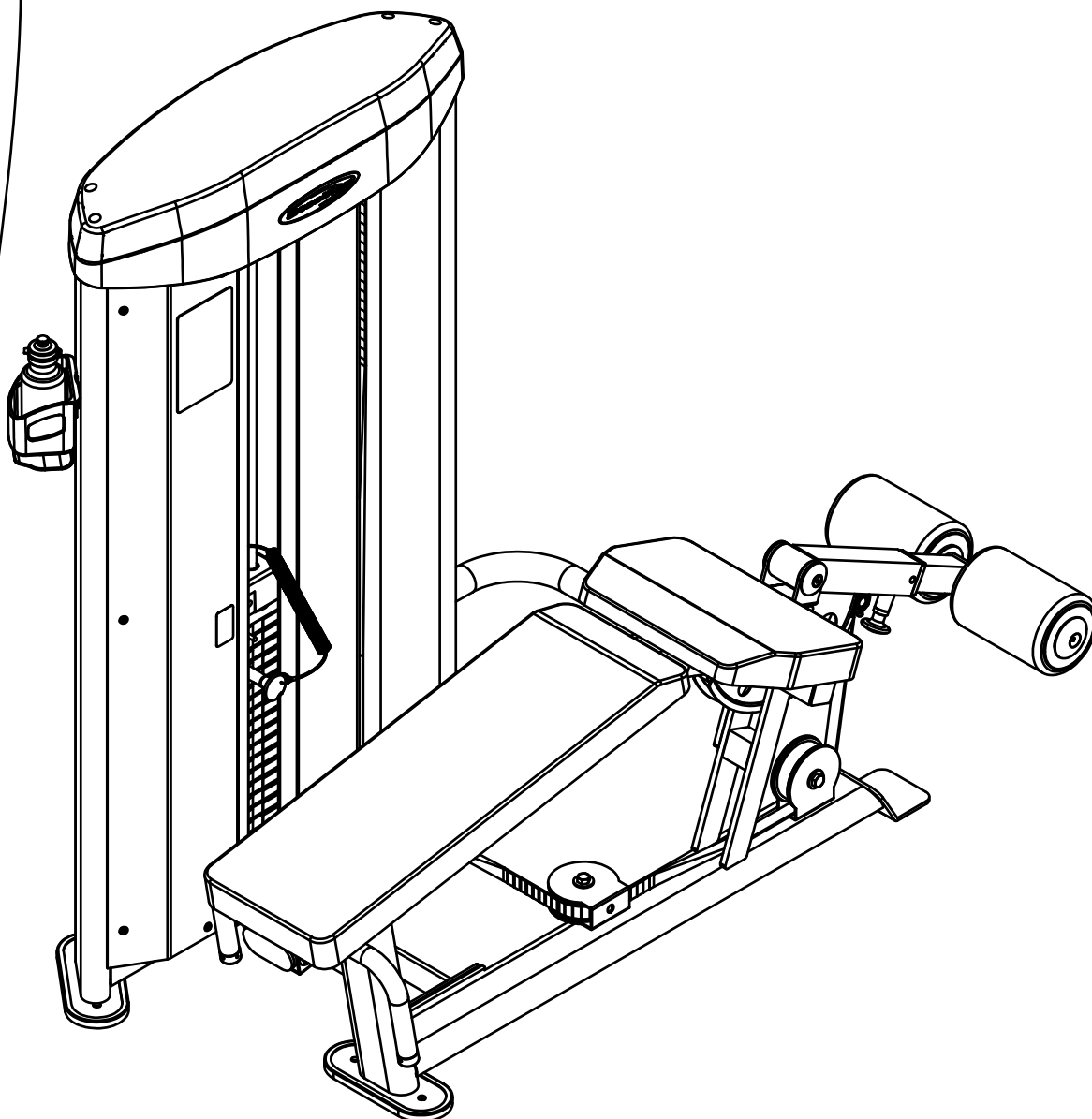


MEGA POWER



**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

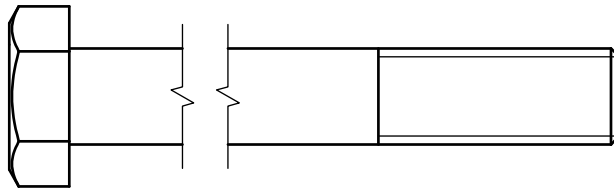
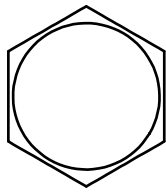
Fax: 886-2-27229750

[www.steelflexfitness.com](http://www.steelflexfitness.com)

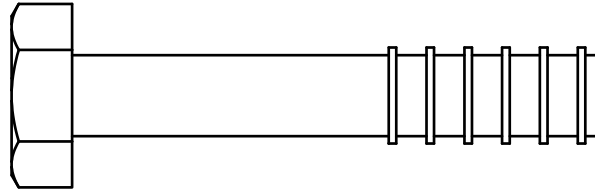
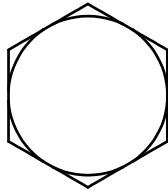
**MLC-400B.1 OWNER'S MANUAL**

# MLC400B ASSEMBLY INSTRUCTIONS

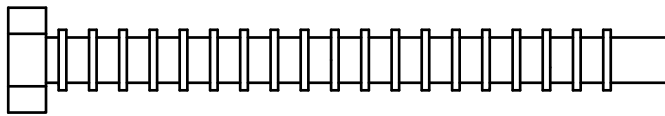
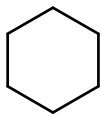
## HARDWARE ILLUSTRATION



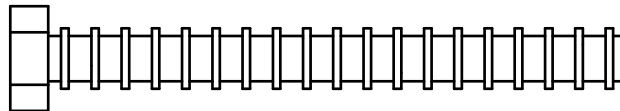
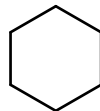
(A1)HEX BOLT 1/2"x5-3/4"L PARTIAL THREAD QTY.4



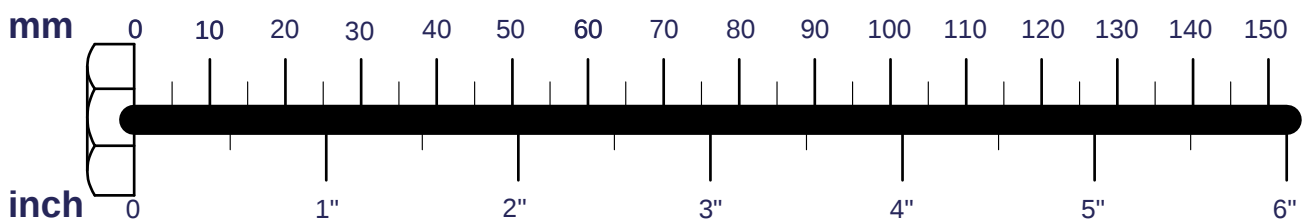
(A2)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.1



(A3)HEX BOLT 5/16"x3-1/4"L PARTIAL THREAD QTY.4

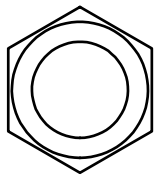


(A4)HEX BOLT 5/16"x3"L PARTIAL THREAD QTY.2

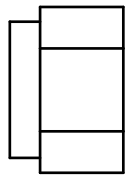


# MLC400B ASSEMBLY INSTRUCTIONS

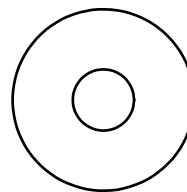
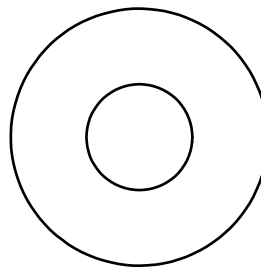
## HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 1/2" QTY.5



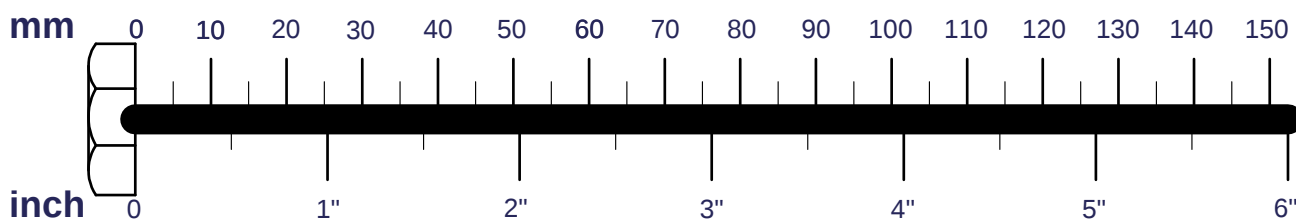
(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.10



(C2)5/16"(I.D.)FLAT WASHER Ø24 QTY.6

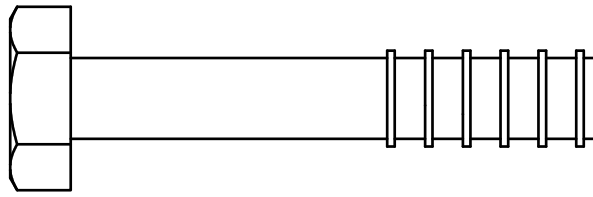
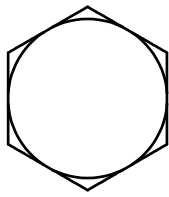


(C3)SPRING WASHER 5/16" QTY.6

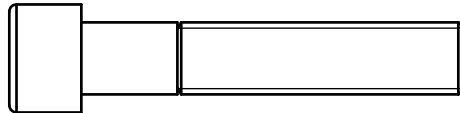
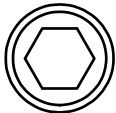


# MLC400B ASSEMBLY INSTRUCTIONS

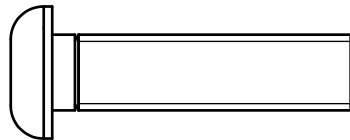
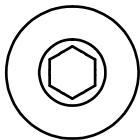
## FRAME HARDWARE ILLUSTRATION



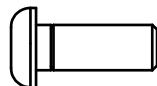
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.3



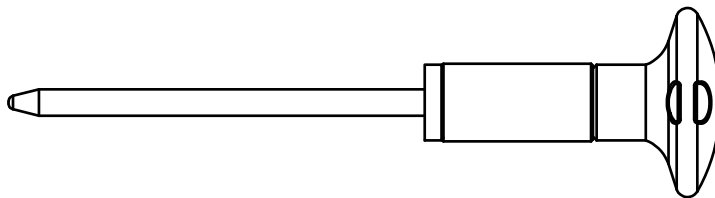
(AA2)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1



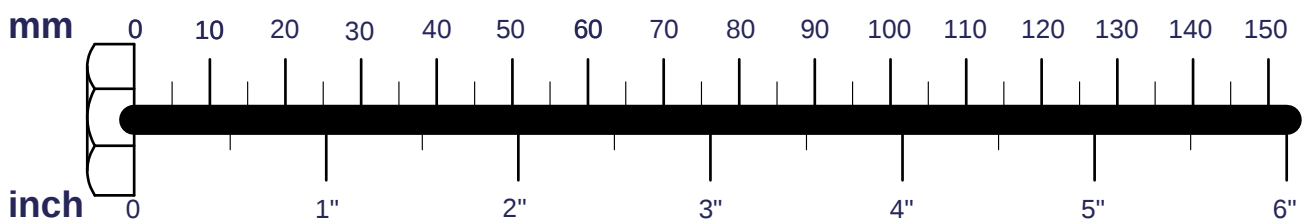
(AA3)ROUND INNER HEX SCREW M10x40L PARTIAL THREAD QTY.1



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

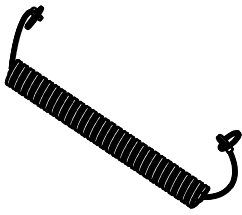


(AA5)10 、 15 、 20LB PIN(8250-162) QTY.1

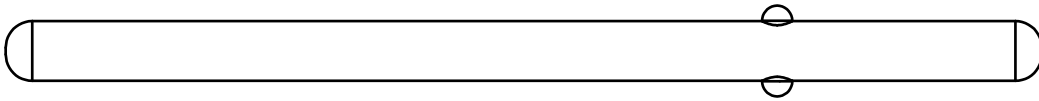


# MLC400B ASSEMBLY INSTRUCTIONS

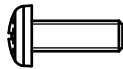
## FRAME HARDWARE ILLUSTRATION



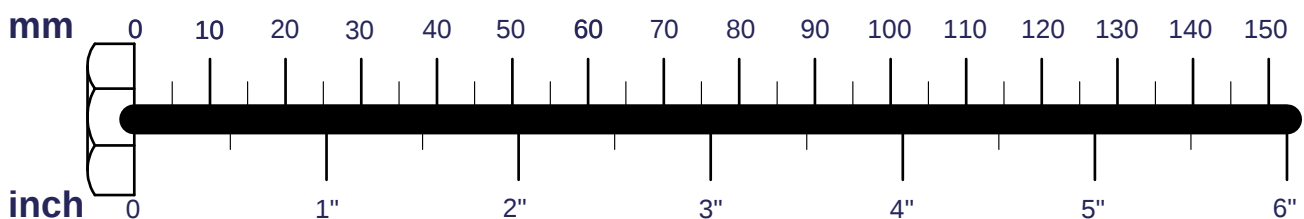
(AA6)ELASTIC BELT(F920003) QTY.1



(AA7)Ø5/16" FIXED PIN (8250-166) QTY.1

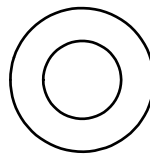
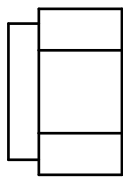
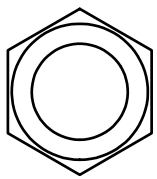


(AA8)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2



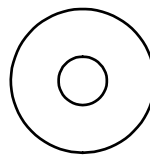
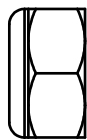
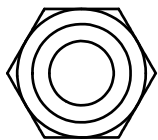
# MLC400B ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION



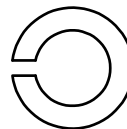
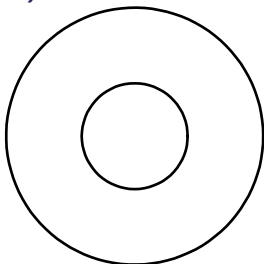
(BB1)NYLON LOCK NUT 1/2" QTY.3

(CC3)M10(I.D.)FLAT WASHER Ø19 QTY.2



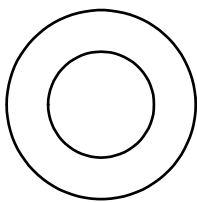
(BB2)NYLON LOCK NUT M10 QTY.1

(CC4)M6(I.D.)FLAT WASHER Ø19 QTY.16

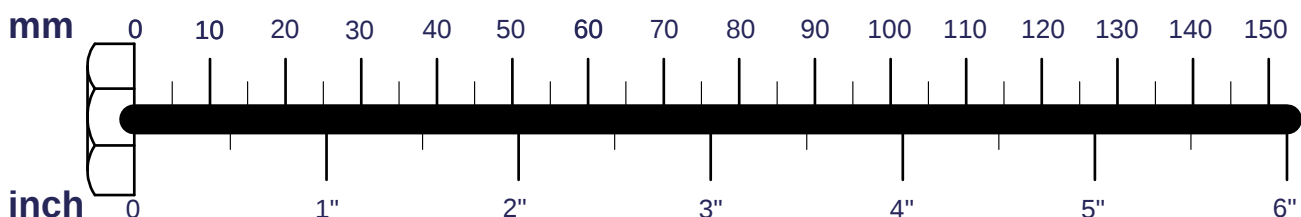


(CC1)1/2"(I.D.)FLAT WASHER Ø34 QTY.4

(CC5)SPRING WASHER 3/8" QTY.1



(CC2)1/2"(I.D.)FLAT WASHER Ø25 QTY.2

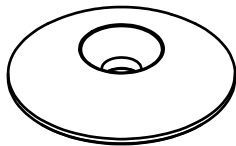


# MLC400B ASSEMBLY INSTRUCTIONS

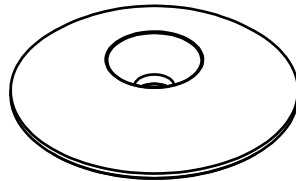
## HARDWARE ILLUSTRATION

|                                              |        |
|----------------------------------------------|--------|
| D1.Ø60 CAP COVER(8130-231)-----              | [2PCS] |
| D2.Ø76 CAP COVER(8130-236)-----              | [2PCS] |
| D3.Ø120XØ51X3t NYLON WASHER(9214-039)-----   | [4PCS] |
| D4.108X15tX263L RUBBER PAD(9310-075)-----    | [1PCS] |
| D5.Ø115X50L PULLEY-NO MAGNET(9213-042B)----- | [2PCS] |
| D6.4295mm BELT (FMLC400BA1)-----             | [1PCS] |

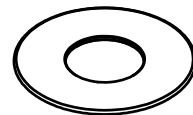
D1.



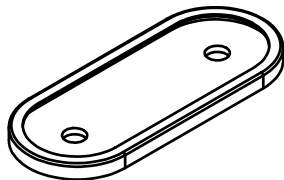
D2.



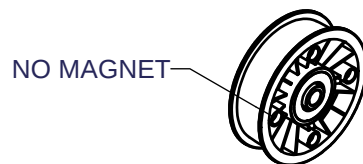
D3.



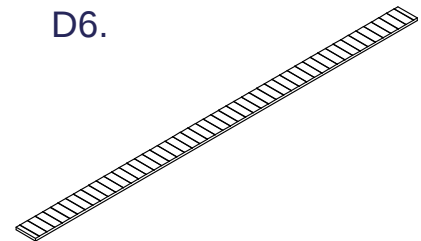
D4.



D5.



D6.



# MLC400B ASSEMBLY INSTRUCTIONS

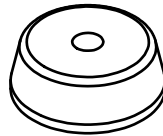
## FARME HARDWARE ILLUSTRATION

|                                               |        |
|-----------------------------------------------|--------|
| DD1.Ø3/4" SHAFT COLLAR(9211-147)-----         | [2PCS] |
| DD2.Ø4" RUBBER DOUNT(9310-017)-----           | [2PCS] |
| DD3.108X14.5tX263L RUBBER PAD(9310-075)-----  | [2PCS] |
| DD4.Ø115X50L PULLEY-NO MAGNET(9213-042B)----- | [3PCS] |
| DD6.BOTTLE BRACKET(8388-025)-----             | [1PCS] |
| DD7.BOTTLE RACK(9260-320)-----                | [1PCS] |
| DD8.BOTTLE(9260-123)-----                     | [1PCS] |
| DD9.TOP PLATE(8400-033)-----                  | [1PCS] |
| DD10.Ø3/4" SHAFT COLLAR(9211-167)-----        | [2PCS] |
| DD11.WEIGHT SELECTOR BAR(8210-216C)-----      | [1PCS] |

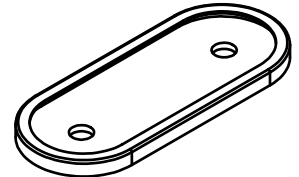
DD1.



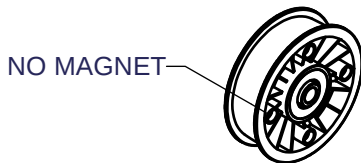
DD2.



DD3.



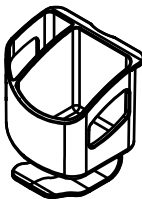
DD4.



DD6.



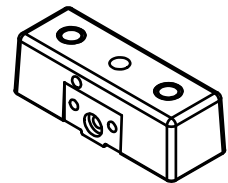
DD7.



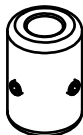
DD8.



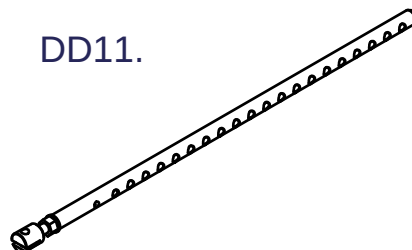
DD9.



DD10.



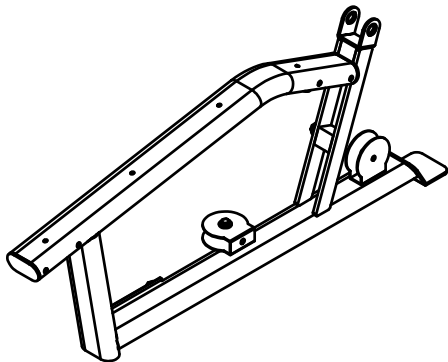
DD11.



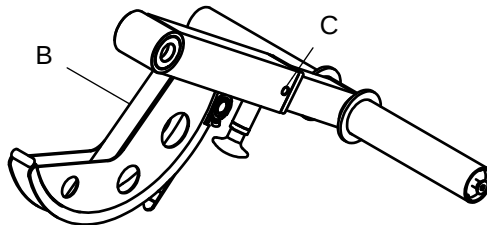
# MLC400B ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

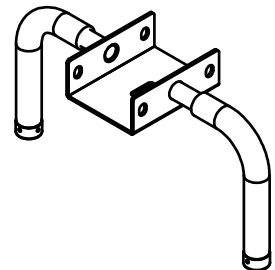
A [1SET]



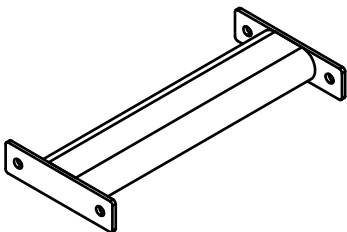
B [1SET]



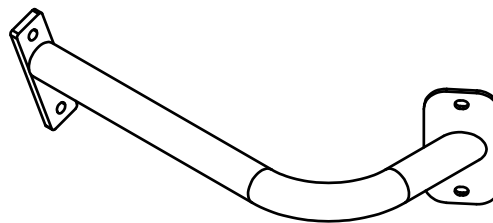
D [1SET]



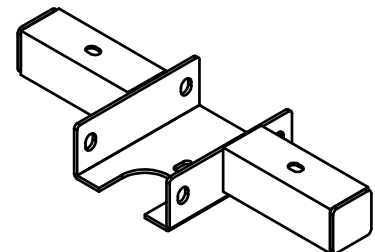
E [1SET]



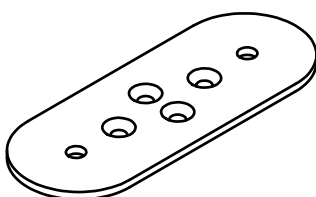
F [1SET]



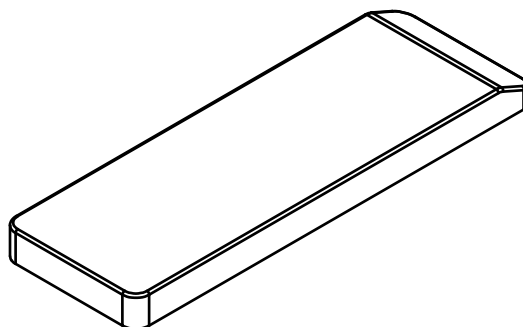
H [1SET]



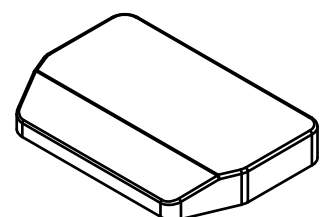
I [1SET]  
8313-144



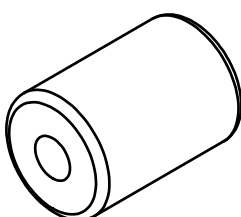
J [1SET]  
9111-109



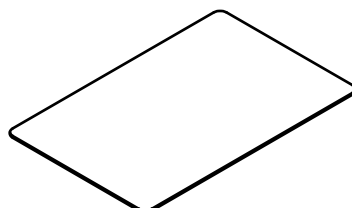
K[1SET]  
9121-119



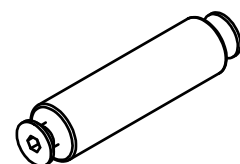
L [2PCS]  
9161-078



M[1PCS]  
9420-144



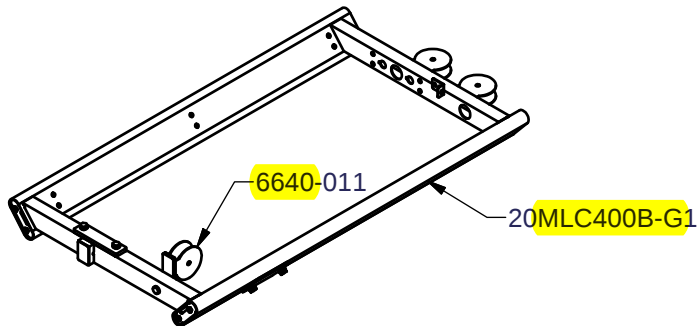
N[1SET]  
8220-303



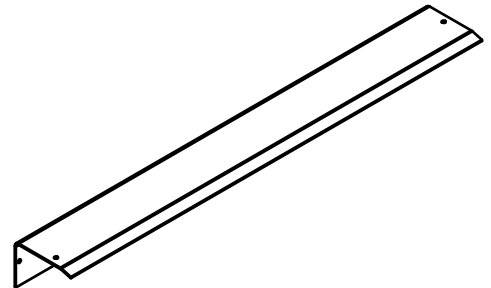
# MLC400B ASSEMBLY INSTRUCTIONS

## FARME PARTS ILLUSTRATION SHEET

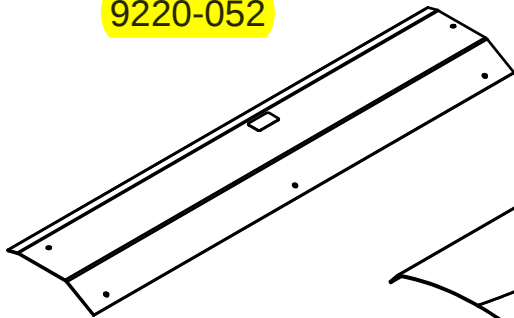
AA1 [1SET]



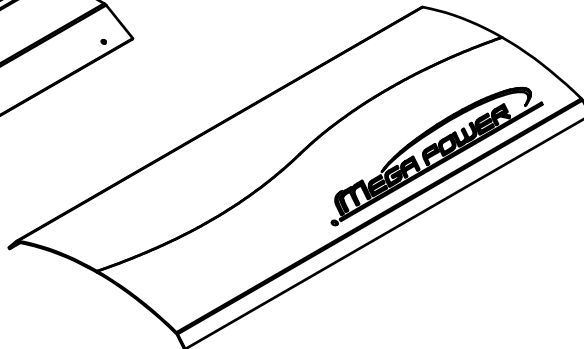
AC [1PCS]  
9220-016



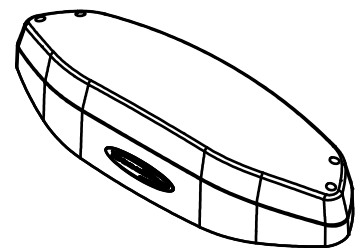
AD1 [1PCS]  
9220-052



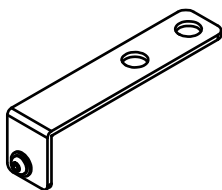
AE [1SET]  
9220-023



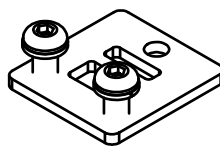
AF [1SET]  
9211-148



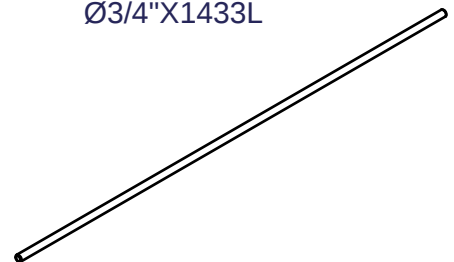
AG [4SET]  
8331-057



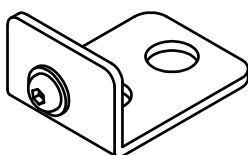
AH [1SET]  
8313-169



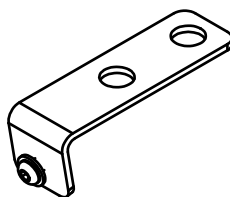
AI [2PCS]  
8280-042  
Ø3/4"X1433L



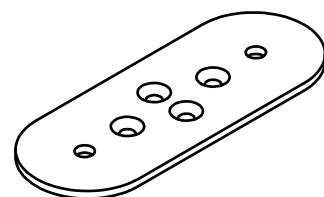
AJ [1PCS]  
8331-056



AK [3SET]  
8331-058



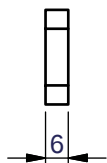
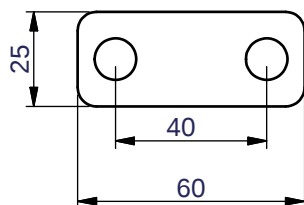
AL [2PCS]  
8313-144



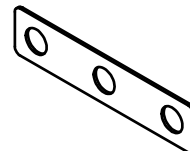
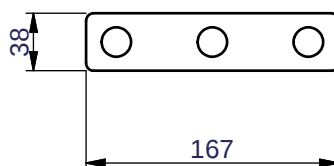
# MLC400B ASSEMBLY INSTRUCTIONS

## FARME PARTS ILLUSTRATION SHEET

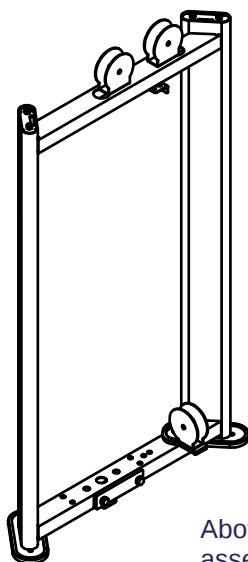
AO [1PCS]  
8311-117



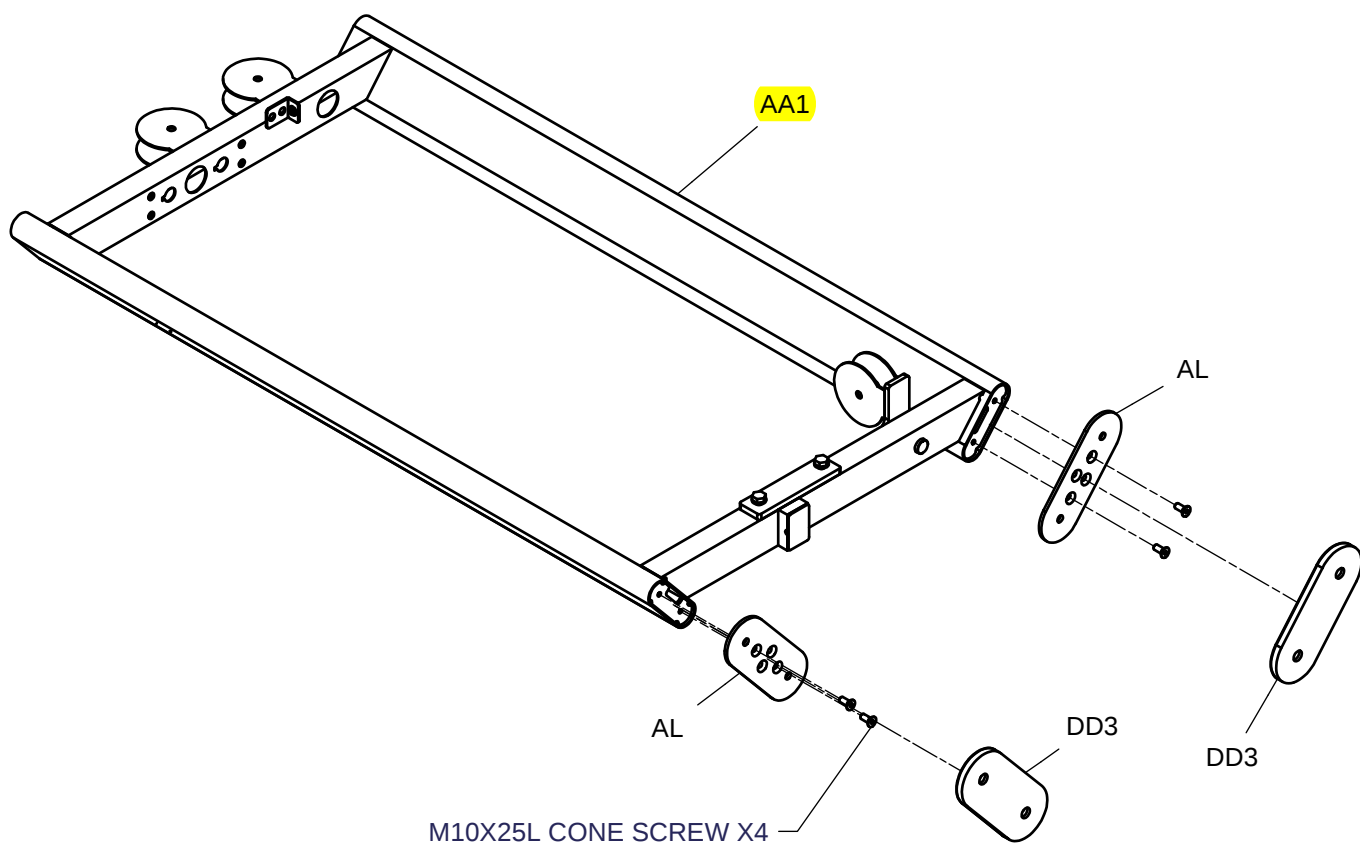
AR[1PCS]  
8311-194



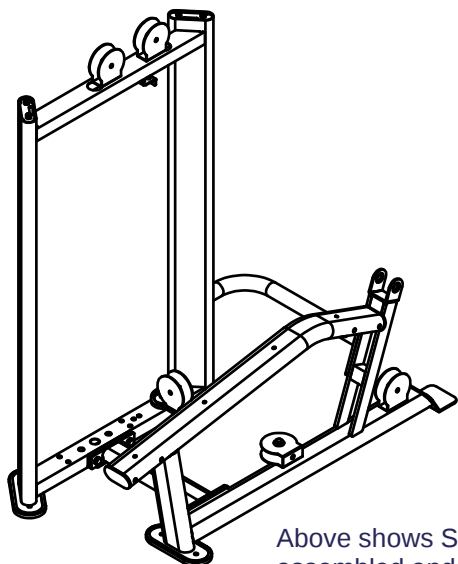
# MLC400B ASSEMBLY INSTRUCTIONS



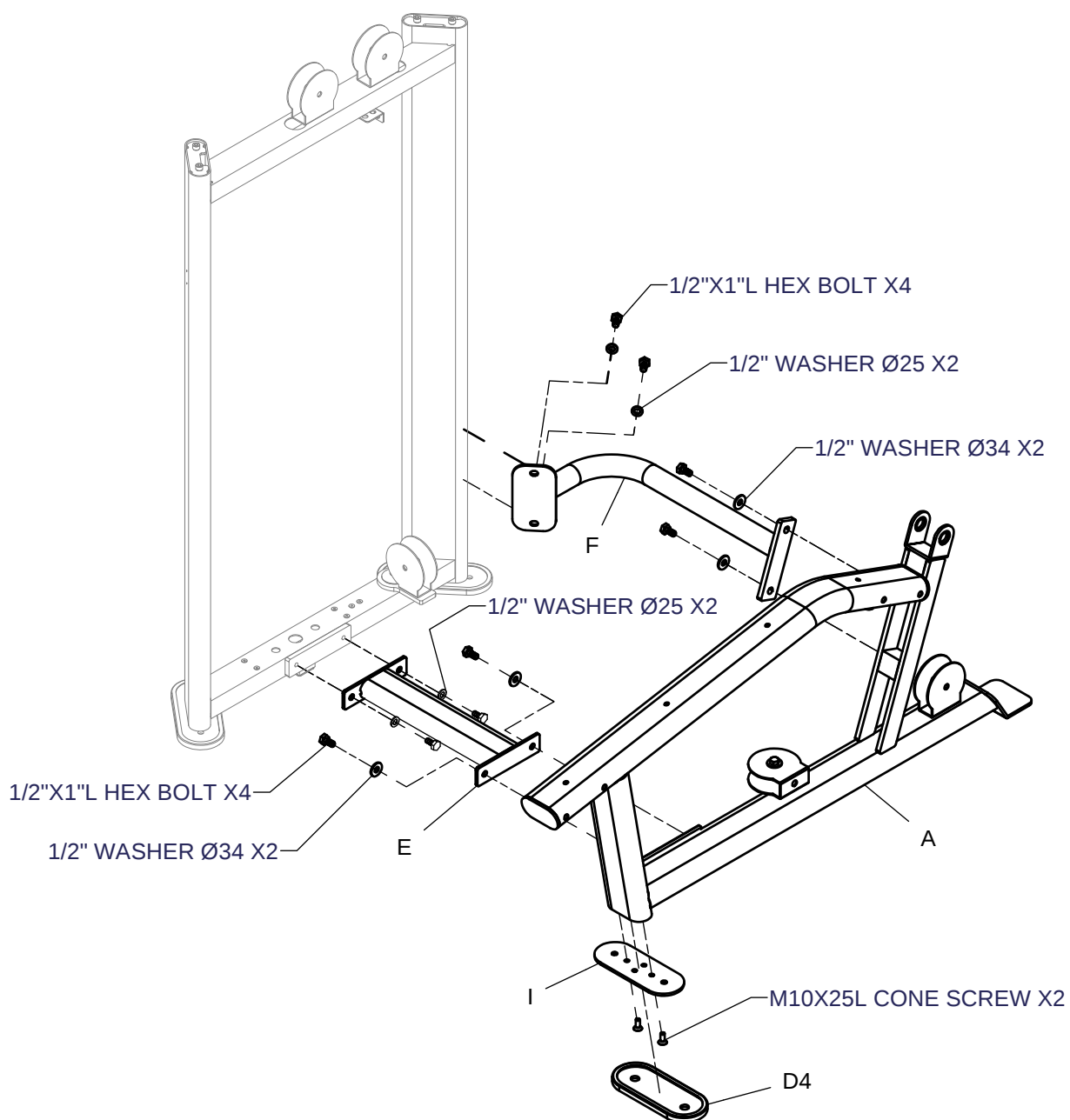
Above shows STEP 1  
assembled and completed



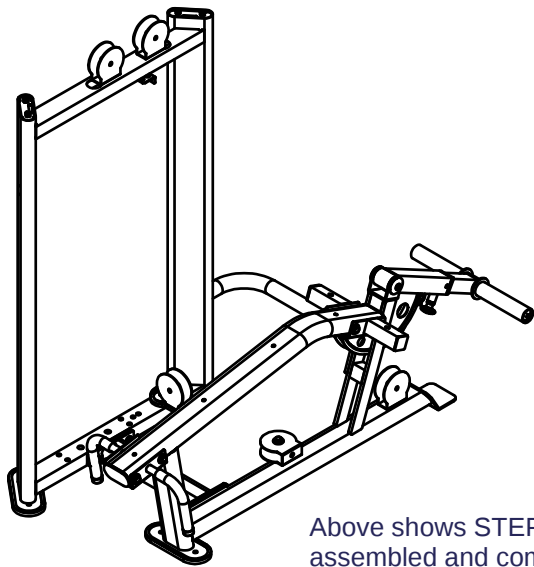
# MLC400B ASSEMBLY INSTRUCTIONS



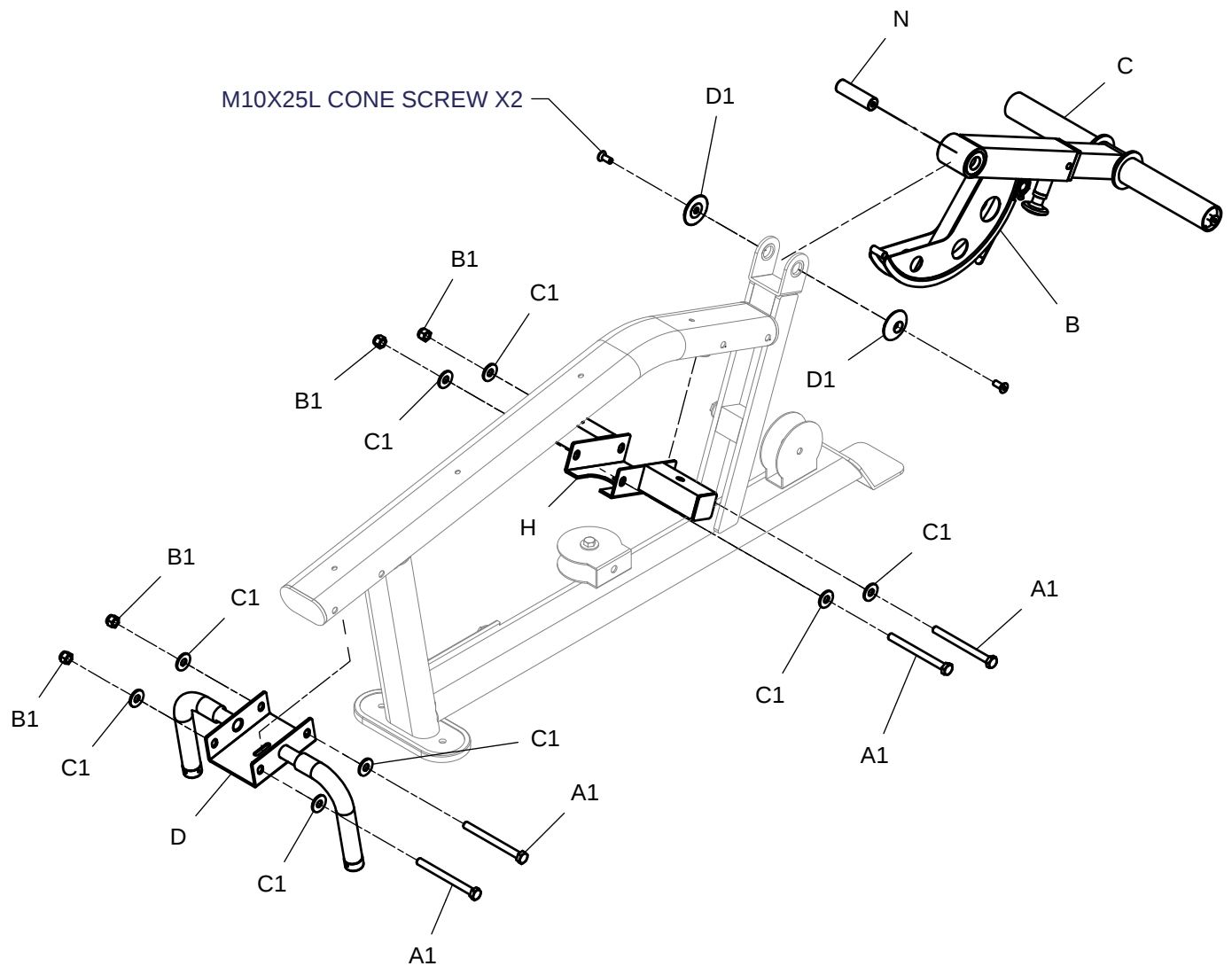
Above shows STEP 2  
assembled and completed



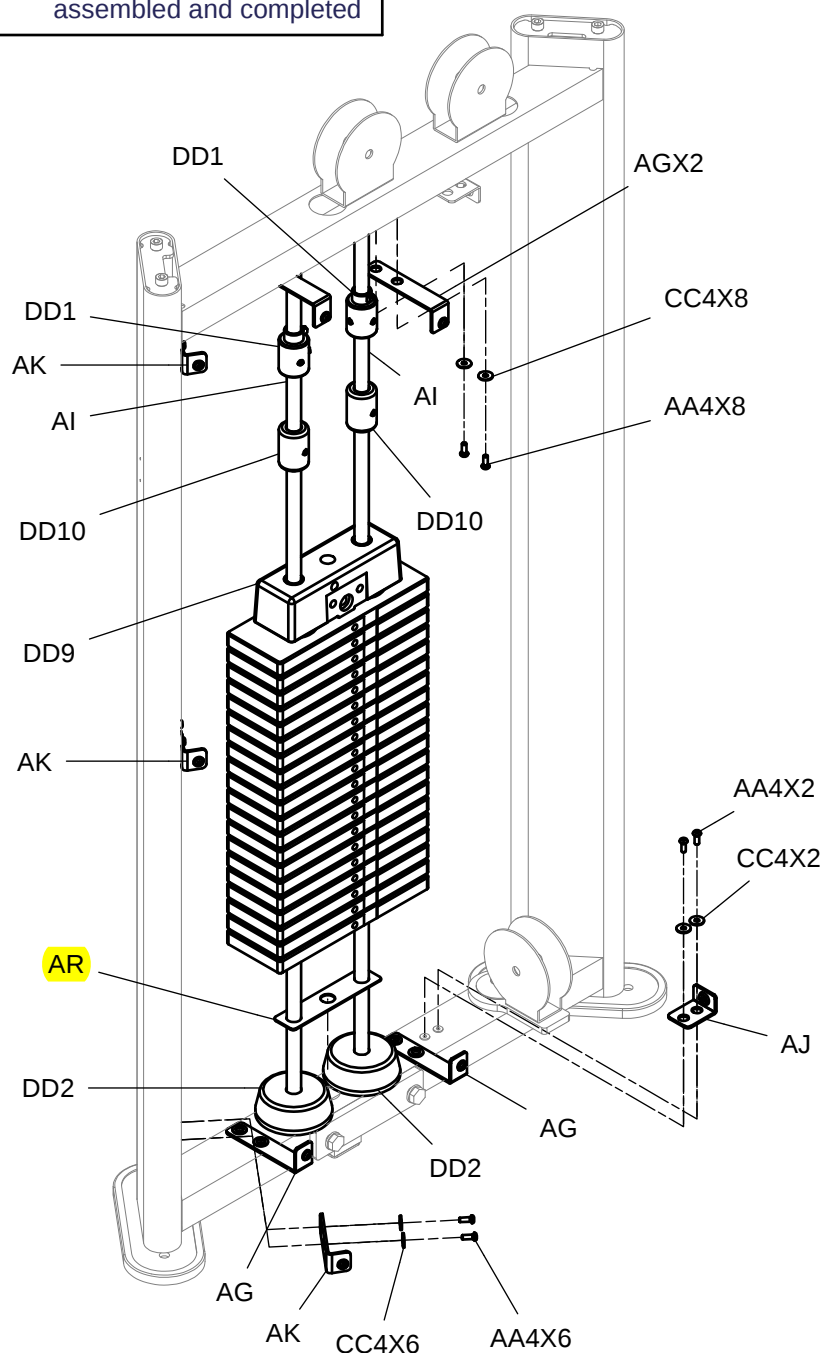
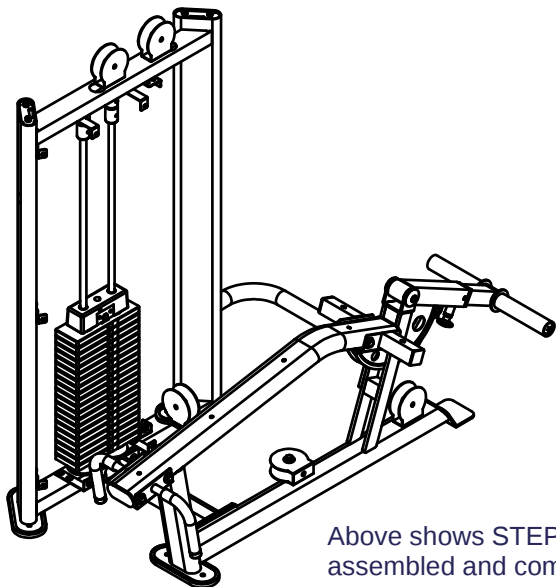
# MLC400B ASSEMBLY INSTRUCTIONS



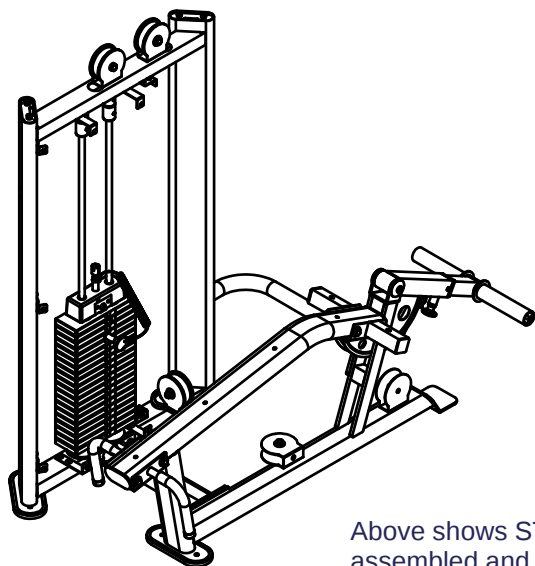
Above shows STEP 3  
assembled and completed



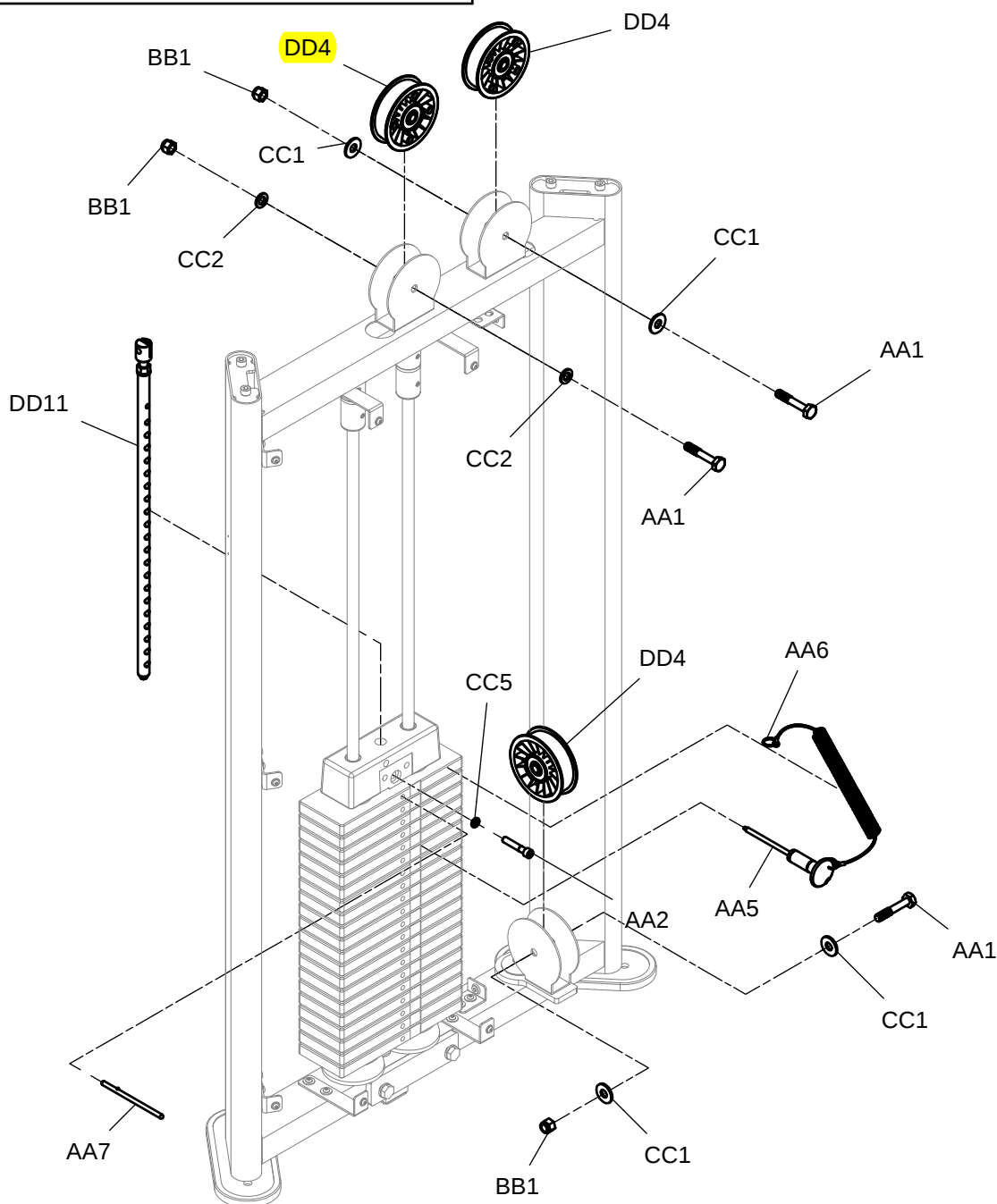
# MLC400B ASSEMBLY INSTRUCTIONS



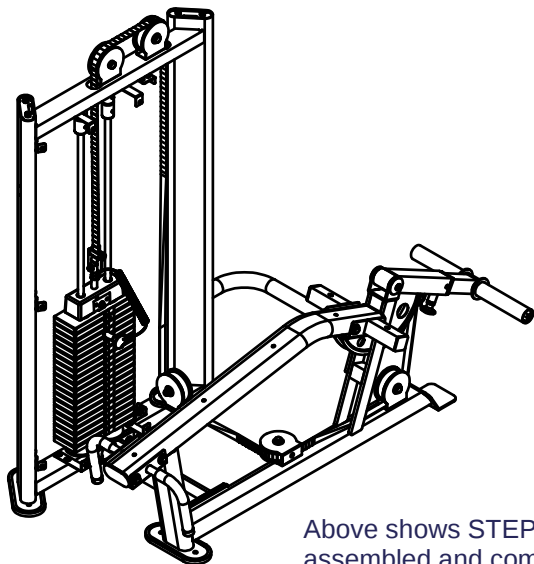
# MLC400B ASSEMBLY INSTRUCTIONS



Above shows STEP 5  
assembled and completed



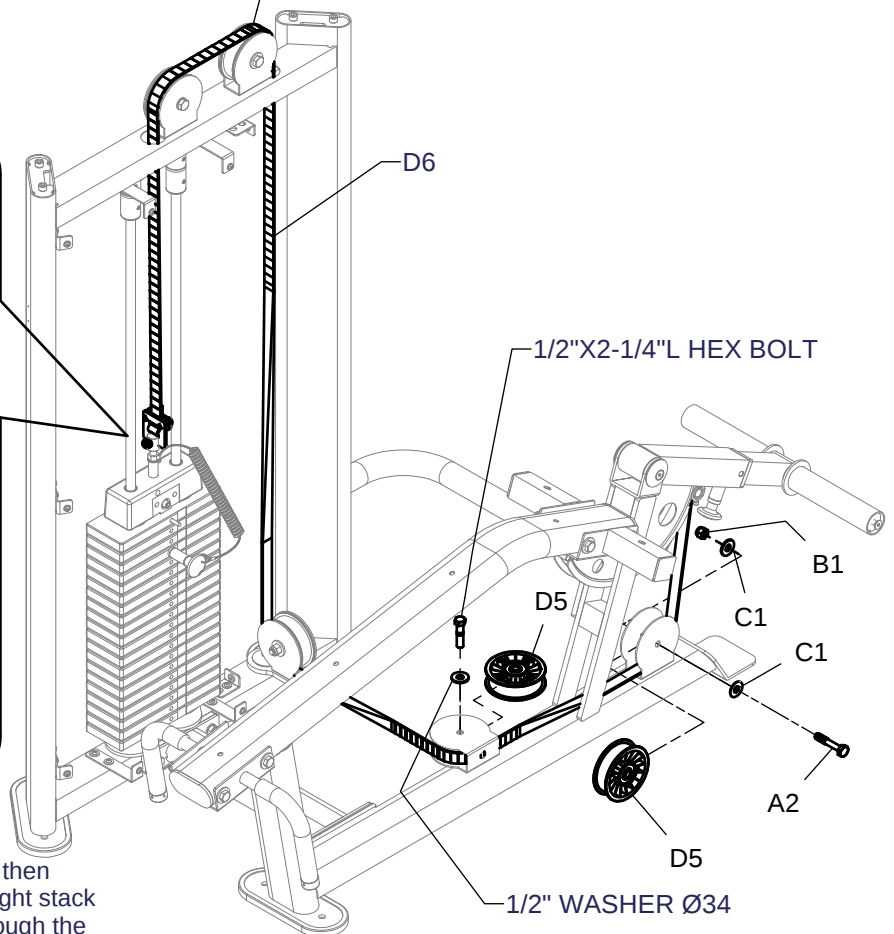
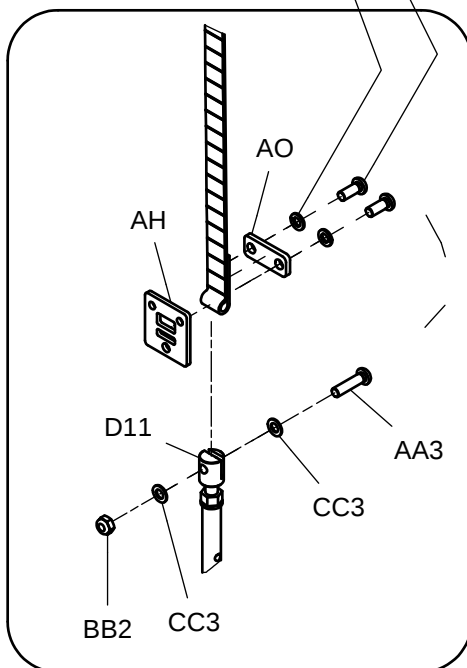
# MLC400B ASSEMBLY INSTRUCTIONS



Above shows STEP 6 assembled and completed

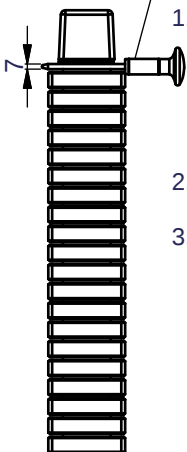
The tread side should be outward

M10X25L ROUND BOLT X2  
M10 SPRING WASHER X2

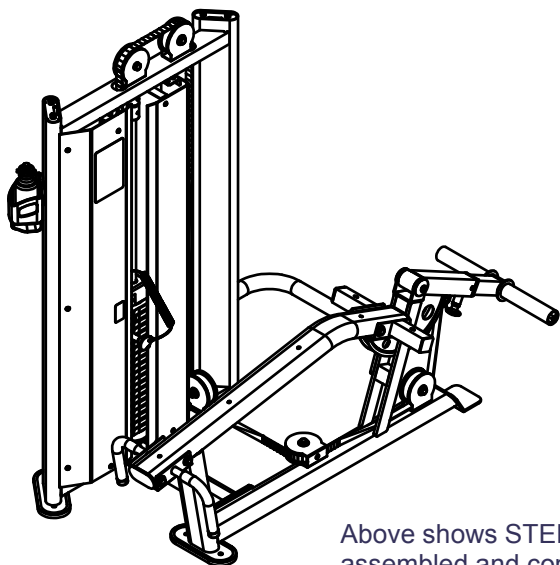


## Adjust Belt Procedure:

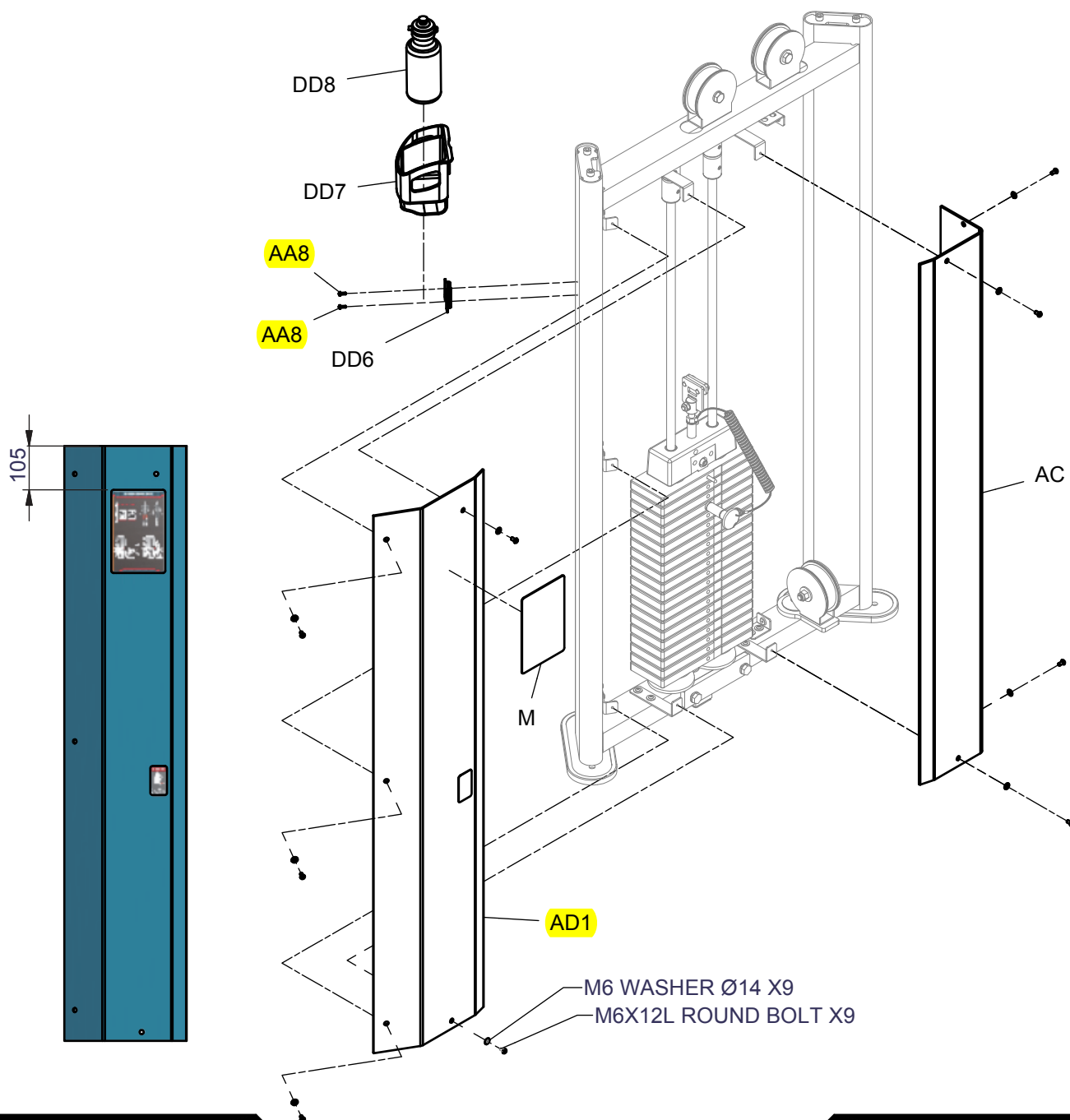
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the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



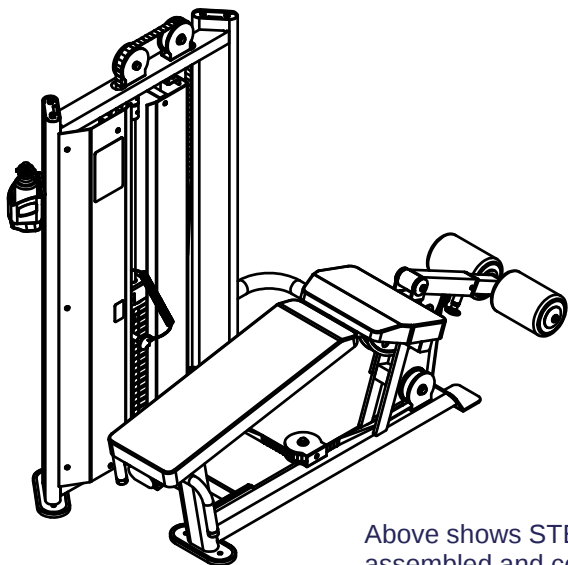
# MLC400B ASSEMBLY INSTRUCTIONS



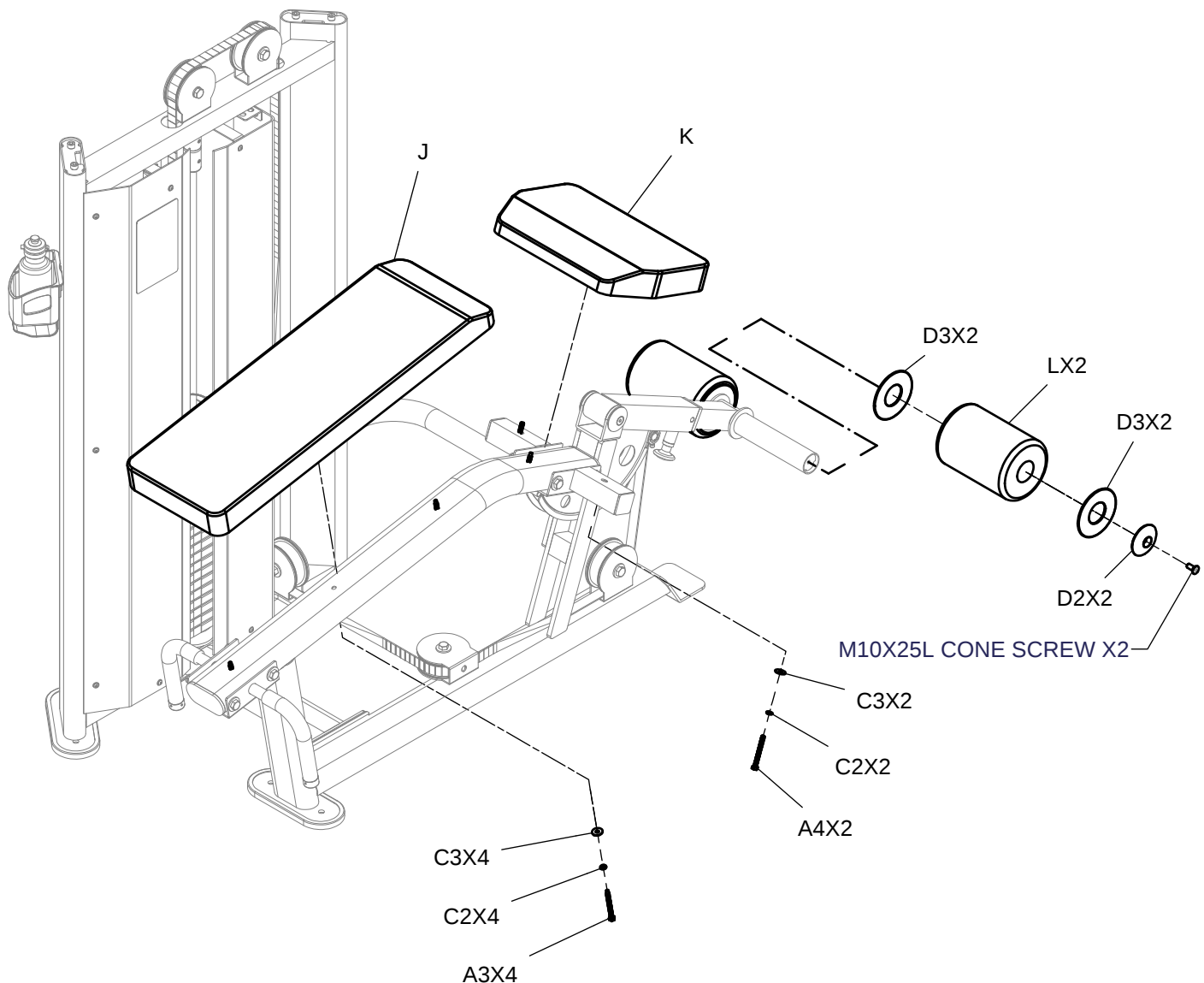
Above shows STEP 8  
assembled and completed



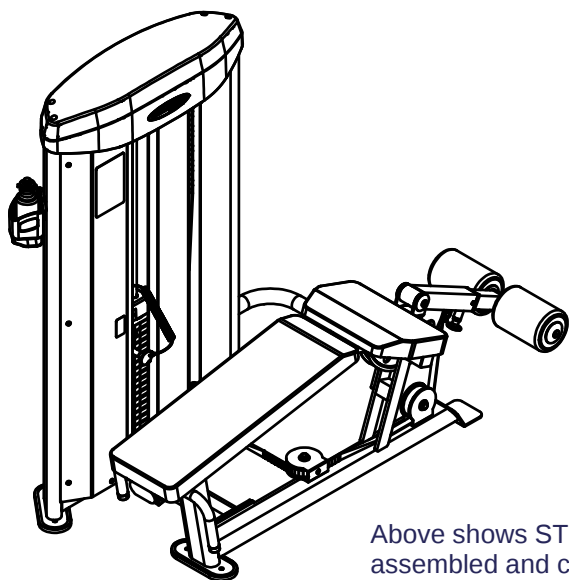
# MLC400B ASSEMBLY INSTRUCTIONS



Above shows STEP 8  
assembled and completed

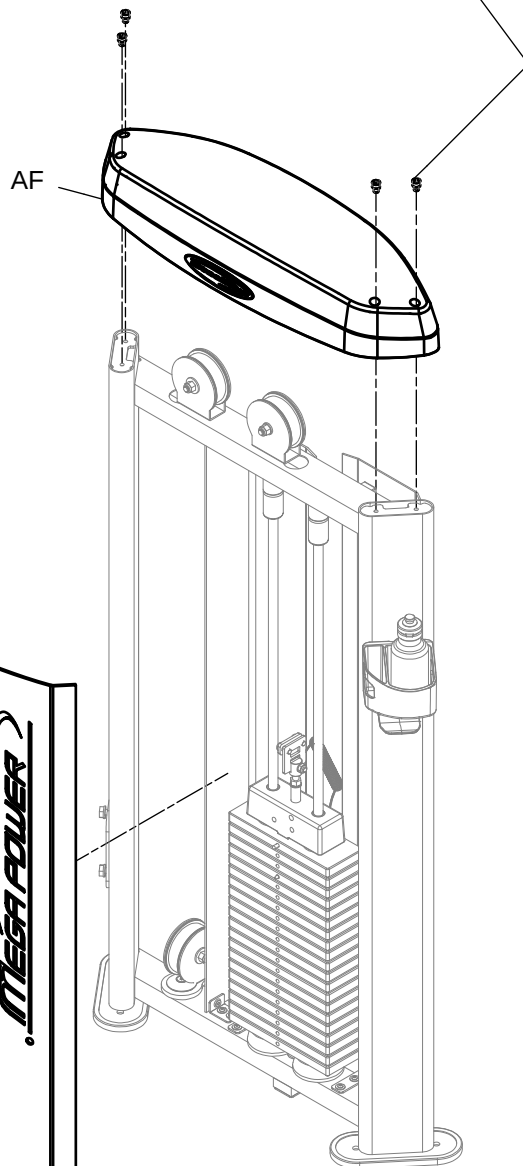


# MLC400B ASSEMBLY INSTRUCTIONS

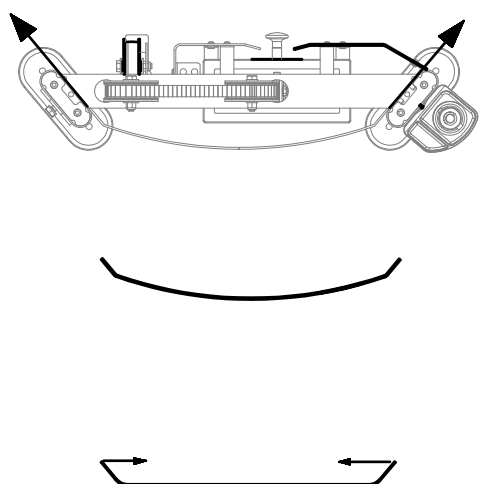


Above shows STEP 9  
assembled and completed

M10X12L ROUND INNER HEAD X4



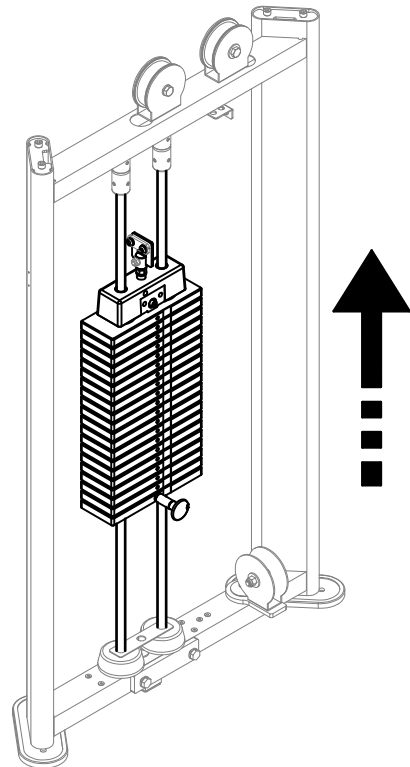
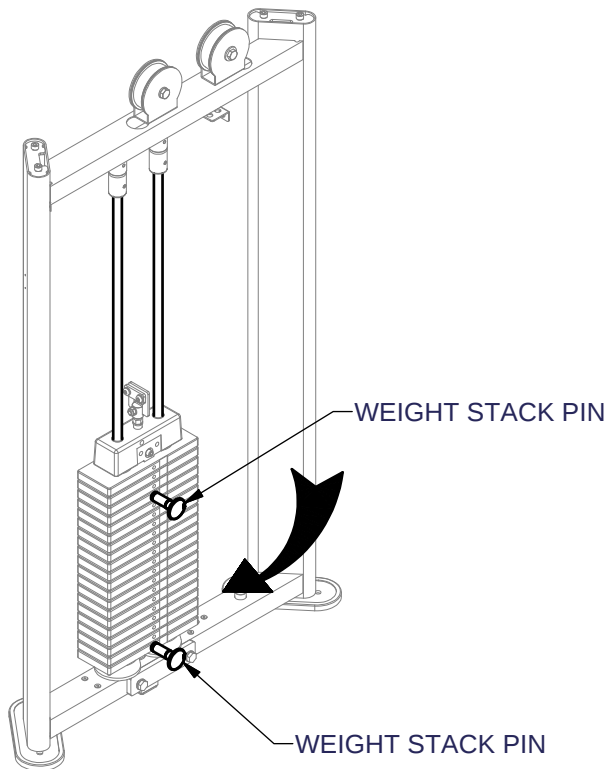
AE



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.

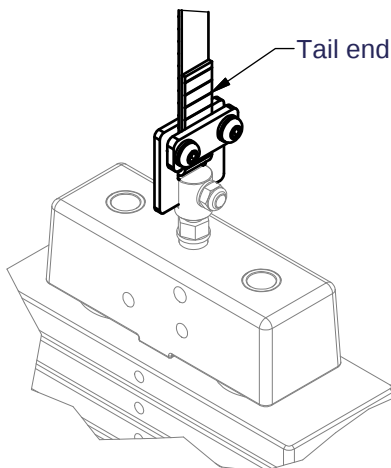
# ASSEMBLY INSTRUCTIONS

## Adjust Flat Belt Steps



1. When installing flat belt, please put the weight stack pin into 4<sup>th</sup> weight stack. After installing flat belt, please put the weight stack pin into 20<sup>th</sup> weight stack.

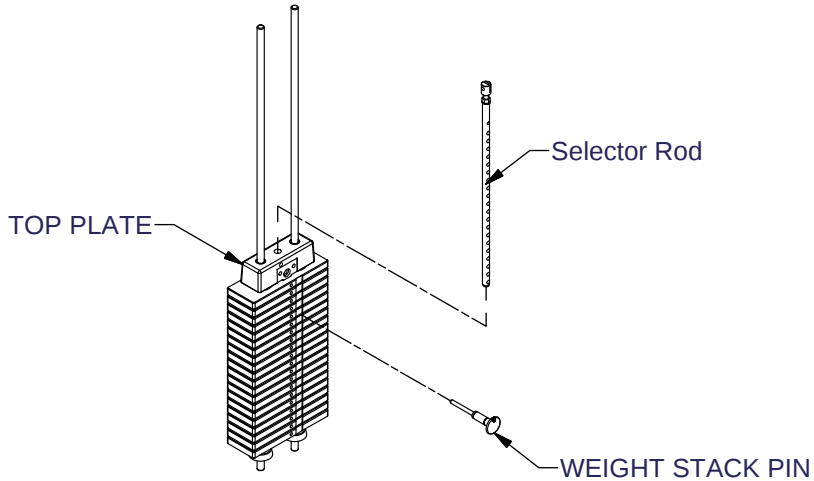
2. When weight stack pin put into 20<sup>th</sup> weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

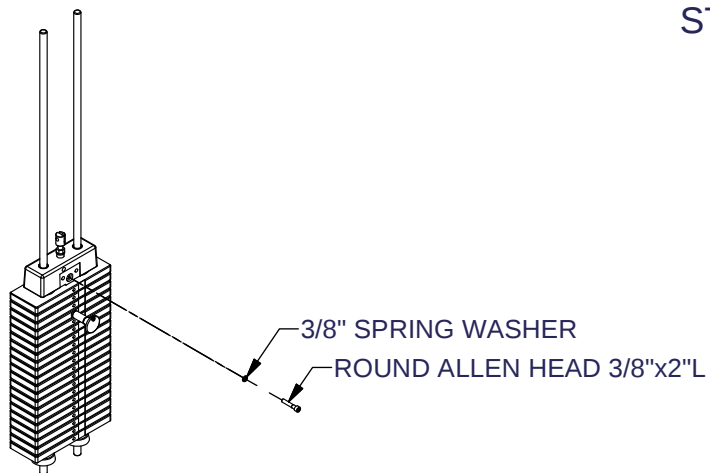


#### Step 1

Place Selector Rod into Top Plate.

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

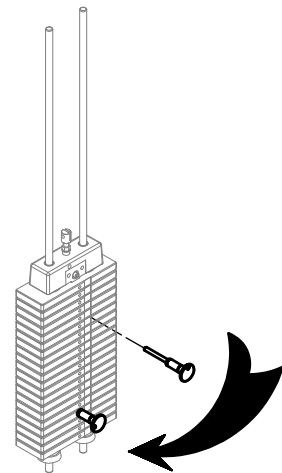
### STEP 2



#### Step 2

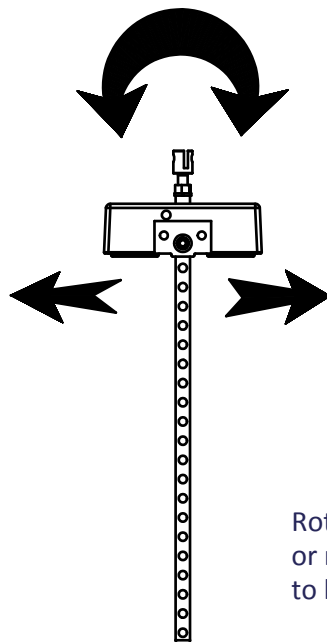
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

### STEP 3



#### Step 3

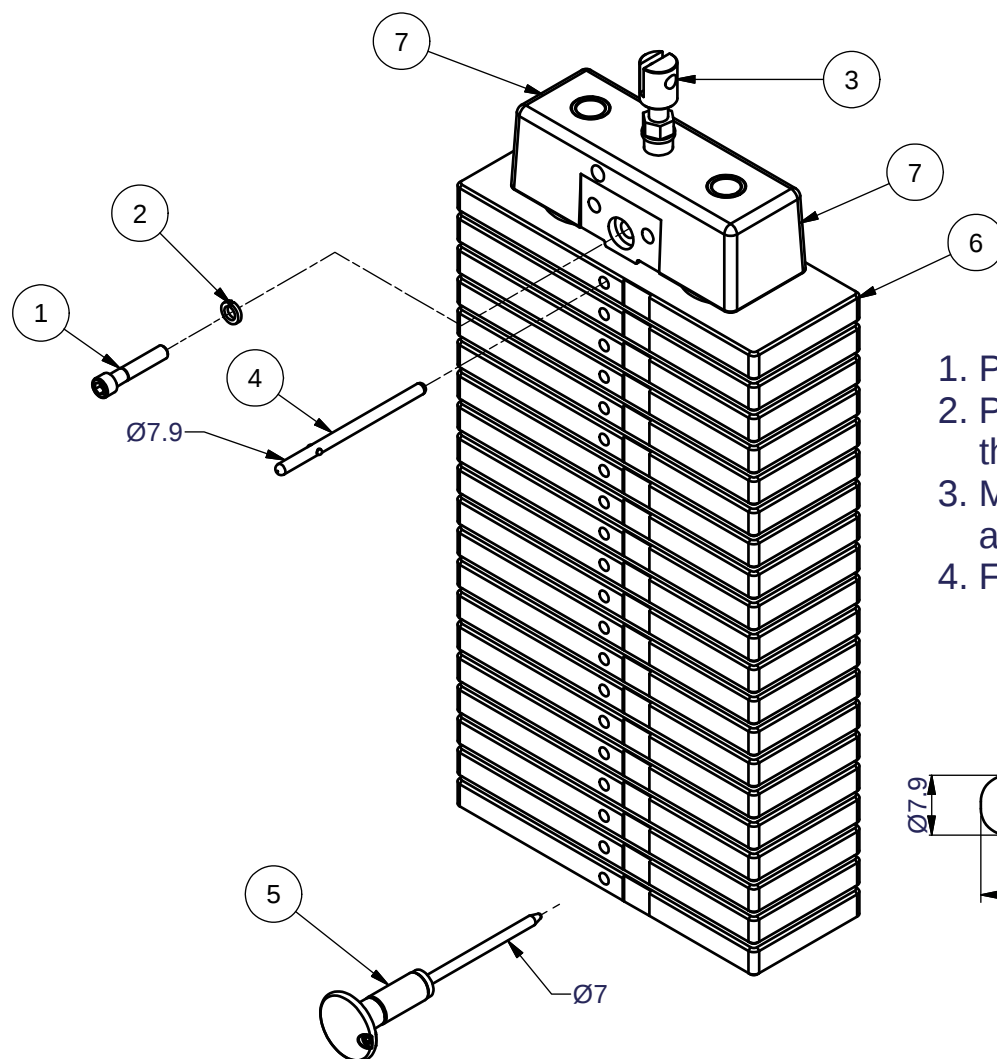
Place the selector pin to each weight plate (5,10,15,20...) to check the smoothness.



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.

