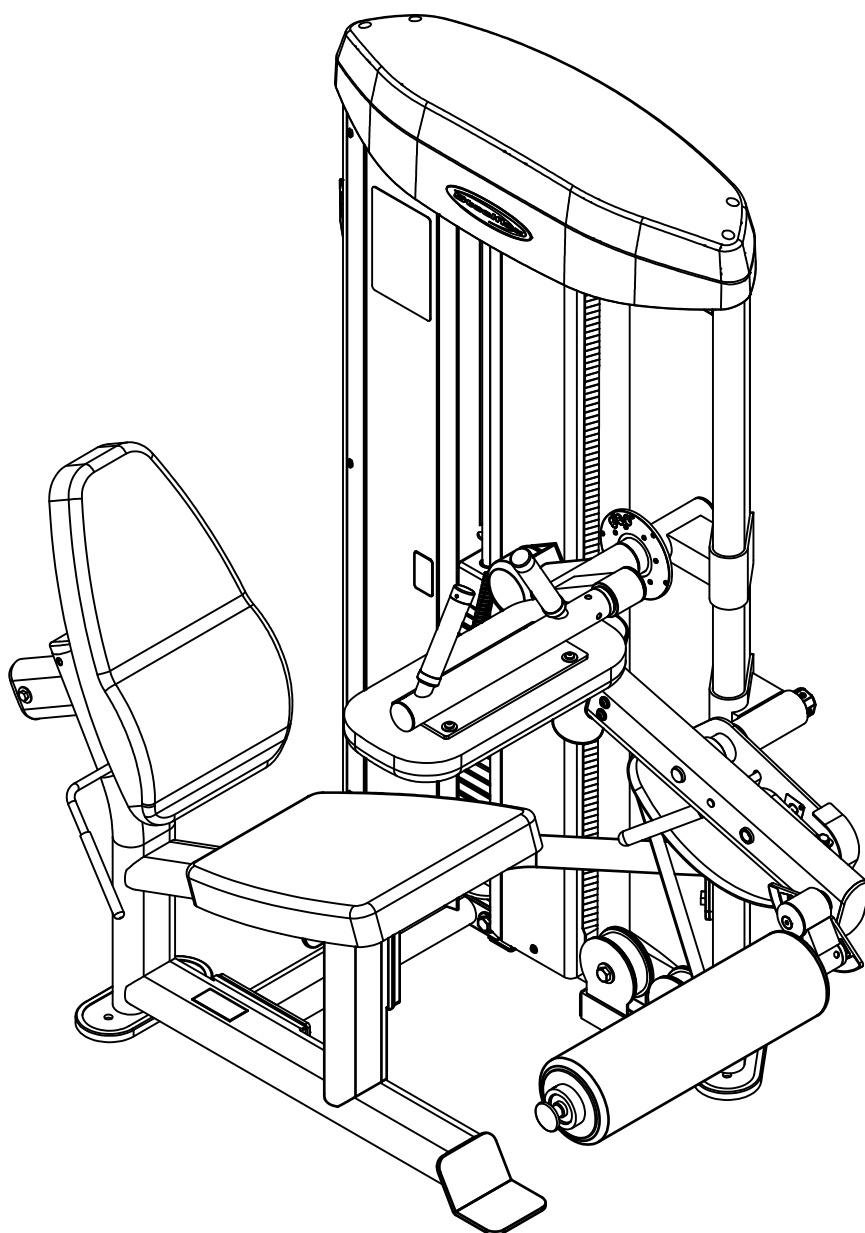


MEGA POWER



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

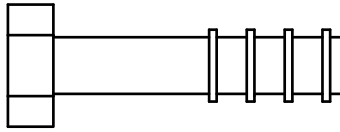
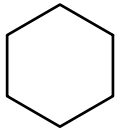
Fax: 886-2-27229750

www.steelflexfitness.com

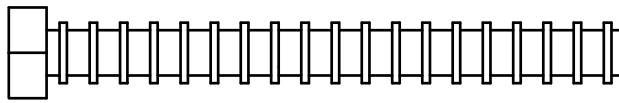
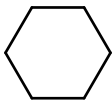
MLC-400.4 OWNER'S MANUAL

MLC400 ASSEMBLY INSTRUCTIONS

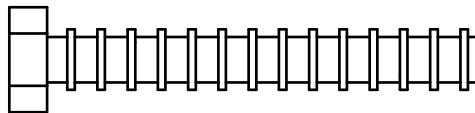
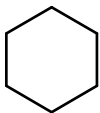
HARDWARE ILLUSTRATION



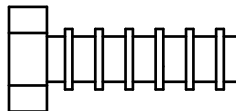
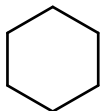
(A1)HEX BOLT 3/8"X1-1/2"L PARTIAL THREAD QTY.1



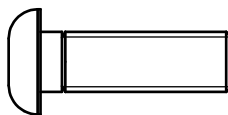
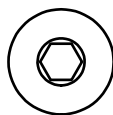
(A2)HEX BOLT 5/16"X3"L PARTIAL THREAD QTY.1



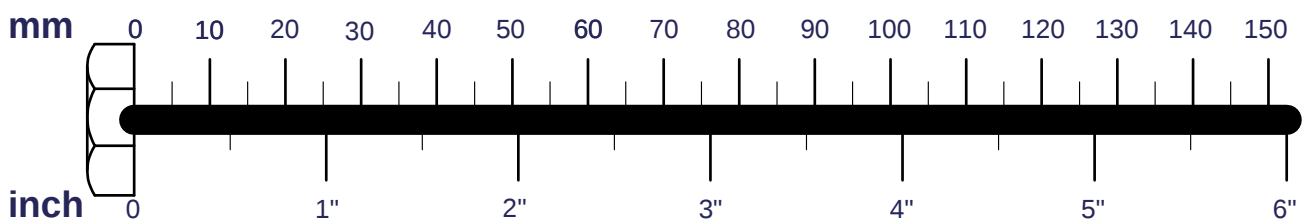
(A3)HEX BOLT 5/16"X2-1/4"L PARTIAL THREAD QTY.1



(A4)HEX BOLT 5/16"X1"L PARTIAL THREAD QTY.4

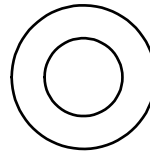
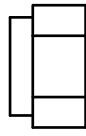
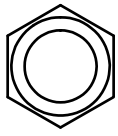


(A5)ROUND INNER HEX SCREW 5/16"X1"L PARTIAL THREAD QTY.6



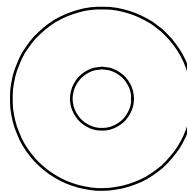
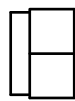
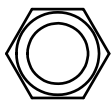
MLC400 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION



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

(C1)3/8"(I.D.)FLAT WASHER Ø19 QTY.2

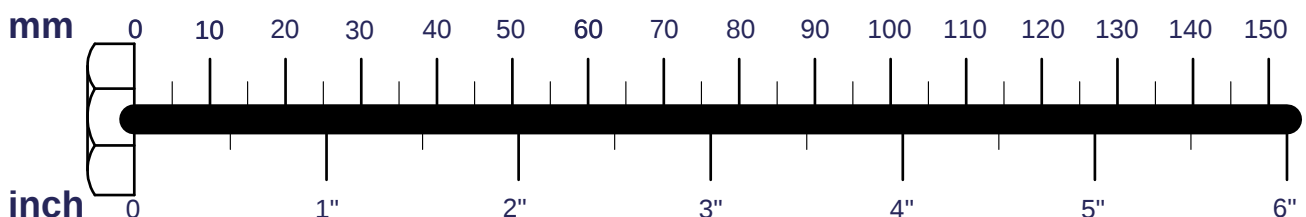


(B2)NYLON LOCK NUT 5/16" QTY.1

(C2)5/16"(I.D.)FLAT WASHER Ø24 QTY.13

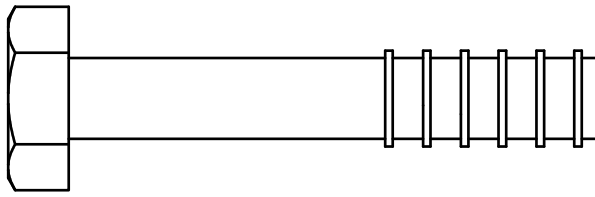
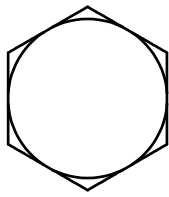


(C3)SPRING WASHER 5/16" QTY.11

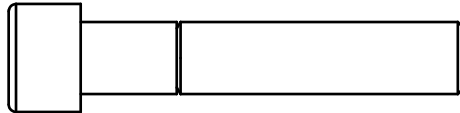
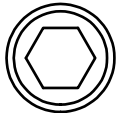


MLC400 ASSEMBLY INSTRUCTIONS

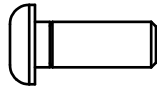
FRAME HARDWARE ILLUSTRATION



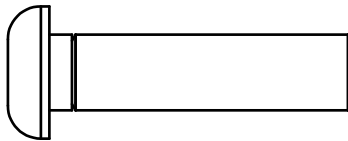
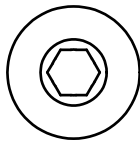
(AA1)HEX BOLT 1/2"X2-3/4"L PARTIAL QTY.4



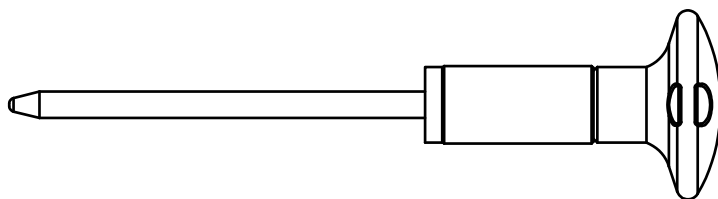
(AA2)ROUND INNER HEX SCREW 3/8"X2"L PARTIAL QTY.1



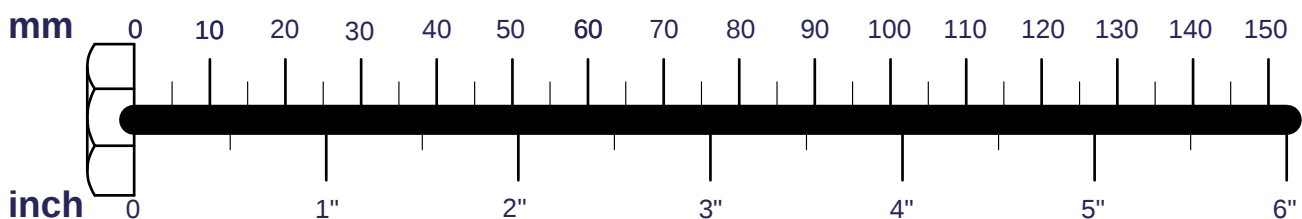
(AA3)ROUND INNER HEX SCREW M6X16L PARTIAL THREAD QTY.16



(AA4)ROUND INNER HEX SCREW M10X40L PARTIAL THREAD QTY.1

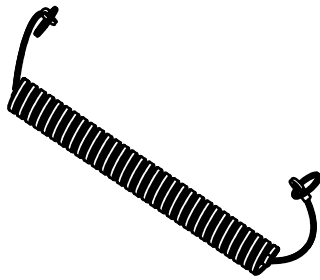


(AA5)10 、 15 、 20LB PIN(8250-162) QTY.1

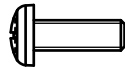


MLC400 ASSEMBLY INSTRUCTIONS

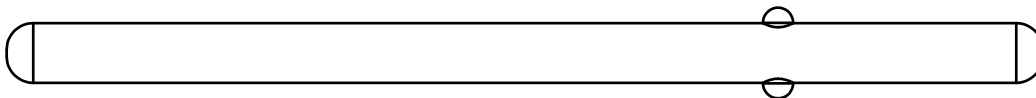
FRAME HARDWARE ILLUSTRATION



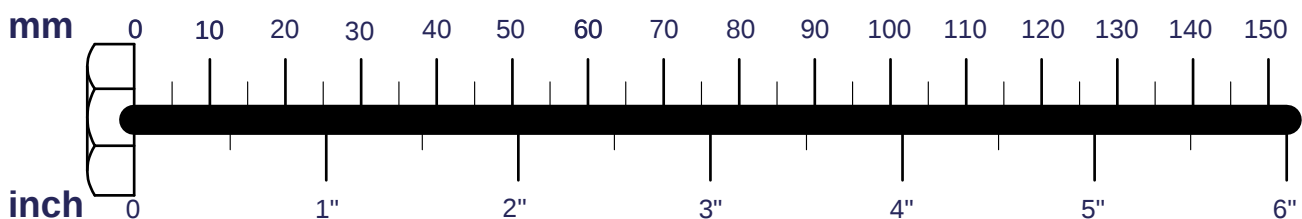
(AA6)ELASTIC BELT (F920003) QTY.1



(AA7)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

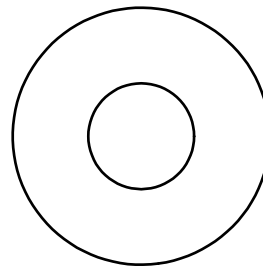
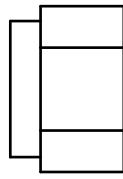
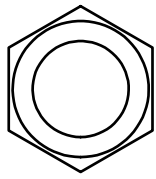


(AA8)Ø7.9 PIN(8250-166) QTY.1



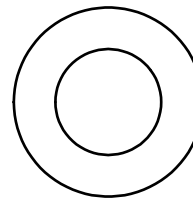
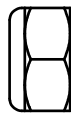
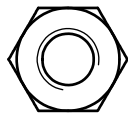
MLC400 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION



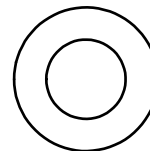
(BB1)NYLON LOCK NUT 1/2" QTY.4

(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.6

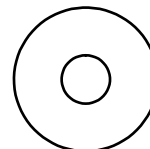


(BB2)NYLON LOCK NUT M10 QTY.1

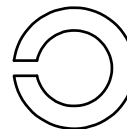
(CC2)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



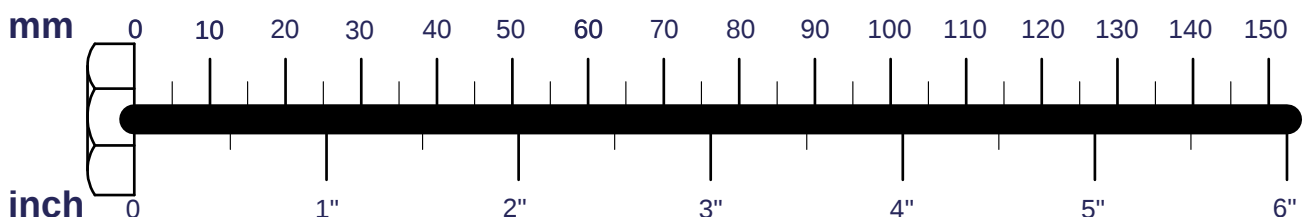
(CC3)M10(I.D.)FLAT WASHER Ø19 QTY.2



(CC4)M6(I.D.)FLAT WASHER Ø19 QTY.16



(CC5)3/8"(I.D.)FLAT WASHER Ø19 QTY.1

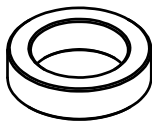


MLC400 ASSEMBLY INSTRUCTIONS

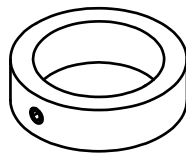
HARDWARE ILLUSTRATION

D1.Ø38XØ25.8X10L STEEL BUSHING(8120-071)-----	[1PCS]
D2.Ø70X52X20L STEEL BUSHING(8130-065)-----	[1PCS]
D3.Ø60 CAP COVER(8130-231)-----	[3PCS]
D4.Ø10X60L SHAFT(8210-156)-----	[1PCS]
D5.ROLLER BEARING(8510-008)-----	[1PCS]
D6.Ø38X26X1.5t CU WASHER(8520-008)-----	[5PCS]
D7.58X116X2.5tX30H END CAP(9211-189)-----	[1PCS]
D8.Ø120XØ51X3t NYLON WASHER(9214-039)-----	[2PCS]
D9.50X100X1.5t END CAP(9261-060)-----	[1PCS]
D11.108X15tX263L RUBBER PAD(9310-075)-----	[1PCS]
D12.3600mm BELT (FMLC400A1)-----	[1PCS]

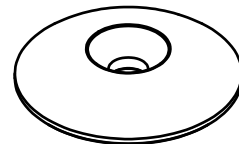
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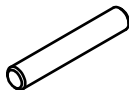
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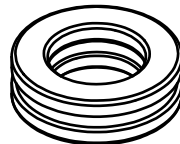
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D4.



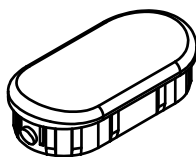
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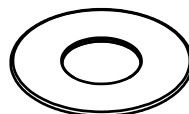
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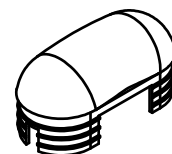
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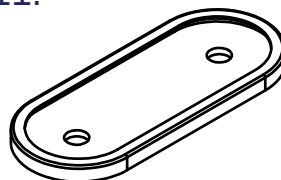
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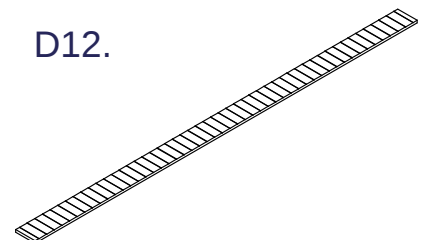
D9.



D11.



D12.



MLC400 ASSEMBLY INSTRUCTIONS

FARME HARDWARE ILLUSTRATION

DD1.Ø60 CAP COVER(8130-231)-----	[1PCS]
DD2.Ø3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
DD3.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
DD4.108X14.5tX263L RUBBER PAD(9310-075)-----	[2PCS]
DD5.Ø115X50L PULLEY(9213-042B)-----	[4PCS]
DD7.BOTTLE BRACKET BOARD(8388-025)-----	[1PCS]
DD8.BOTTLE RACK(9260-320)-----	[1PCS]
DD9.BOTTLE(9260-123)-----	[1PCS]
DD12.Ø1" RUBBER PAD (9212-019)-----	[1PCS]
DD13.TOP PLATE(8400-033)-----	[1PCS]
DD14.Ø3/4" SHAFT COLLAR(9211-167)-----	[2PCS]
DD15.WEIGHT SELECTOR BAR(8210-216C)-----	[1PCS]

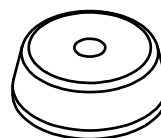
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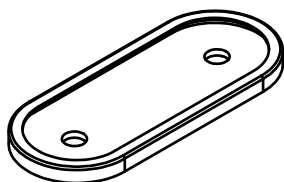
DD2.



DD3.



DD4.



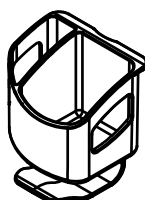
DD5.



DD7.



DD8.



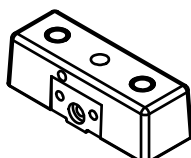
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DD12.



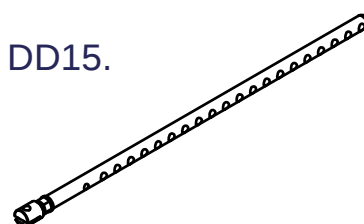
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DD14.



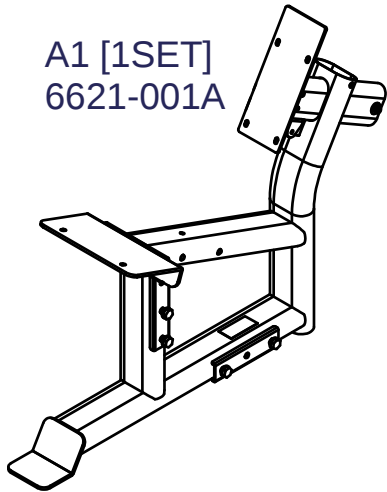
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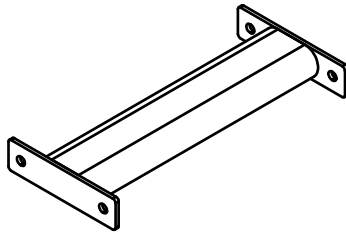
MLC400 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

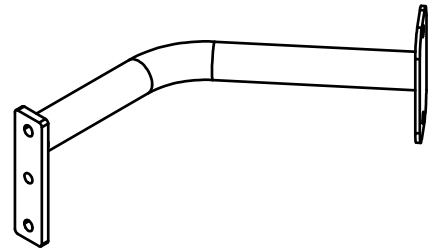
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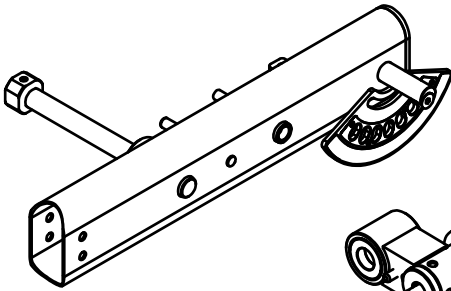
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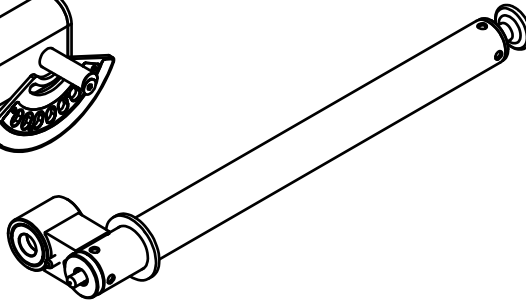
C1 [1SET]
6630-003A



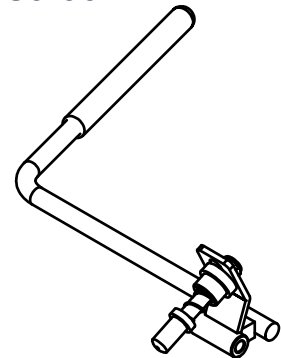
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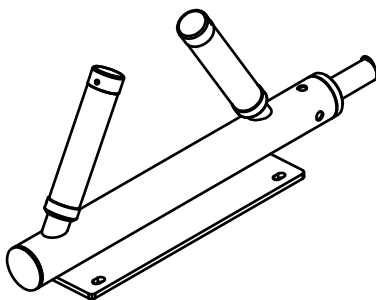
E [1SET]
6670-001



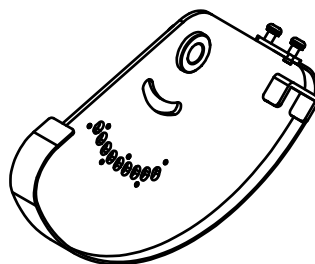
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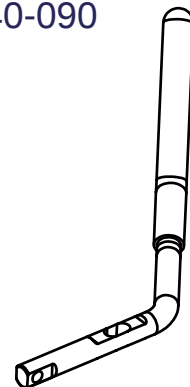
G [1SET]
6680-012



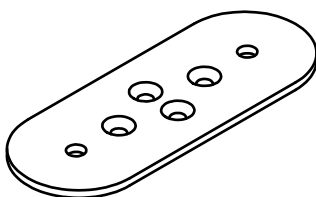
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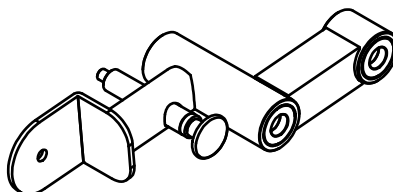
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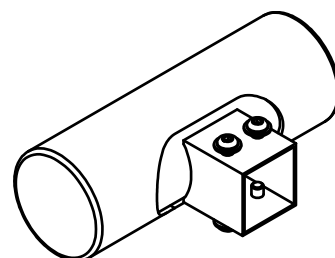
J [1PCS]
8313-144



K1[1SET]
6680-003A



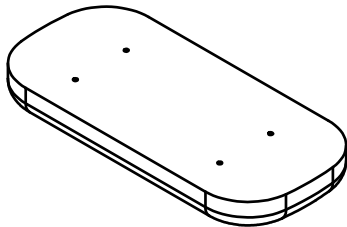
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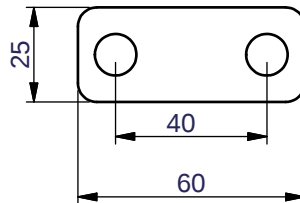
MLC400 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

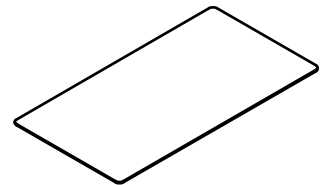
M [1SET]
9121-080



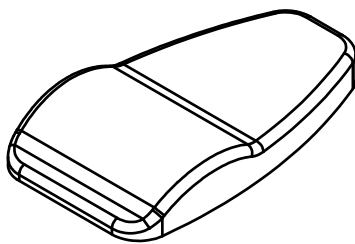
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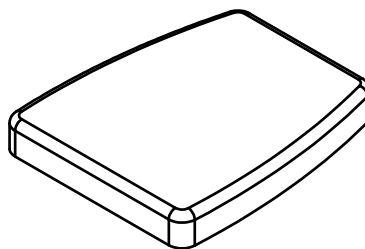
O1 [1PCS]
9420-100



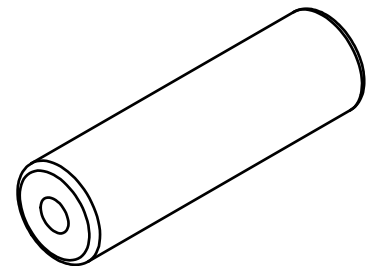
P [1SET]
9111-068



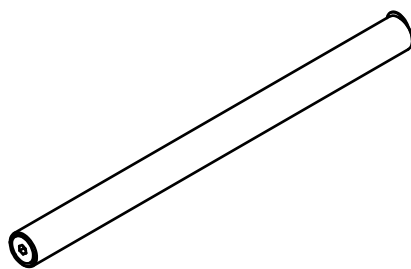
Q [1SET]
9121-068



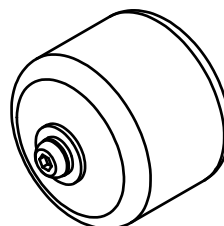
R3 [1SET]
9161-079



S [1SET]
8220-180



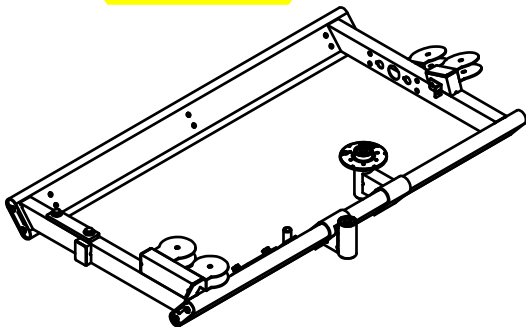
T [1SET]
280273



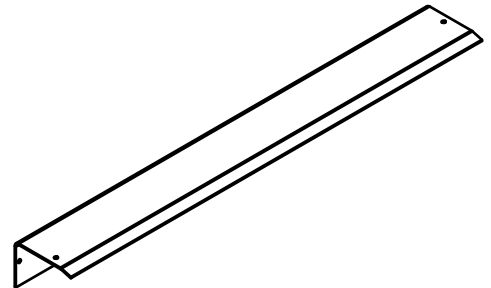
MLC400 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

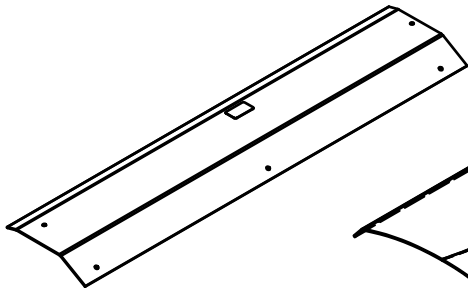
AA2 [1SET]
6610-010A



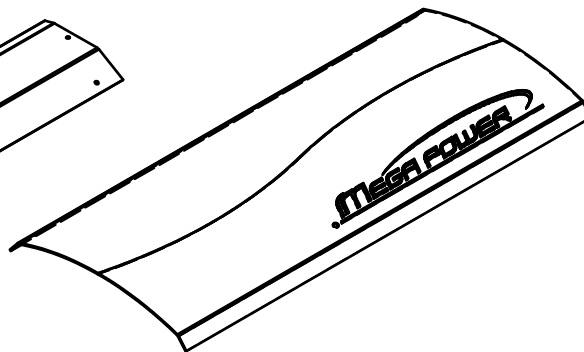
AC1 [1PCS]
9220-016



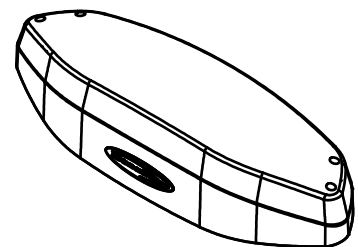
AD2 [1PCS]
9220-052



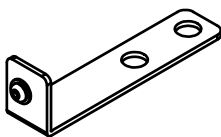
AE [1SET]
9220-023



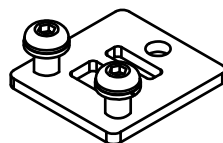
AF [1SET]
9211-148



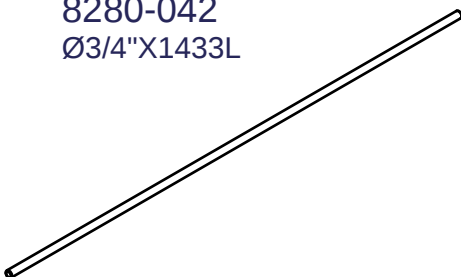
AG [4SET]
8331-057



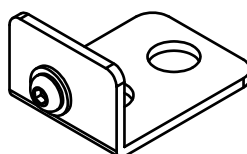
AH [1SET]
8313-169



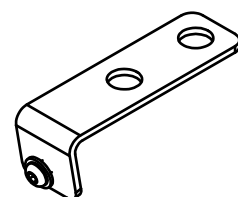
AJ2[2PCS]
8280-042
Ø3/4"X1433L



AK[1PCS]
8331-056

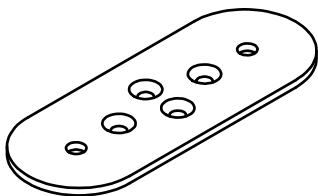


AL[3SET]
8331-058

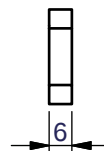
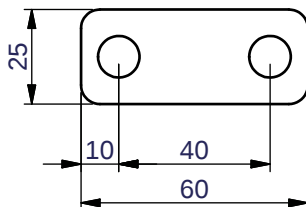


FARME PARTS ILLUSTRATION SHEET

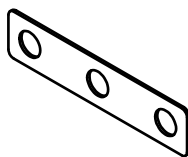
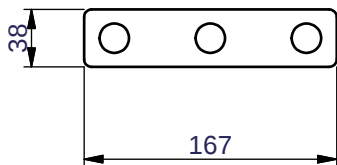
AM [2PCS]
8313-144



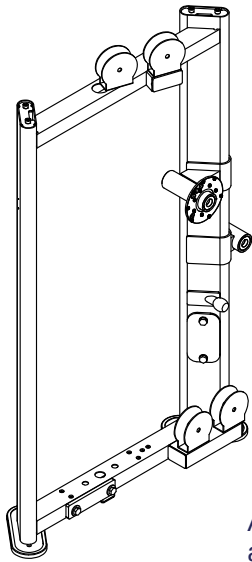
AP [1PCS]
8311-117



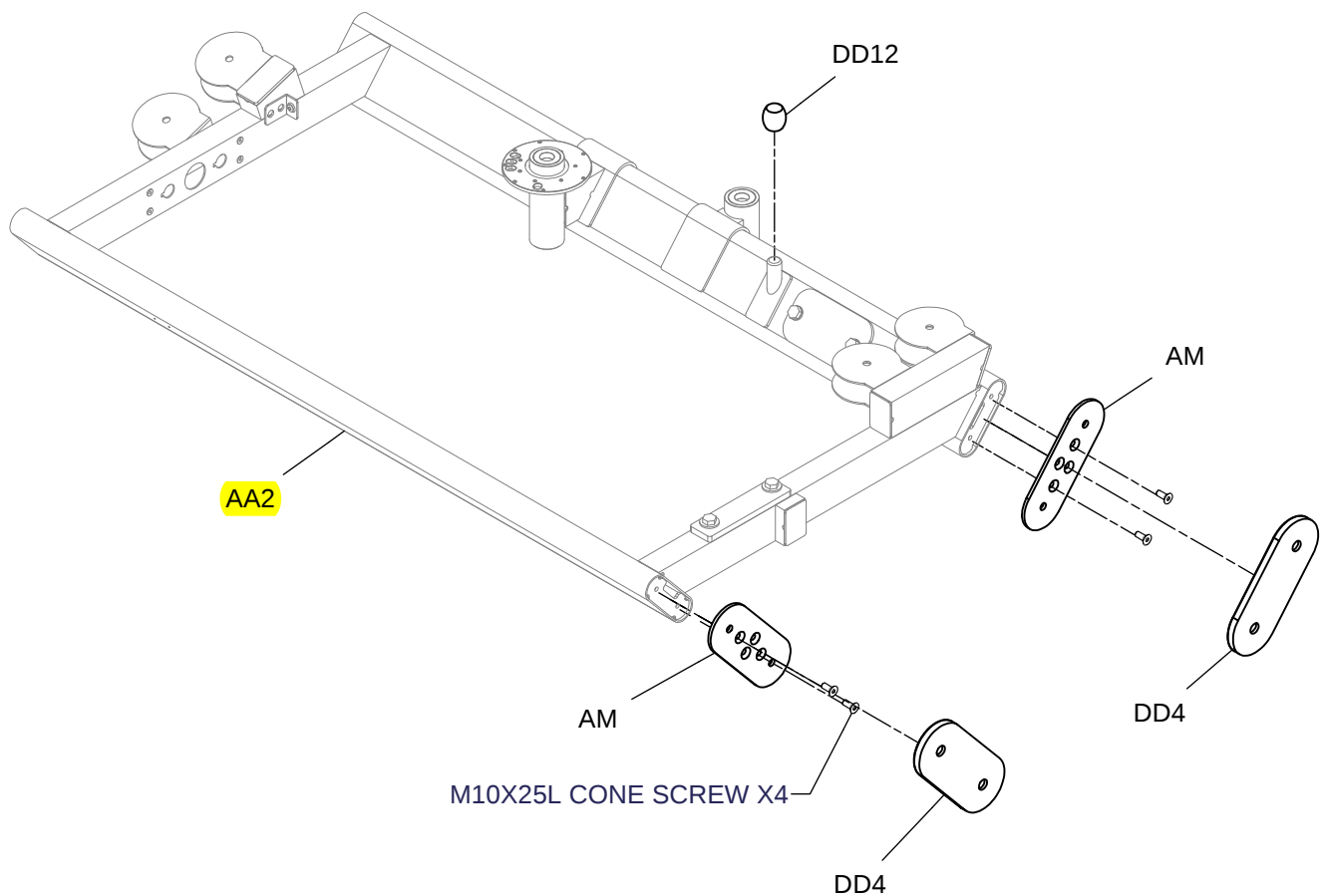
AR[1PCS]
8311-194



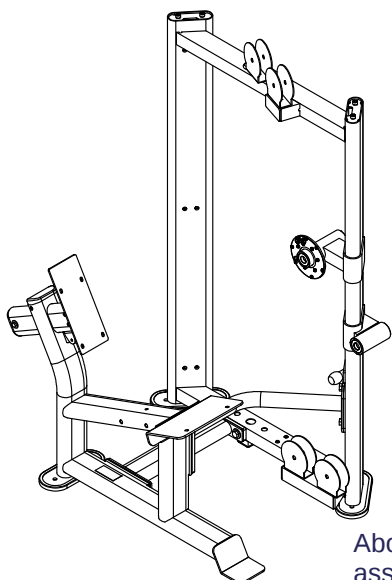
MLC400 ASSEMBLY INSTRUCTIONS



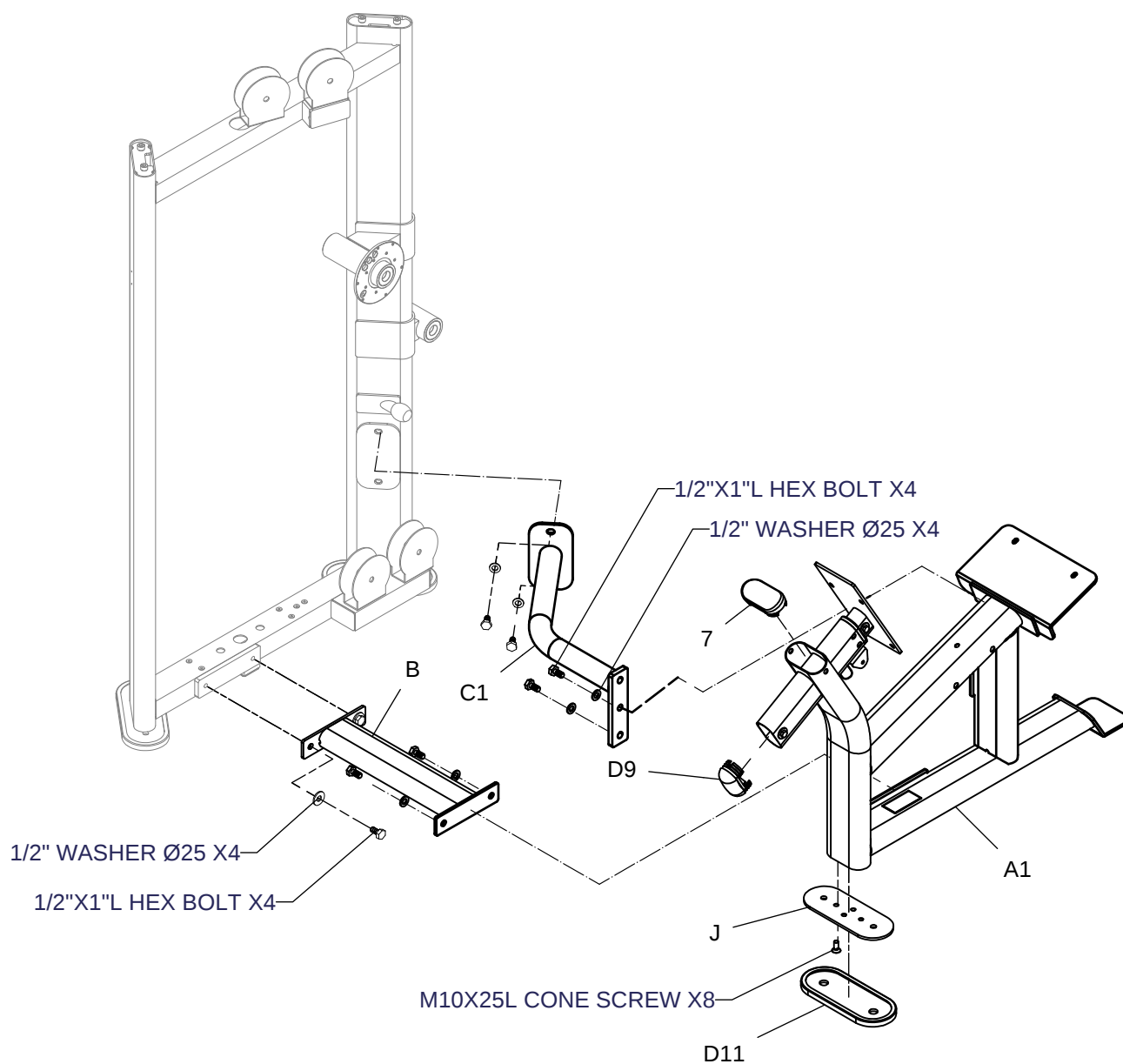
Above shows STEP 1
assembled and completed



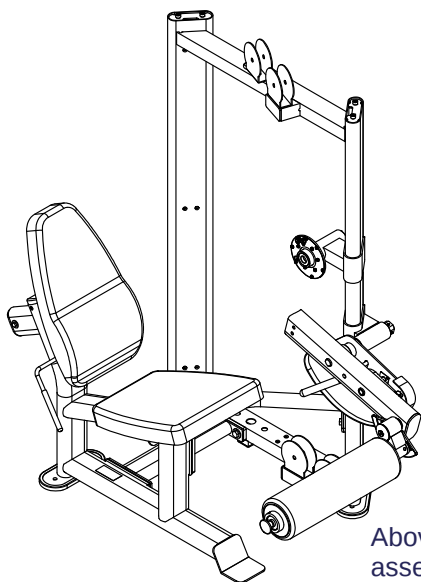
MLC400 ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed

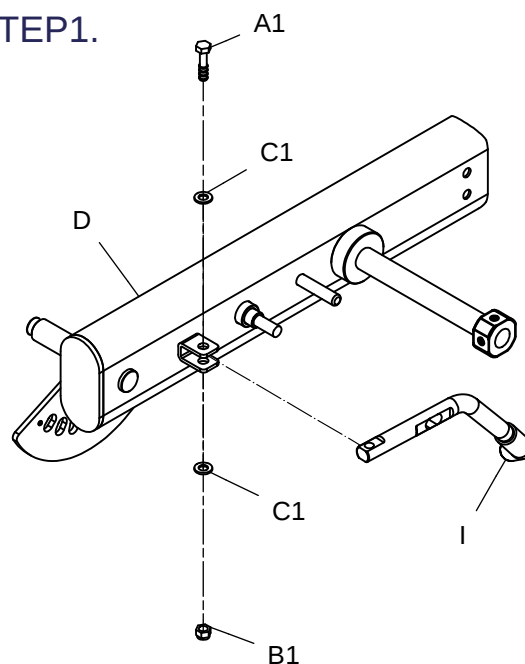


MLC400 ASSEMBLY INSTRUCTIONS

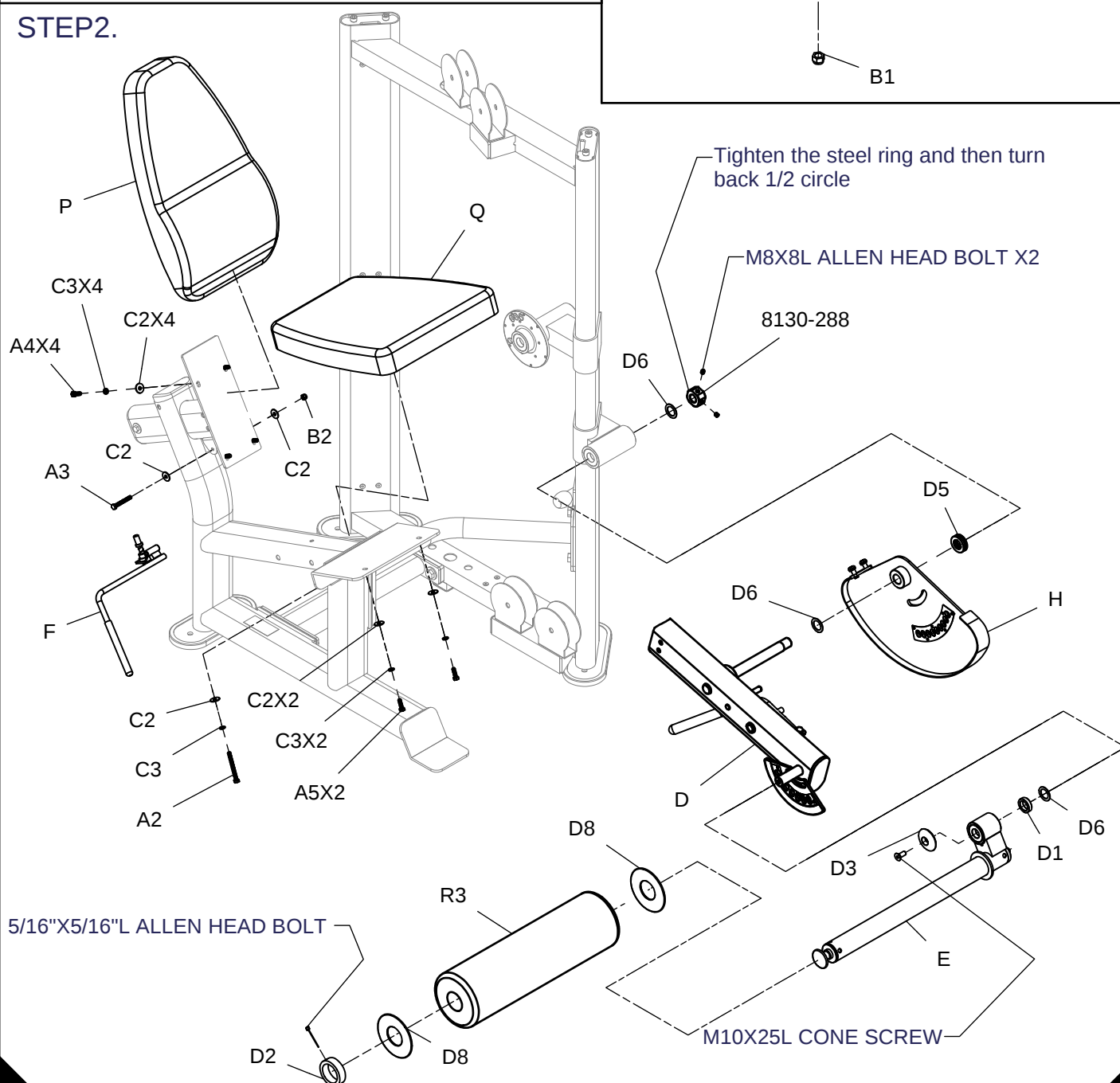


Above shows STEP 3
assembled and completed

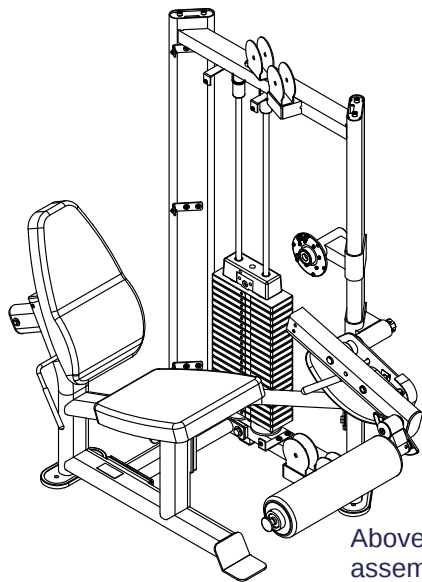
STEP1.



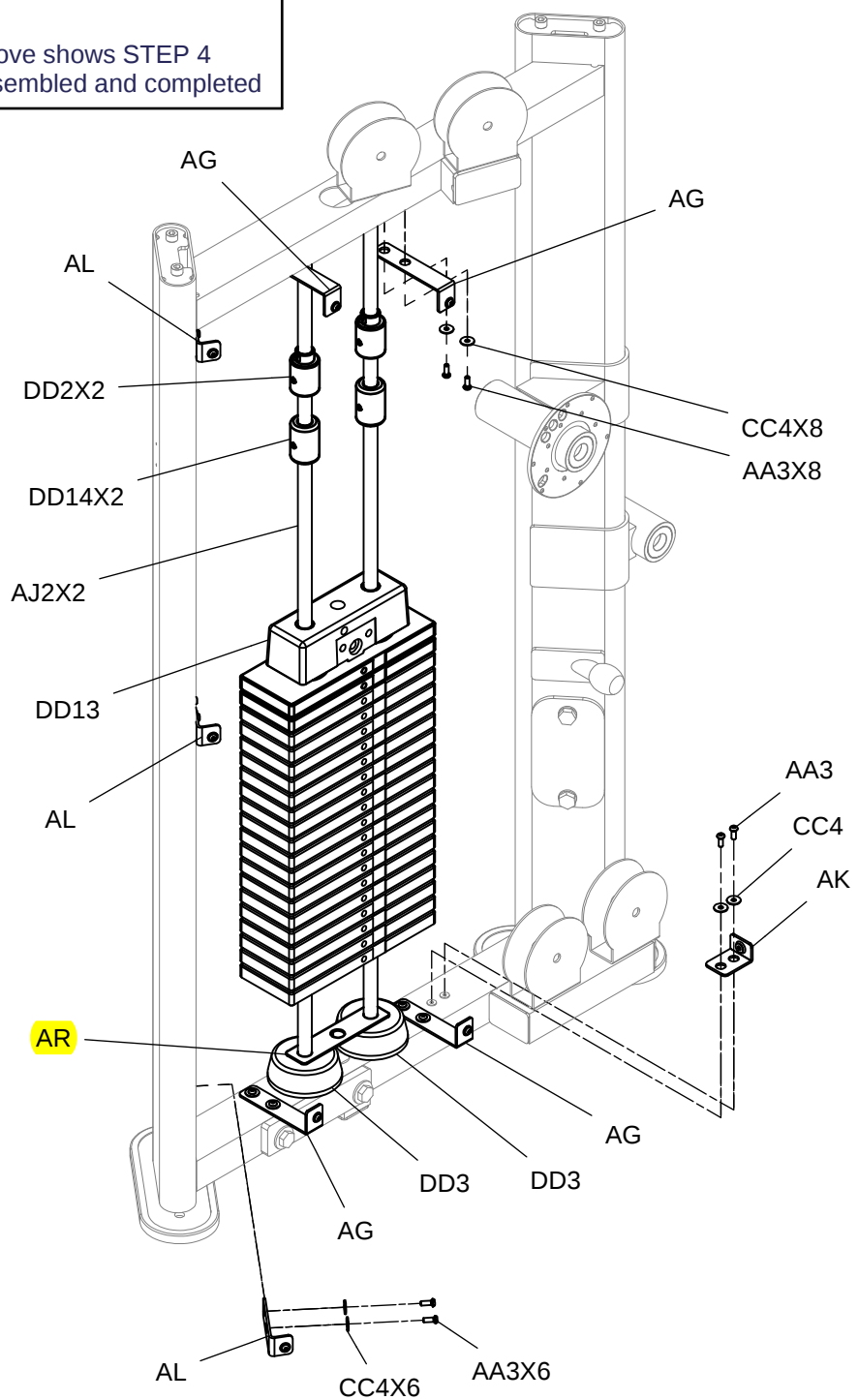
STEP2.



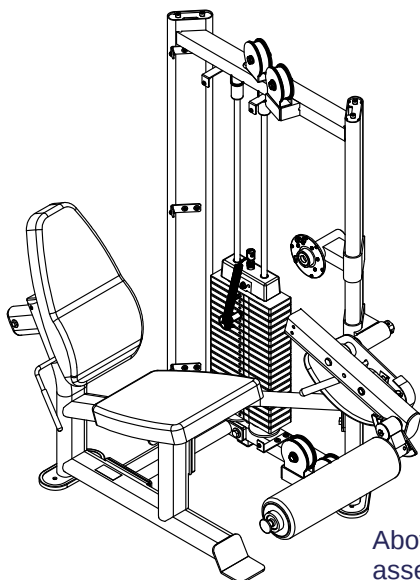
MLC400 ASSEMBLY INSTRUCTIONS



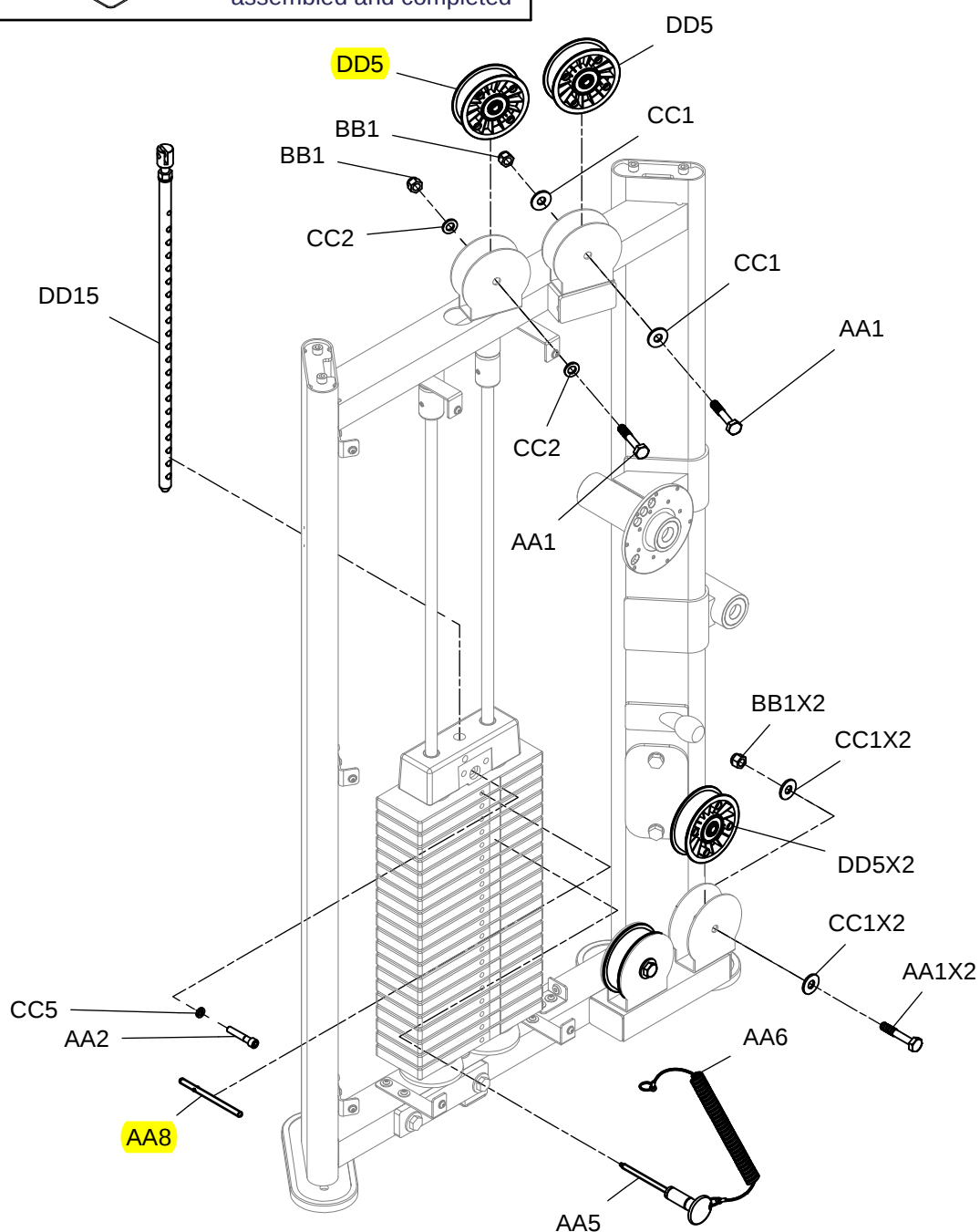
Above shows STEP 4
assembled and completed



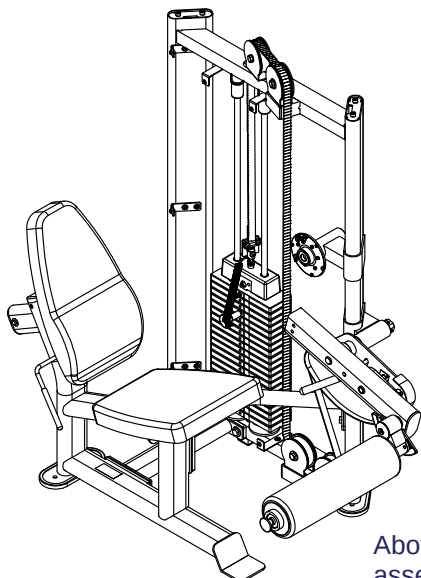
MLC400 ASSEMBLY INSTRUCTIONS



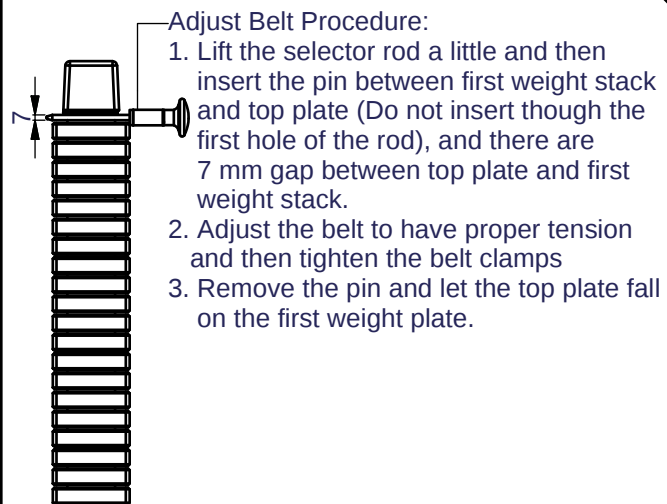
Above shows STEP 5
assembled and completed



MLC400 ASSEMBLY INSTRUCTIONS

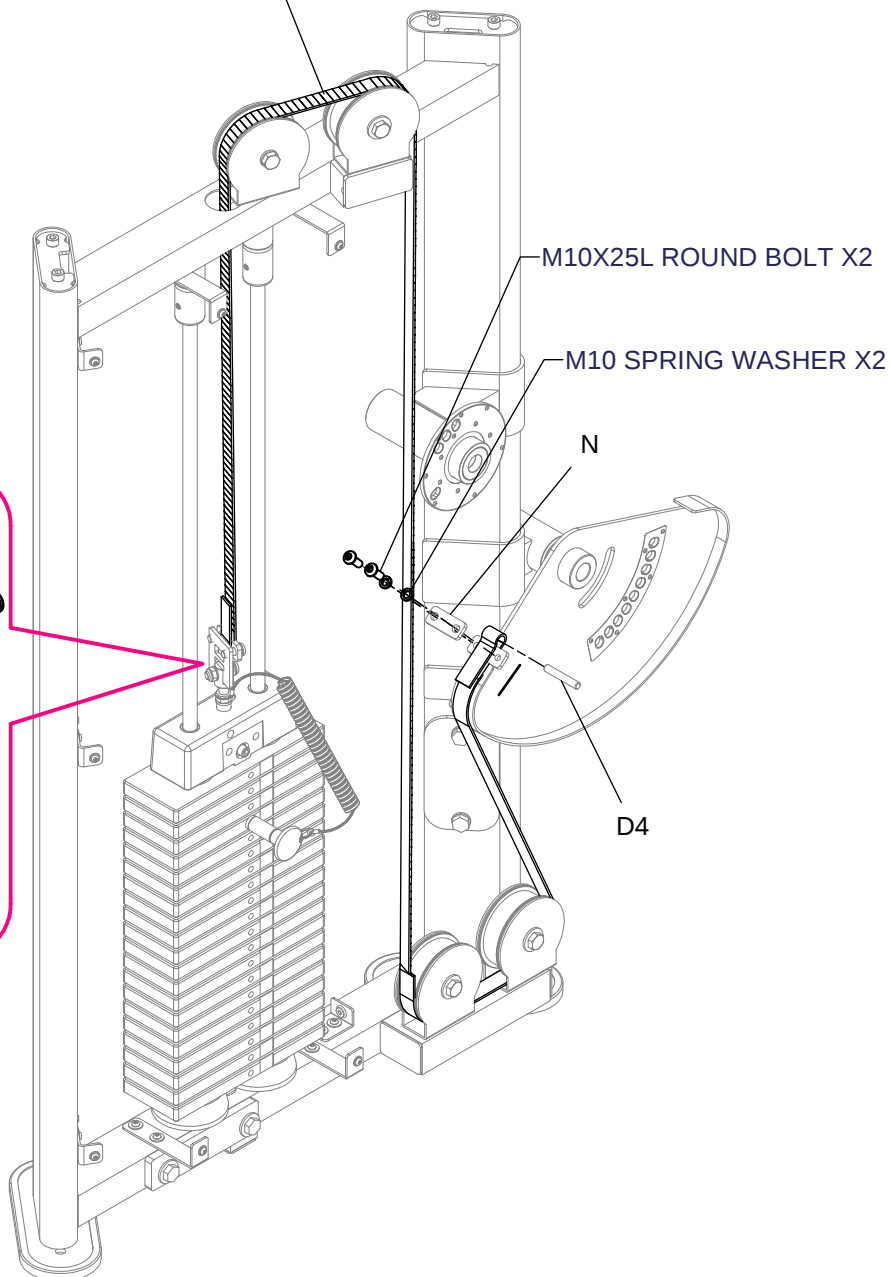
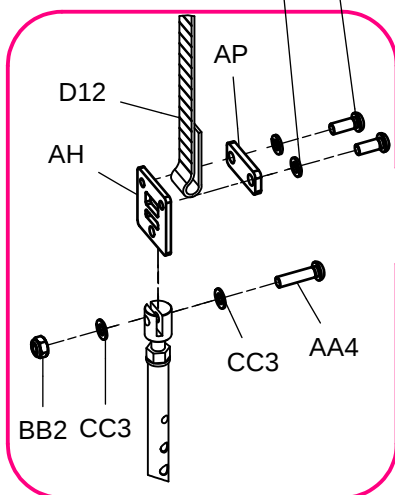


Above shows STEP 6 assembled and completed

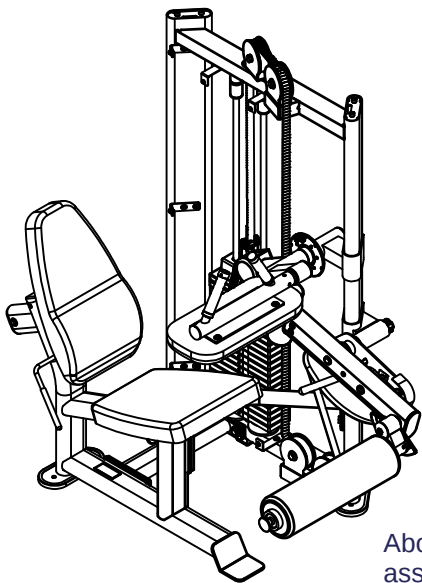


The tread side should be outward

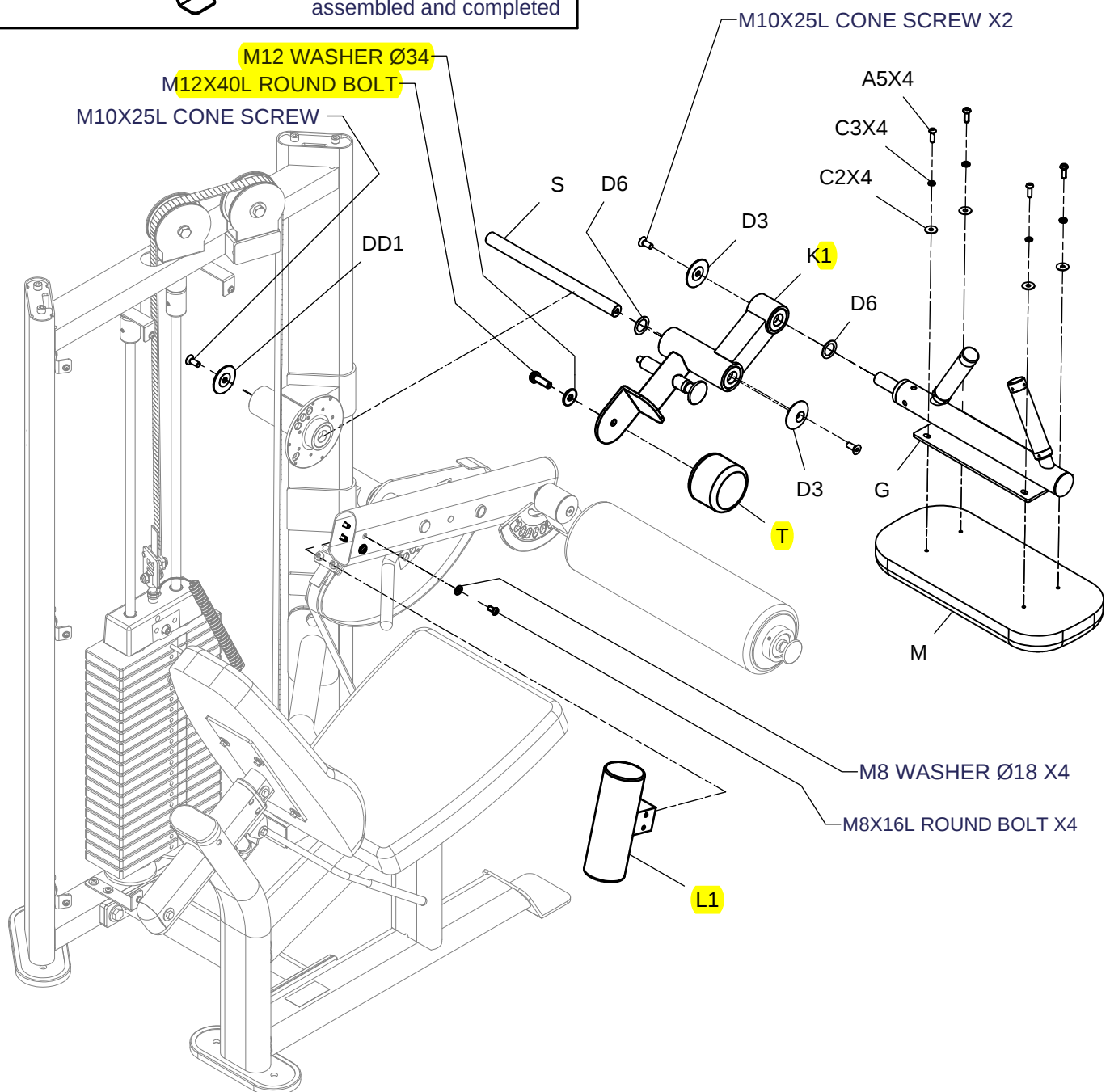
M10 SPRING WASHER X2
M10X25L ROUND BOLT X2



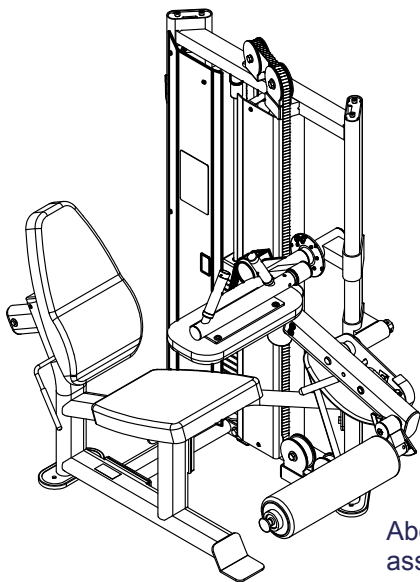
MLC400 ASSEMBLY INSTRUCTIONS



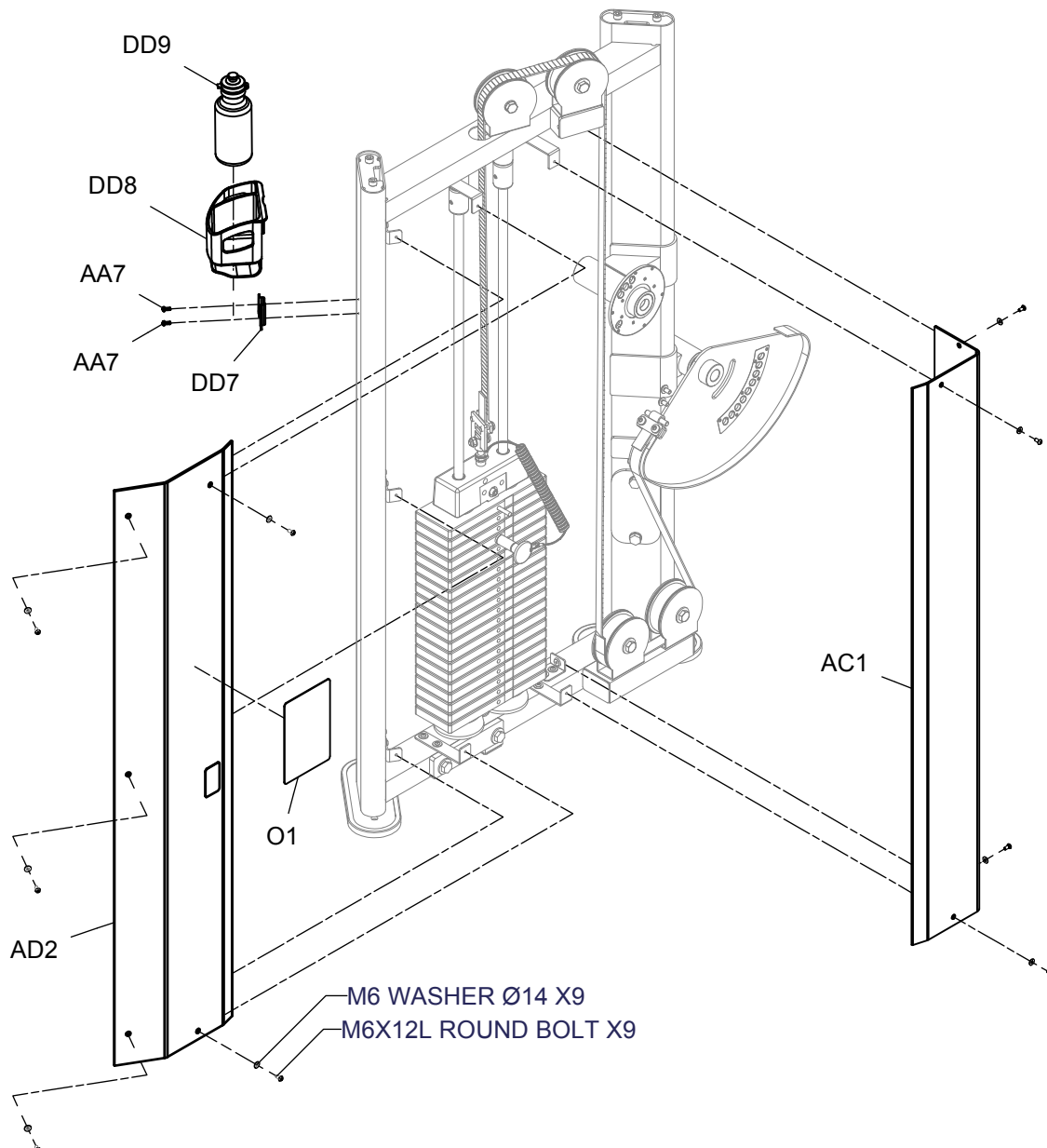
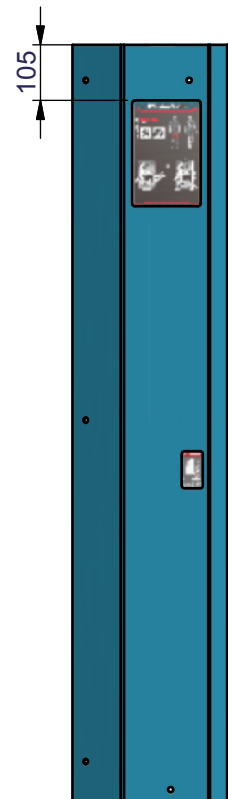
Above shows STEP 7
assembled and completed



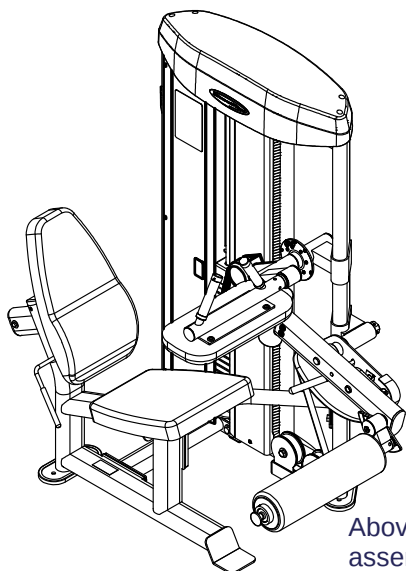
MLC400 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed



MLC400 ASSEMBLY INSTRUCTIONS

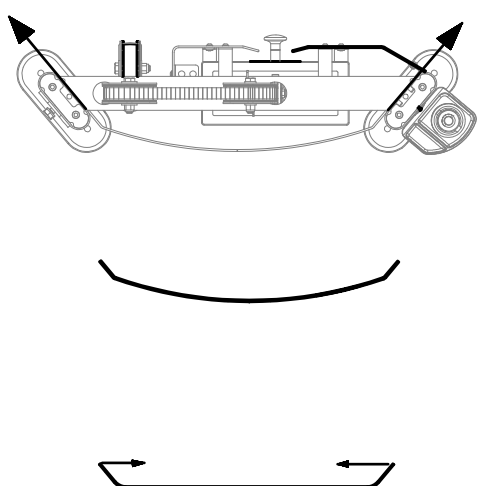
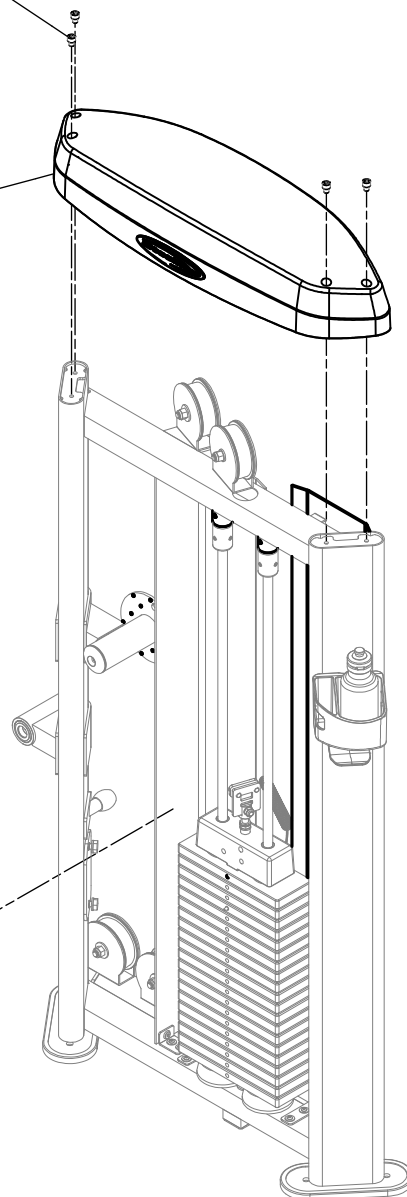


Above shows STEP 9
assembled and completed

M10X12L ROUND INNER HEAD X4

AF

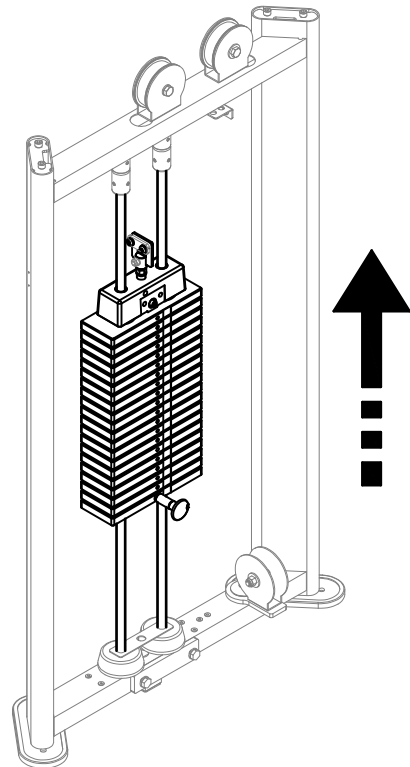
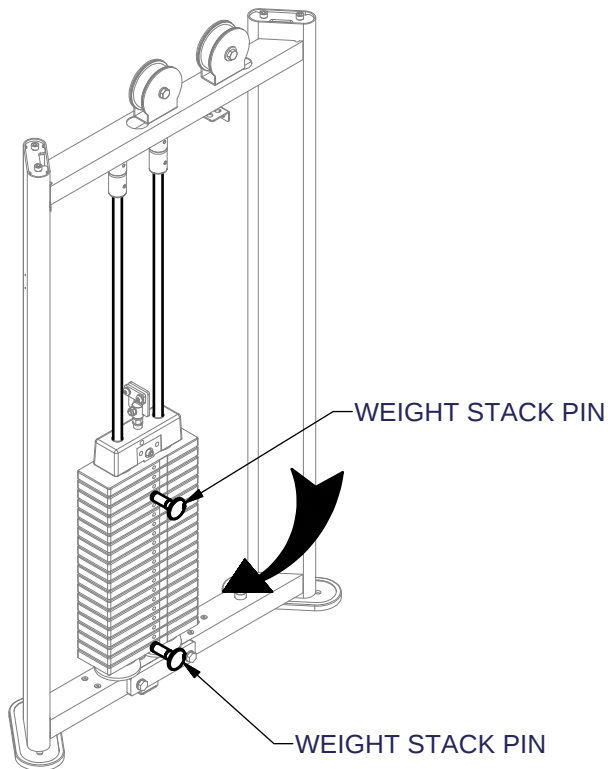
AE



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.

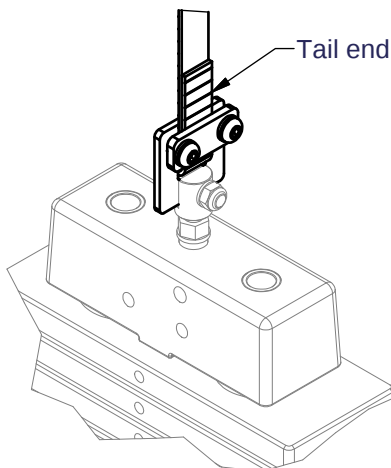
ASSEMBLY INSTRUCTIONS

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.

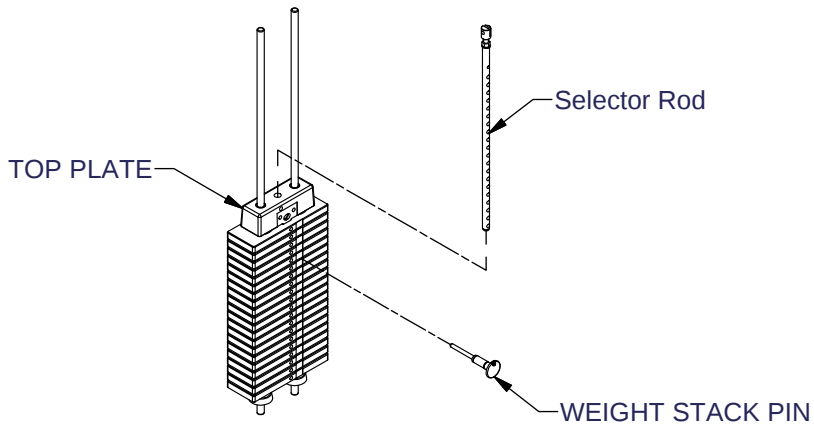
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

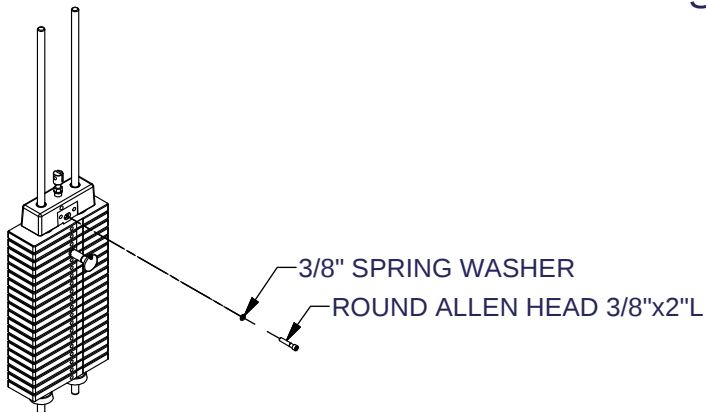
STEP 1



Step 1

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

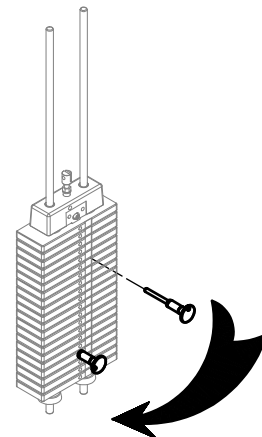
STEP 2



Step 2

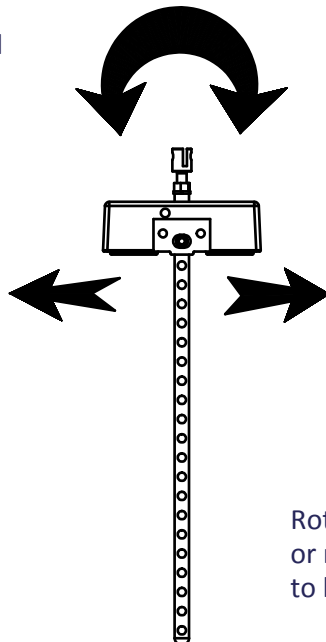
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



Step 3

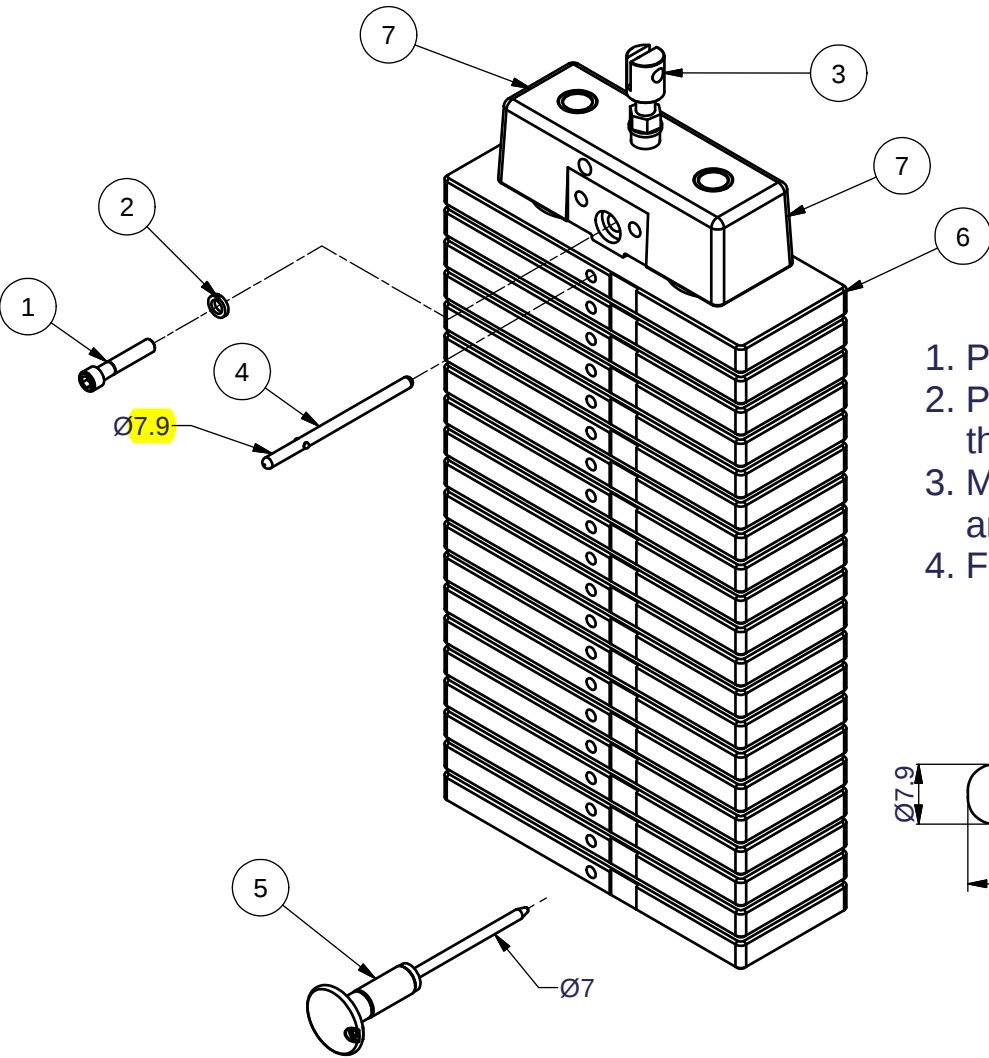
Place the selector pin to each weight plate
(5,10,15,20....) to check the smoothness.



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.

