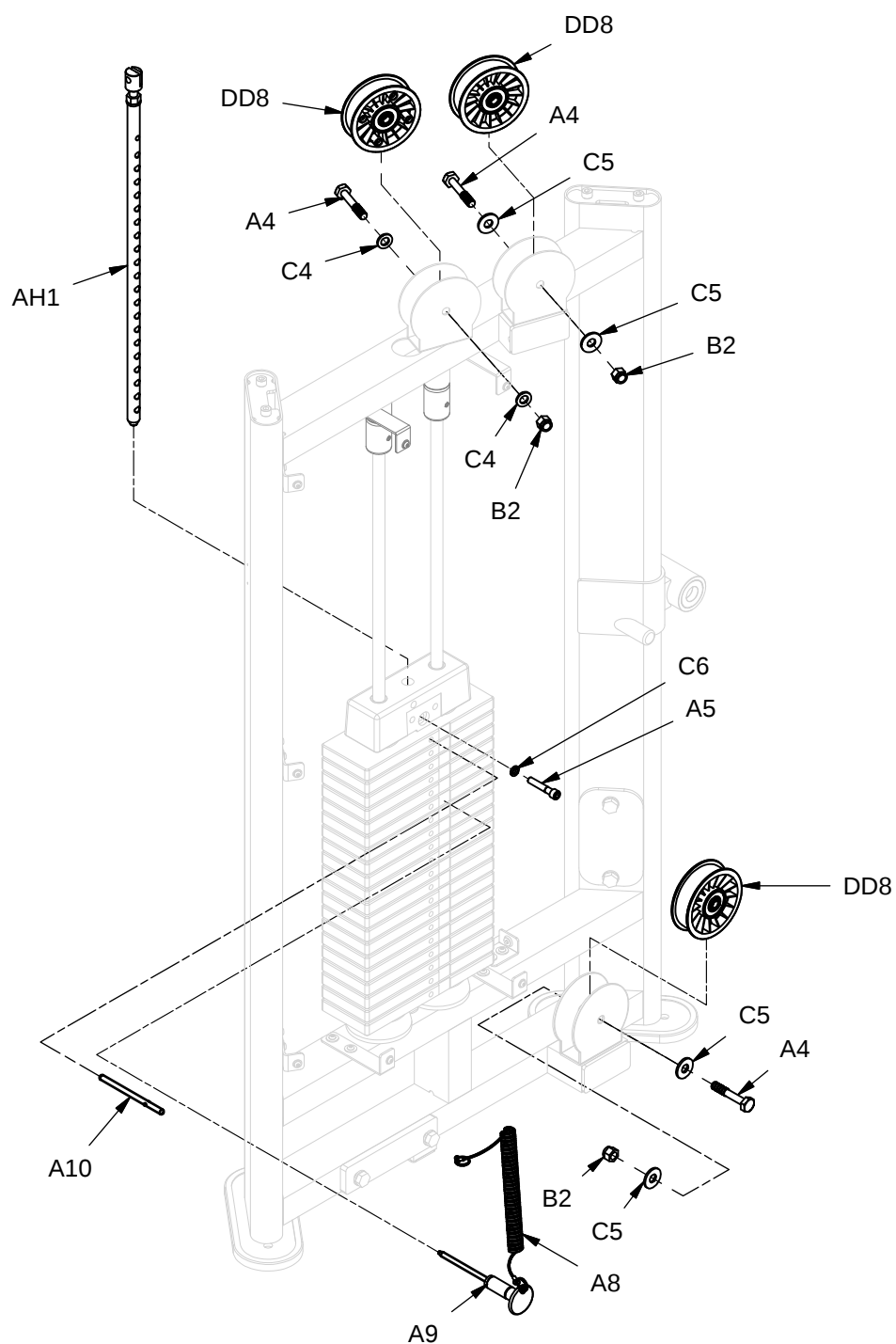
Push guide rods (AS1) to tilt one side and then install weight stacks. Once finishing the weight stack installation, pull guide rods (AS1) back and continue setup AG1→DD1



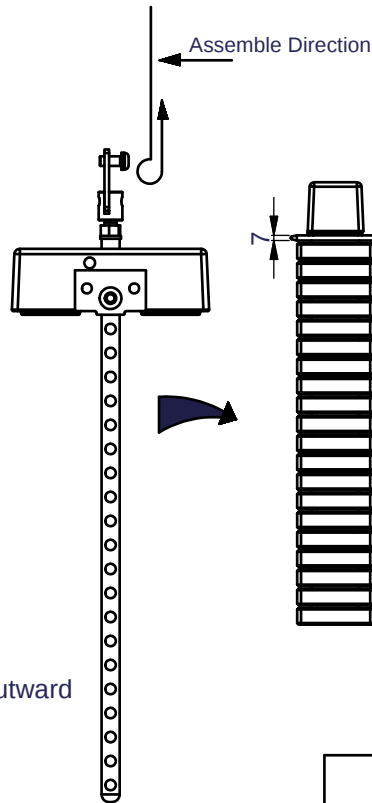
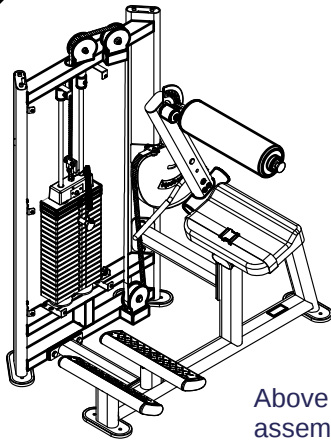
MBK1600 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed



MBK1600 ASSEMBLY INSTRUCTIONS



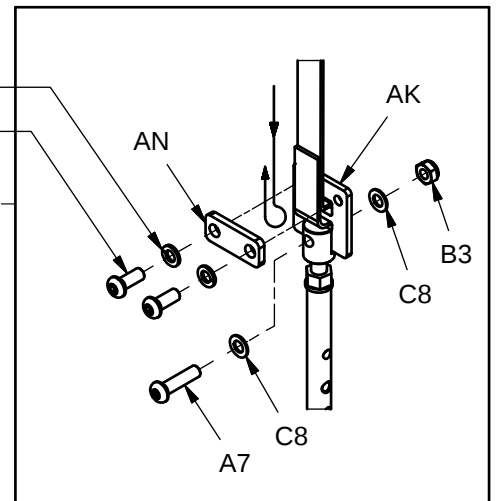
Adjust Belt Procedure:

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

The tread side should be outward

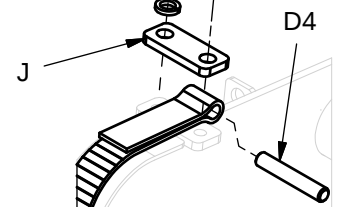
D12

M10 SPRING WASHER X2
M10X25L ROUND BOLT X2



M10X25L ROUND BOLT X2

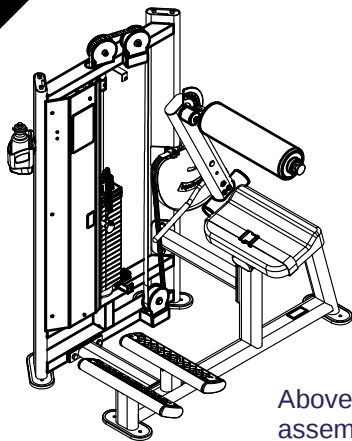
M10 SPRING WASHER X2



NOTE:

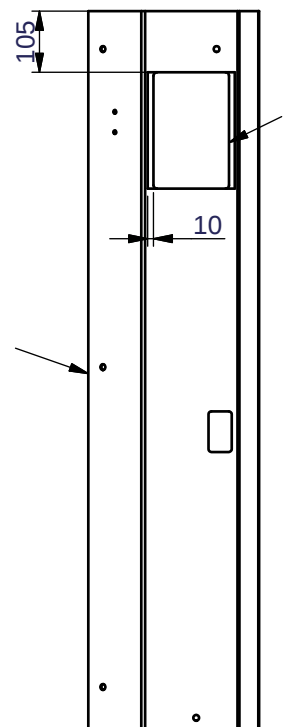
1. THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (D)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (J) DO NOT EXCEED 70 PSI

MBK1600 ASSEMBLY INSTRUCTIONS

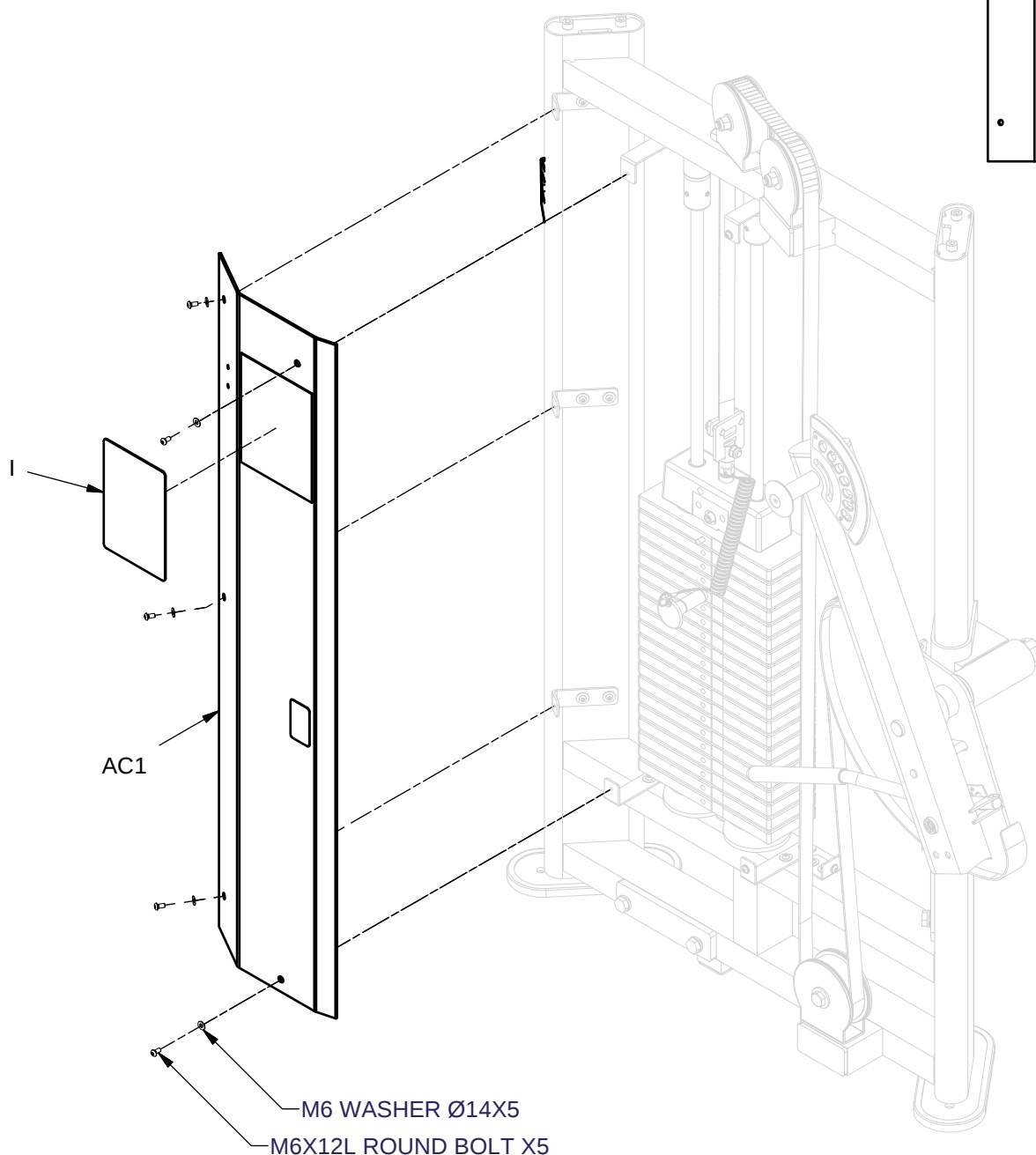


Above shows STEP 8
assembled and completed

STEP 1.



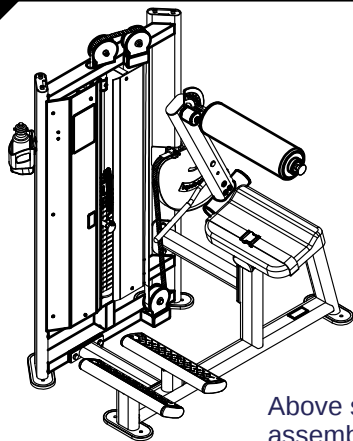
AC1



M6 WASHER Ø14X5

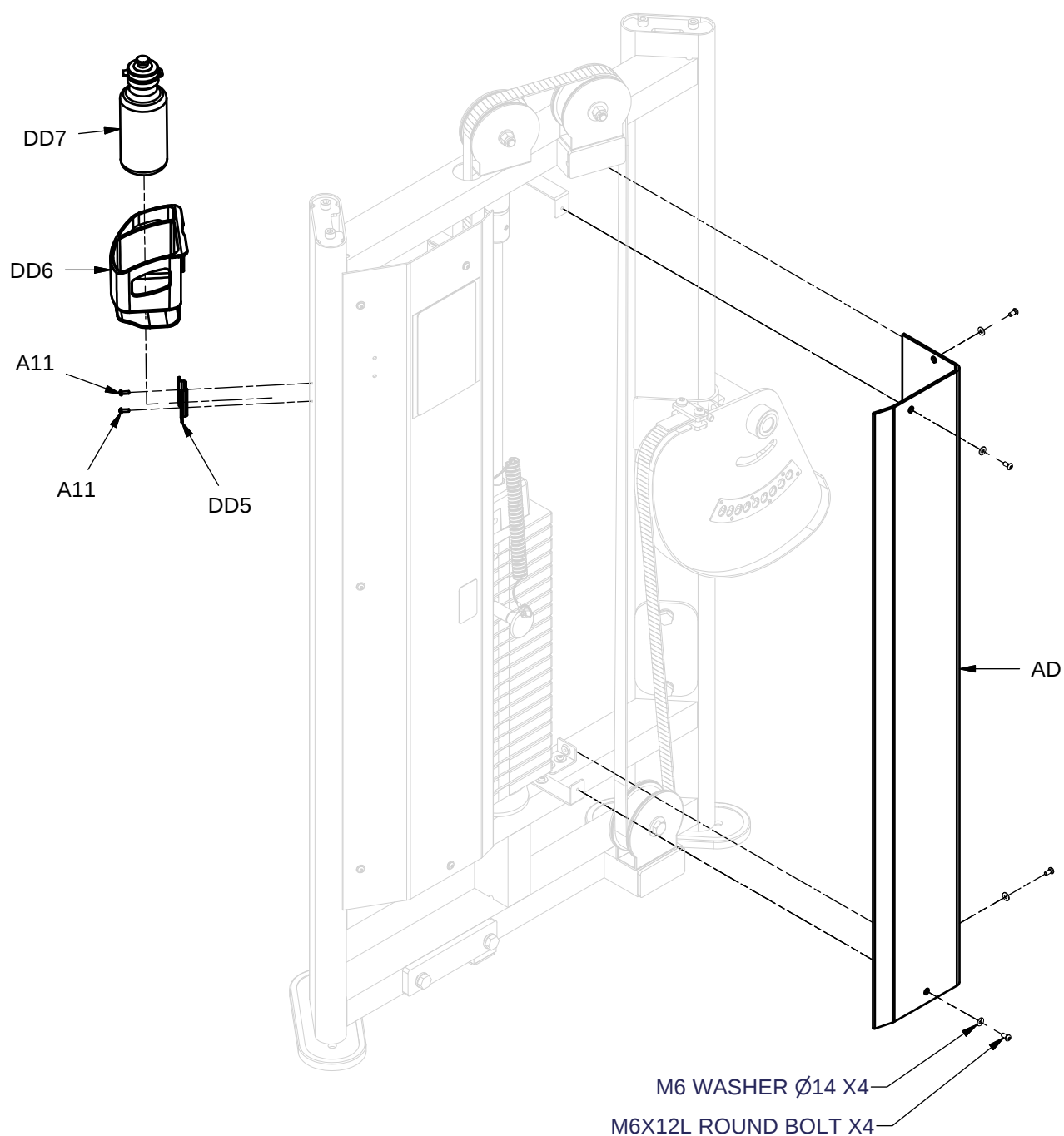
M6X12L ROUND BOLT X5

MBK1600 ASSEMBLY INSTRUCTIONS

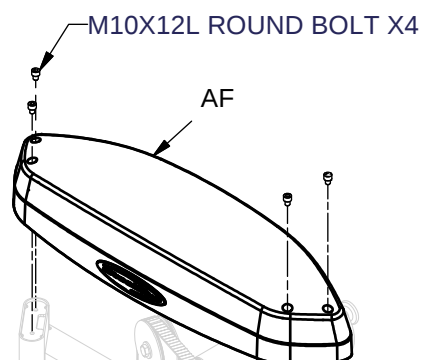
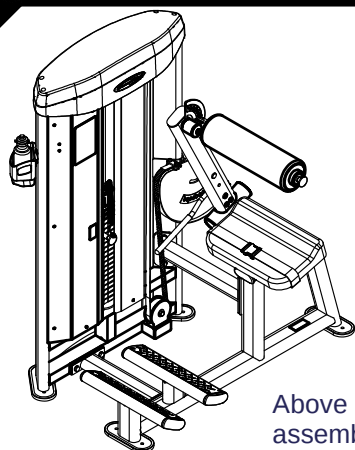


Above shows STEP 9
assembled and completed

STEP 2.

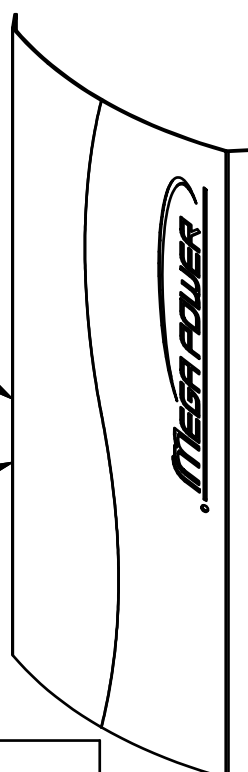


MBK1600 ASSEMBLY INSTRUCTIONS

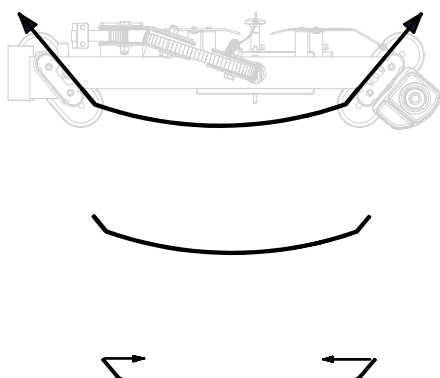


EXTRUDING

AE



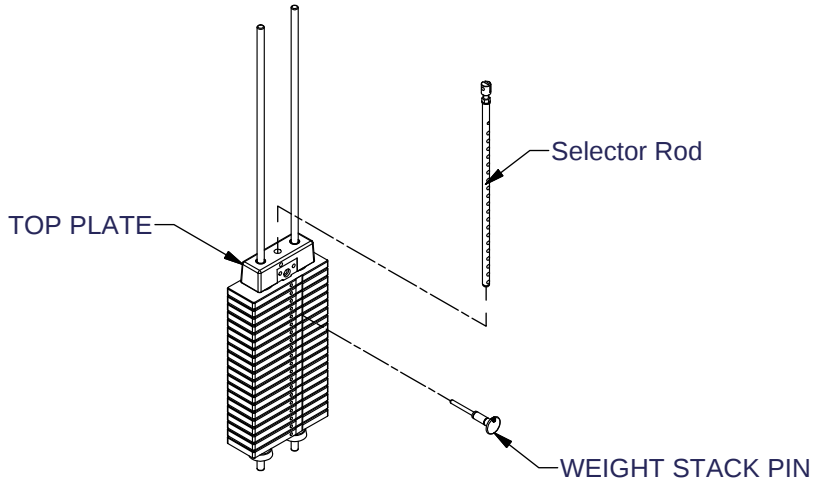
EXTRUDING



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.

Guide on Selector Rod Adjustment

STEP 1

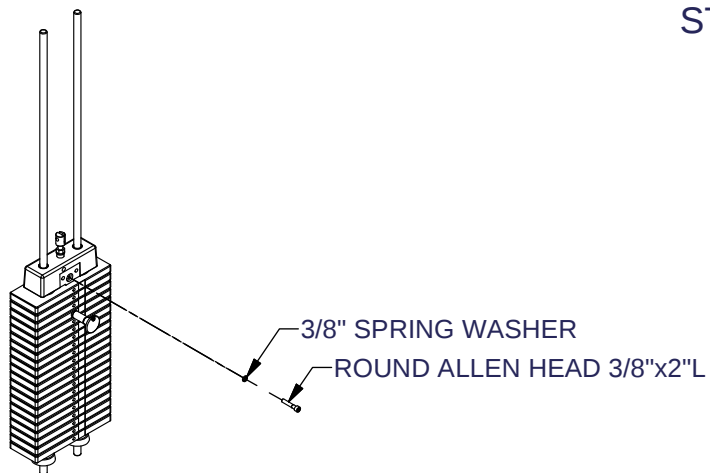


Step 1

Place Selector Rod into Top Plate.

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

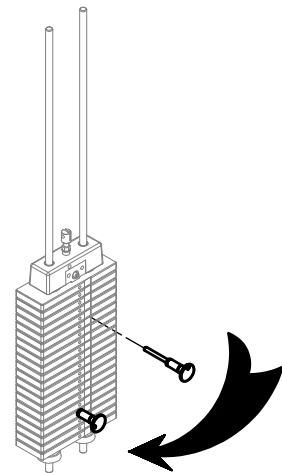
STEP 2



Step 2

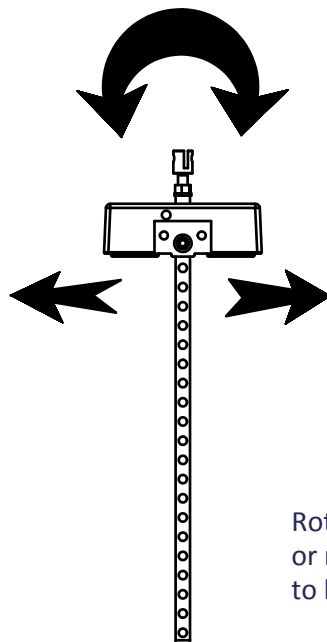
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

STEP 3



Step 3

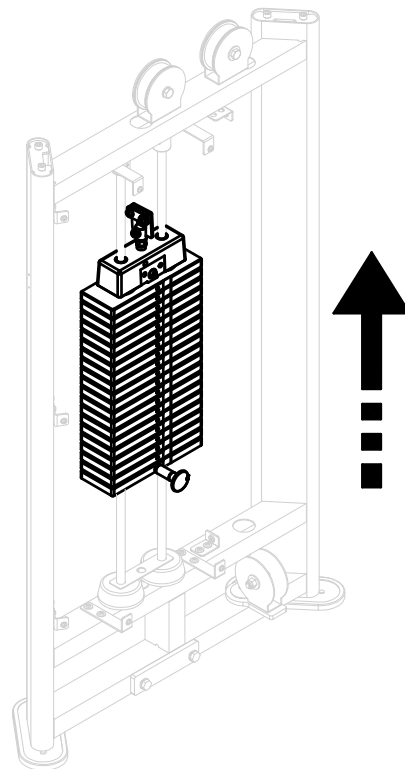
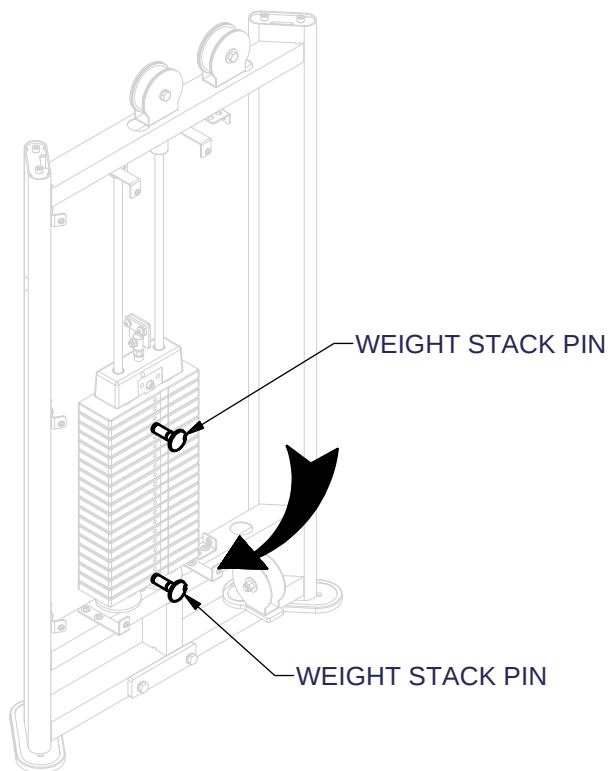
Place the selector pin to each weight plate (5,10,15,20...) to check the smoothness.



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

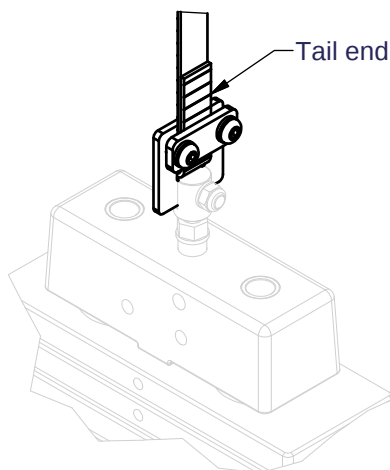
ASSEMBLY INSTRUCTIONS

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.

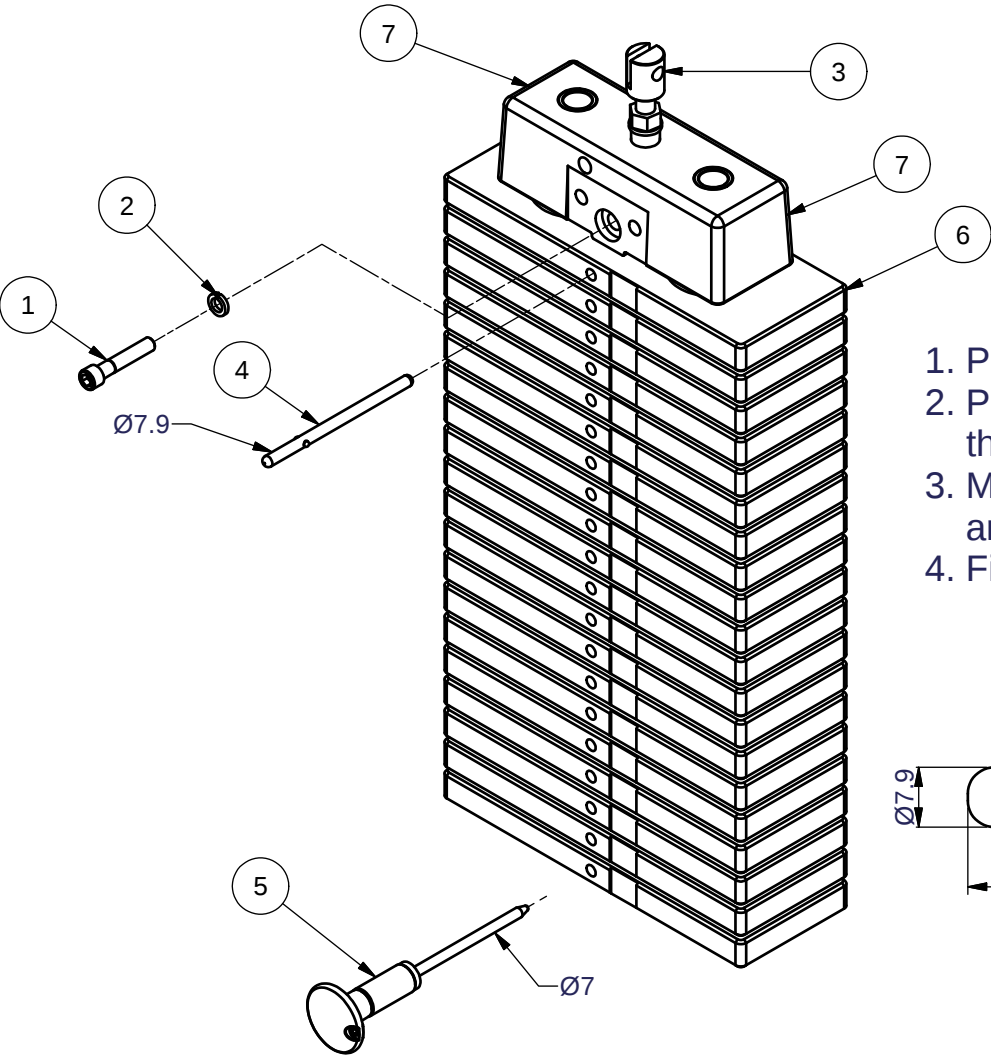
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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.)

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.

