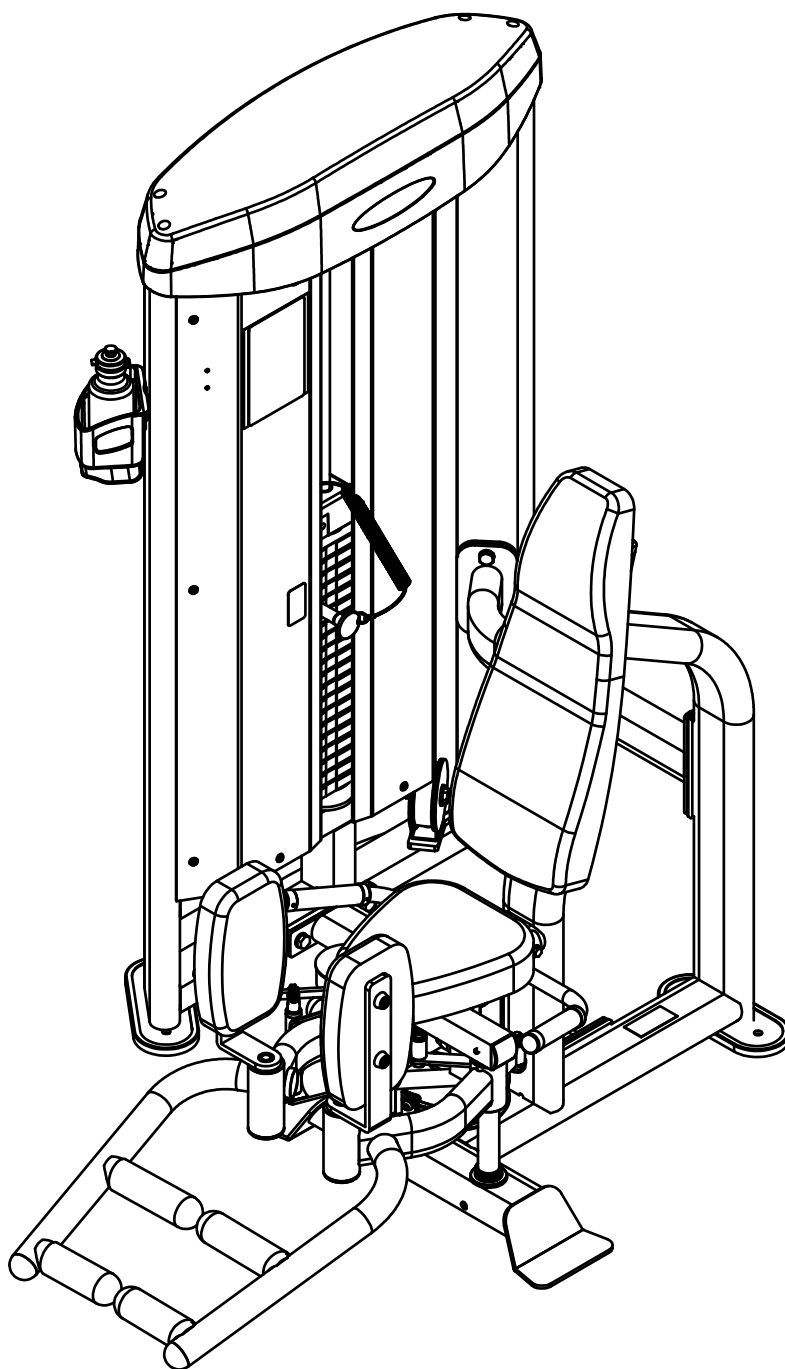


MEGA POWER



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

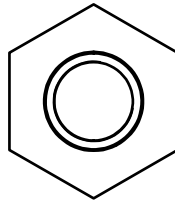
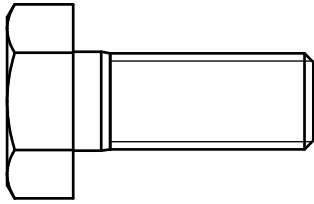
Fax: 886-2-27229750

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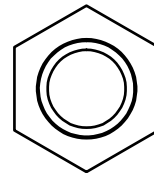
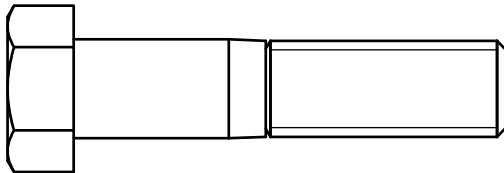
MTH-1100.5 OWNER'S MANUAL

MTH-1100 ASSEMBLY INSTRUCTIONS

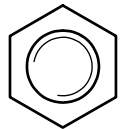
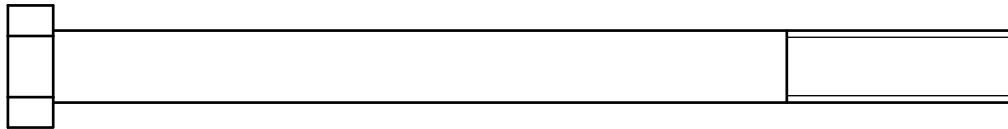
HARDWARE ILLUSTRATION



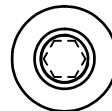
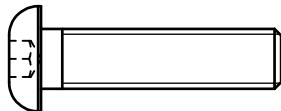
(A1)HEX BOLT 1/2"x1-1/4"L PARTIAL THREAD QTY.2



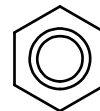
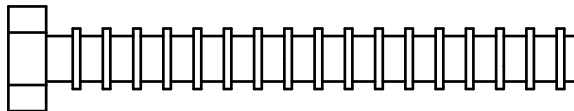
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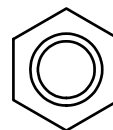
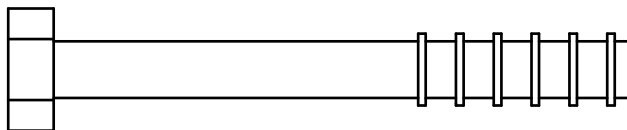
(A3)HEX BOLT 3/8"x5"L PARTIAL THREAD QTY.2



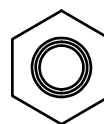
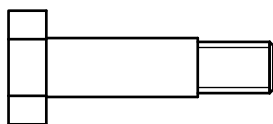
(A4)ROUND ALLEN HEAD 5/16"x1-1/4"L PARTIAL THREAD QTY.4



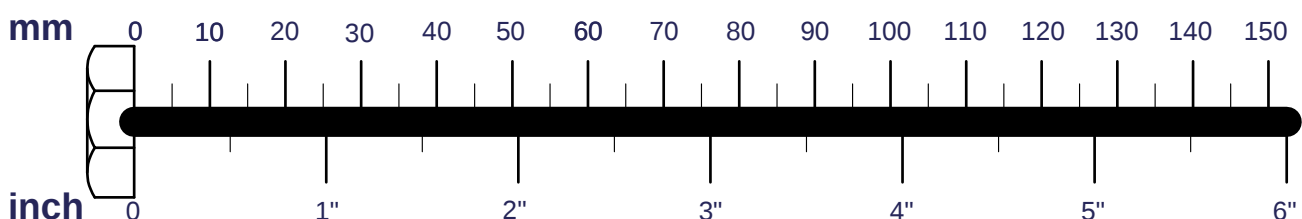
(A5)HEX BOLT 5/16"x2-3/4"L PARTIAL THREAD QTY.2



(A6)HEX BOLT 5/16"x3"L PARTIAL THREAD QTY.2

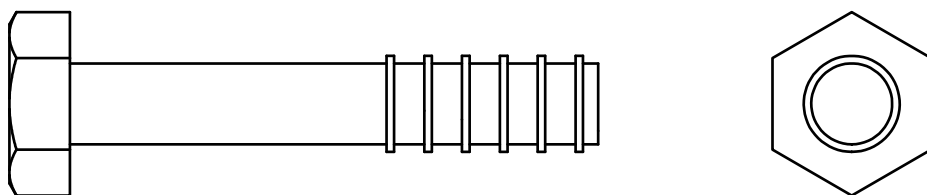


(A13)HEX BOLT M8X30L PARTIAL THREAD(8260-057) QTY.2

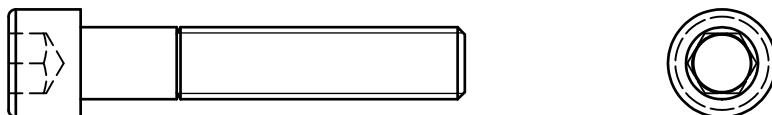


MTH-1100 ASSEMBLY INSTRUCTIONS

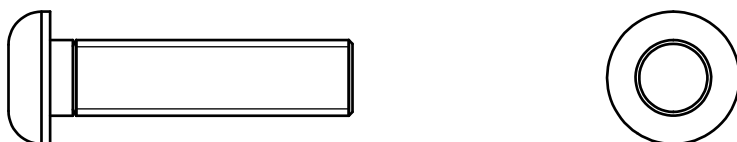
FRAME HARDWARE ILLUSTRATION FOR DOOR



(A7)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.3



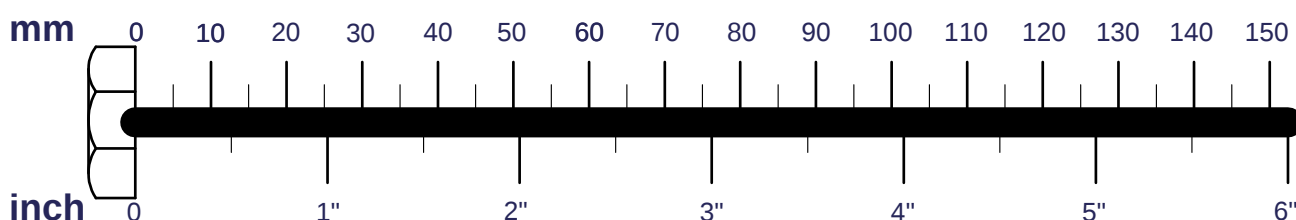
(A8)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



(A9)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1

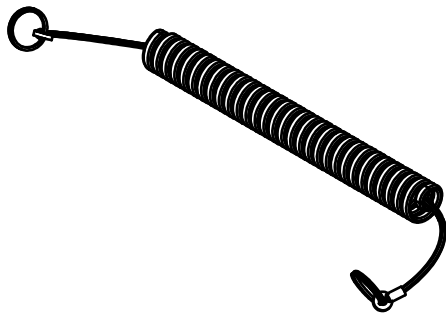


(A10)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16

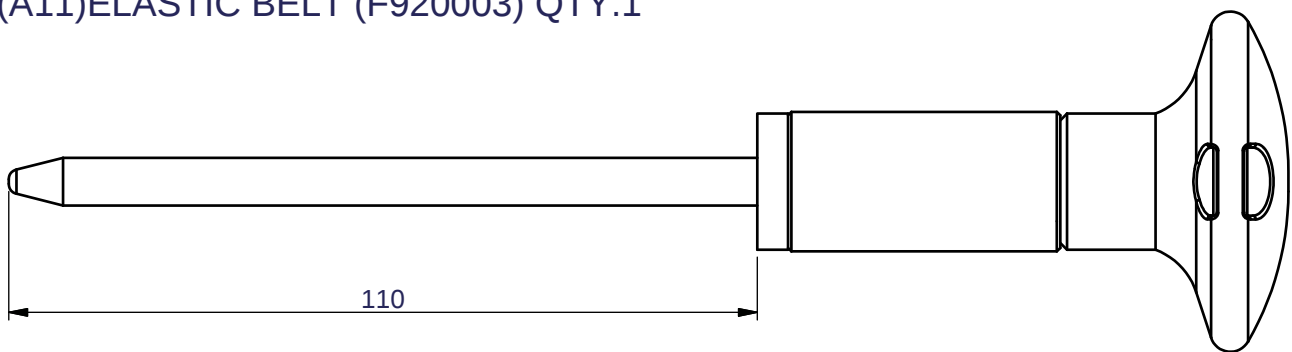


MTH-1100 ASSEMBLY INSTRUCTIONS

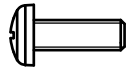
FRAME HARDWARE ILLUSTRATION FOR DOOR



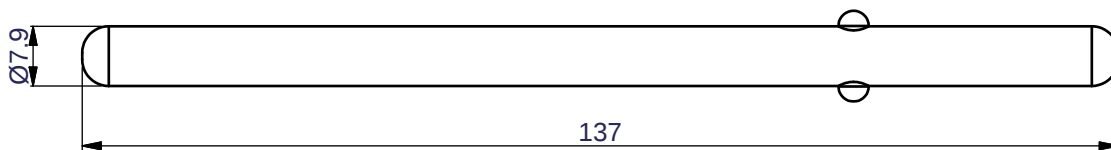
(A11)ELASTIC BELT (F920003) QTY.1



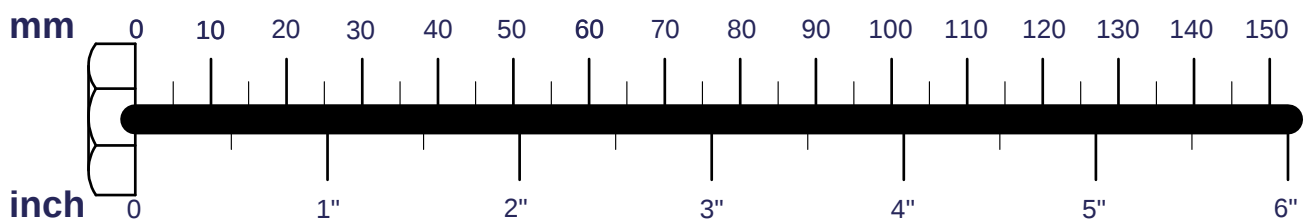
(A12)10 、 15 、 20LB PIN (8250-162) QTY.1



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

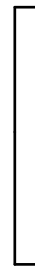
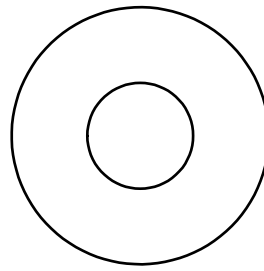
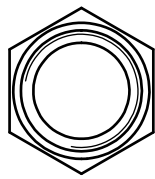


(A14) Ø7.9 PIN(8250-166) QTY.1

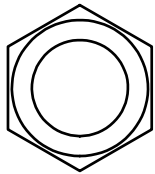
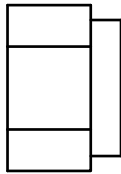


MTH-1100 ASSEMBLY INSTRUCTIONS

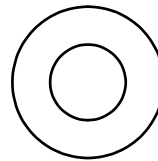
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 1/2"X8H QTY.2

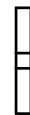
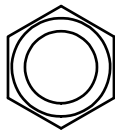
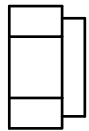


(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.2



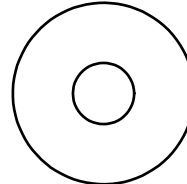
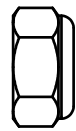
(B2)NYLON LOCK NUT 1/2" QTY.2

(C3)3/8"(I.D.)ARC WASHER R30 QTY.4



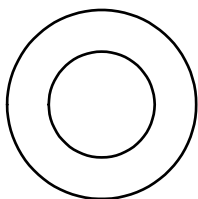
(B3)NYLON LOCK NUT 3/8" QTY.2

(C4)5/16" SPRING WASHER QTY.4

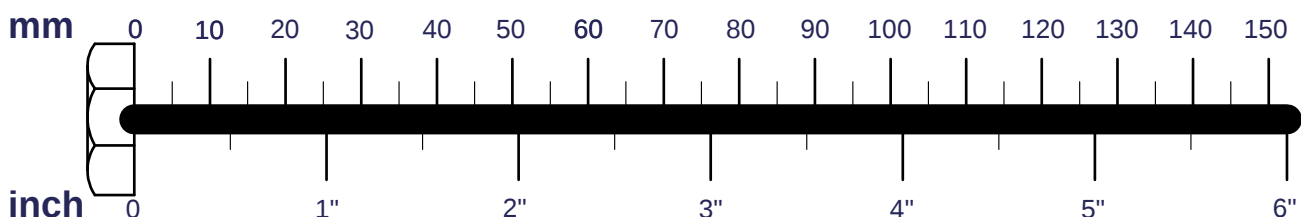


(B4)NYLON LOCK NUT M8 QTY.2

(C5)5/16"(I.D.)FLAT WASHER Ø24 QTY.4

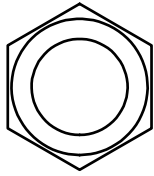


(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.6

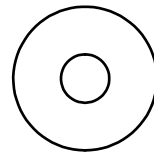
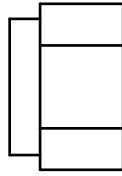


MTH-1100 ASSEMBLY INSTRUCTIONS

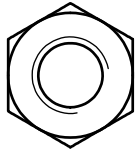
FRAME HARDWARE ILLUSTRATION FOR DOOR



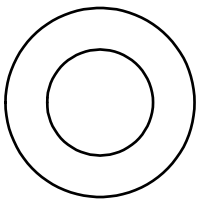
(B5)NYLON LOCK NUT 1/2" QTY.3



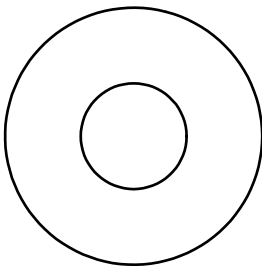
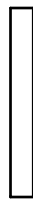
(C10)M6 (I.D.)FLAT WASHER Ø19 QTY.16



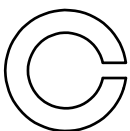
(B6)NYLON LOCK NUT M10 QTY.1



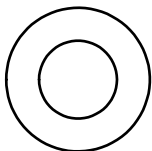
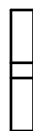
(C6)1/2"(I.D.)FLAT WASHER Ø25 QTY.2



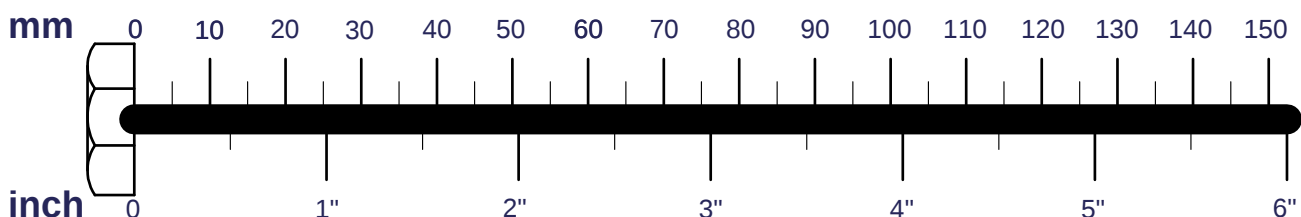
(C7)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(C8)3/8" SPRING WASHER QTY.1



(C9)M10(I.D.)FLAT WASHER Ø19 QTY.2



MTH-1100 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.Ø10X60L SHAFT (8210-156) -----	[1PCS]
D3.ROLLER THRUST BEARING(8510-008)-----	[2PCS]
D4.Ø1" CU WASHER(8520-008)-----	[6PCS]
D5.Ø50 END CAP(9211-074)-----	[2PCS]
D6. □50X50X1.8T End Cap (9211-087)-----	[3PCS]
D7.Ø28 PLUG(9211-095)-----	[4PCS]
D8.59X116.5X2.5TX25H END CAP(9211-189)-----	[1PCS]
D9. Ø27.5X12.5L Rubber Pad(9214-030)-----	[4PCS]
D11.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D12. 44X54TX99 RUBBER LUMP(9214-038)-----	[1PCS]
D13.Ø115 PULLEY(9213-042B)-----	[2PCS]

D1



D2



D3



D4



D5



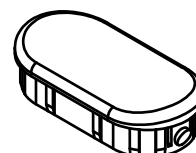
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D7



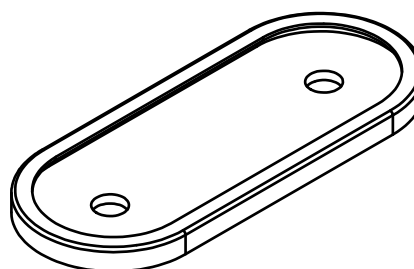
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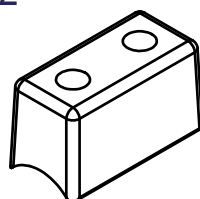
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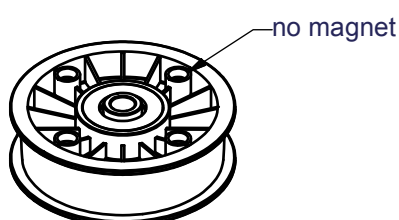
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D12



D13



MTH-1100 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

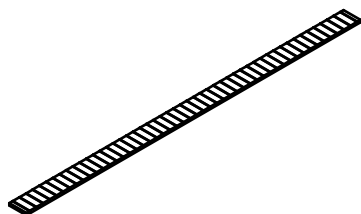
D14.4040mm BELT(FMTH1100A1)-----[1PCS]

D15.EXERCISE CHART (9420-107)-----[1PCS]

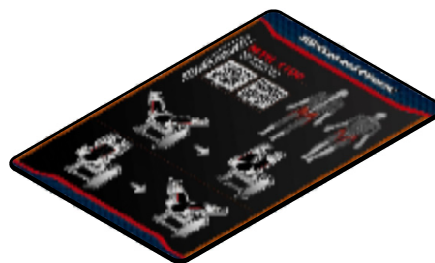
D27.50x100x1.5T END CAP(9261-060)-----[1PCS]

D31.150X250L RUBBER PAD(9310-036)-----[1PCS]

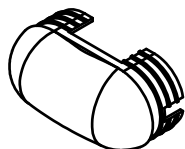
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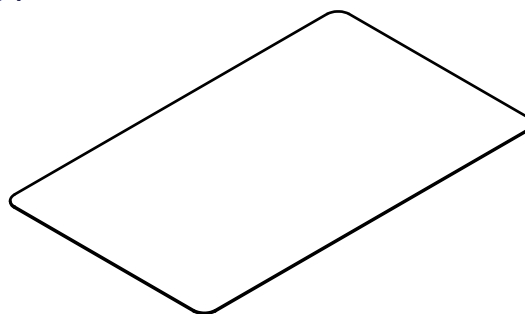
D15



D27



D31



MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION

D17.3/4" SHAFT COLLAR(9211-147)-----[2PCS]

D18.Ø4" RUBBER PAD(9310-017)-----[2PCS]

D19.108X263 RUBBER PAD(9310-075)-----[2PCS]

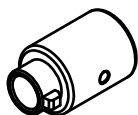
D21.Ø115 PULLEY(9213-042B)-----[3PCS]

D22.BOTTLE BRACKET(8388-025)-----[1PCS]

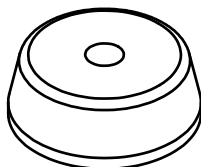
D23.BOTTLE RACK(9260-320)-----[1PCS]

D24.BOTTLE(9260-123)-----[1PCS]

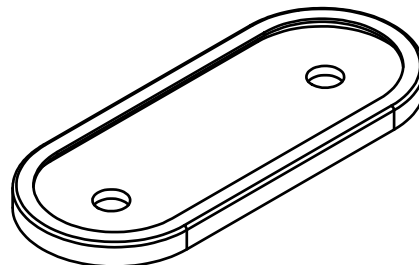
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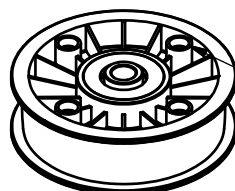
D18



D19



D21

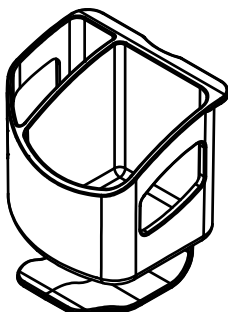


D22



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D23



D24



MTH-1100 ASSEMBLY INSTRUCTIONS

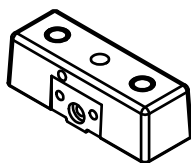
FRAME HARDWARE ILLUSTRATION

D28.TOP PLATE(8400-033)-----[1PCS]

D29.3/4" SHAFT COLLAR(9211-167)-----[2PCS]

D30.Selector Rod(8210-216C)-----[1PCS]

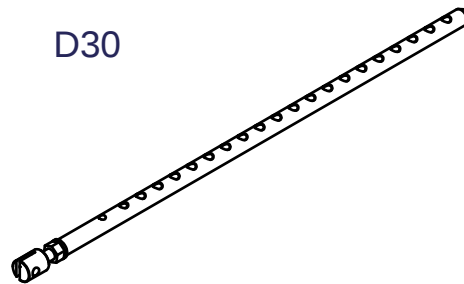
D28



D29



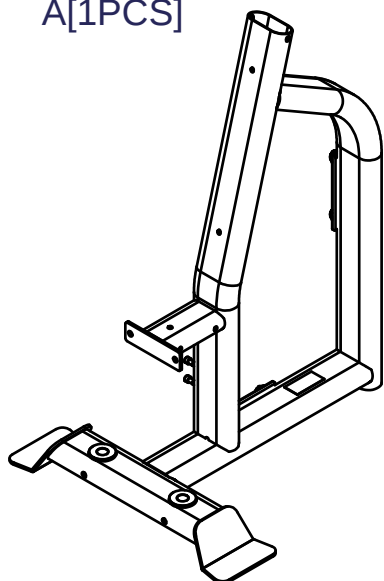
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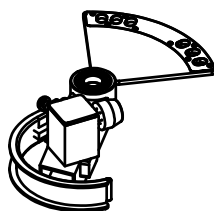
MTH-1100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

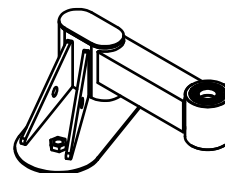
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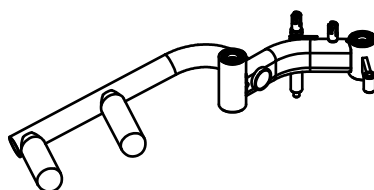
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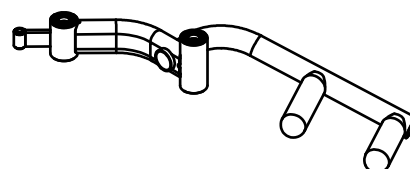
C[1PCS]



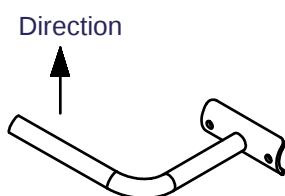
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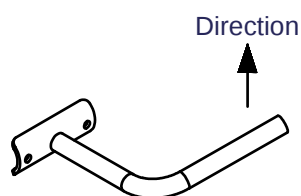
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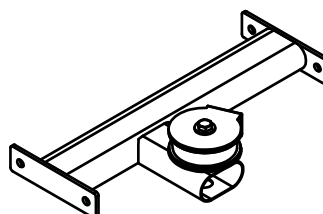
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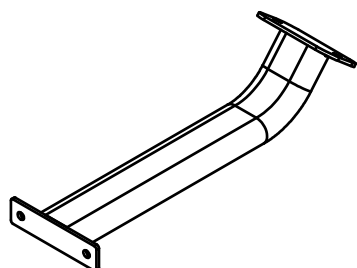
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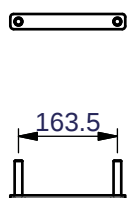
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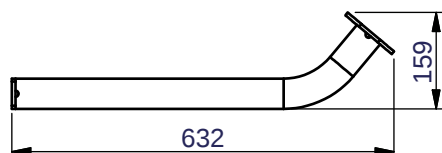
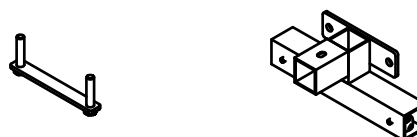
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K[1PCS]



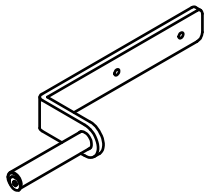
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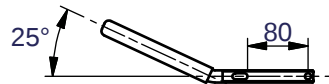
MTH-1100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

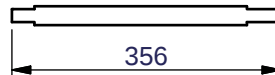
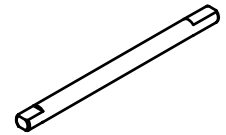
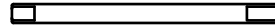
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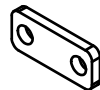
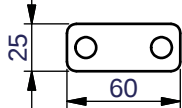
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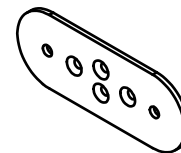
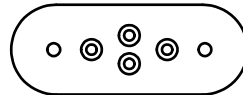
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Ø25X356L



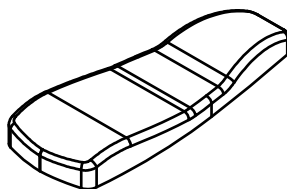
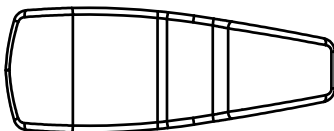
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60X25X6T



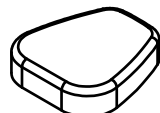
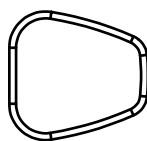
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95X6TX250L



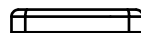
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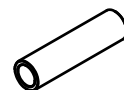
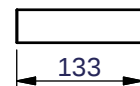
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T[2PCS]
9131-041



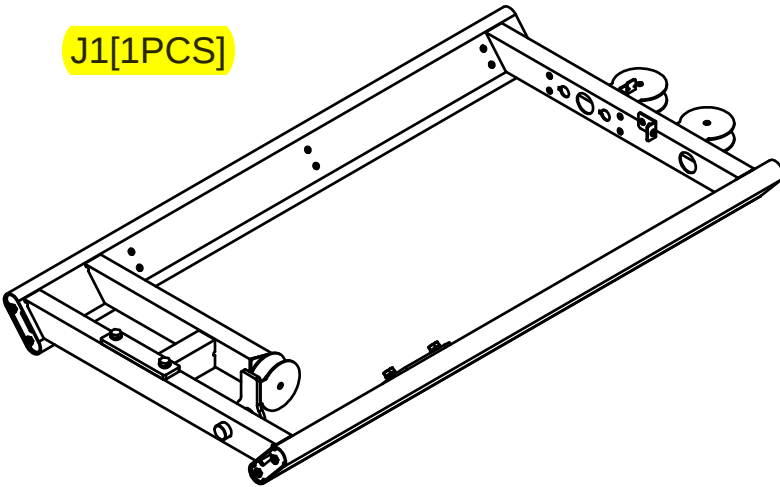
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Ø35xØ25.2x133L



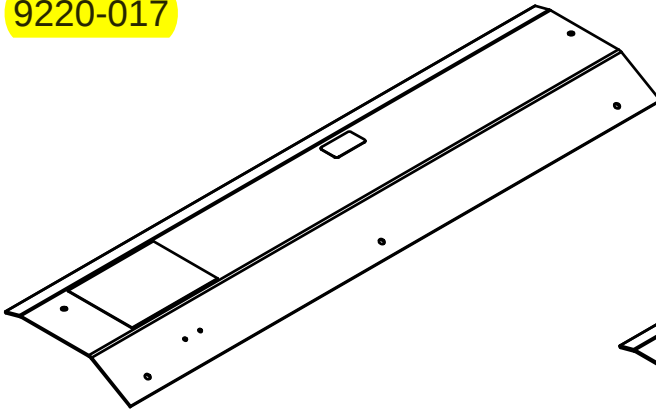
MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

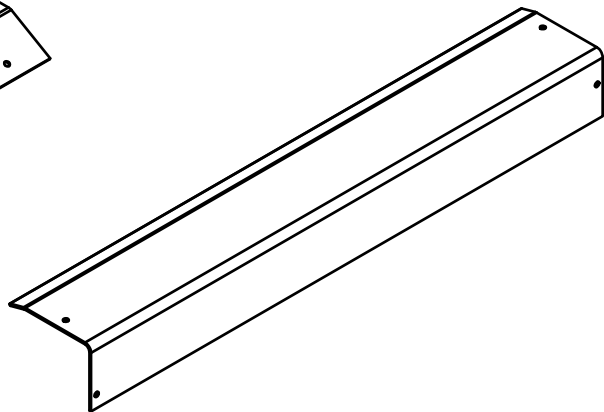
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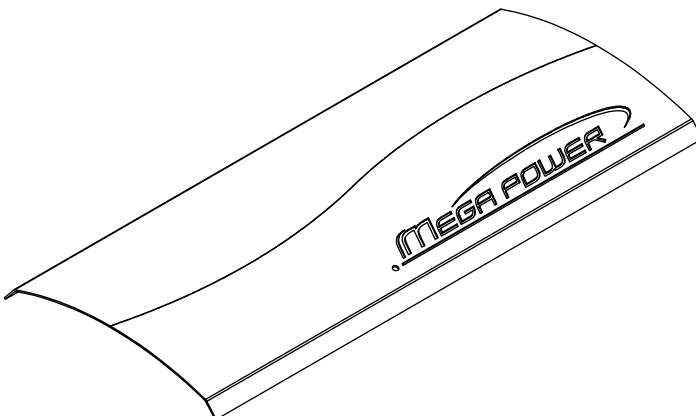
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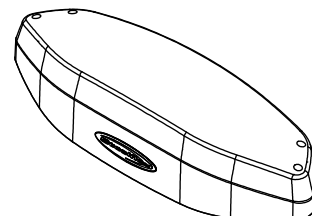
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AD[1PCS]
9220-023



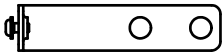
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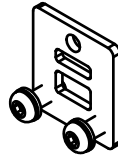
MTH-1100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET

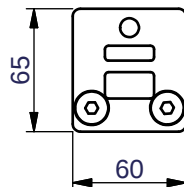
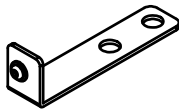
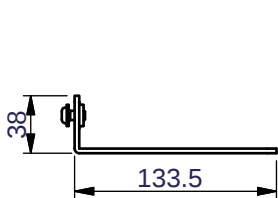
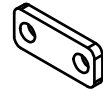
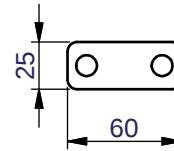
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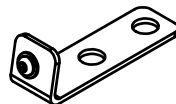
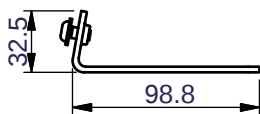
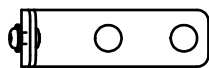
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8313-169



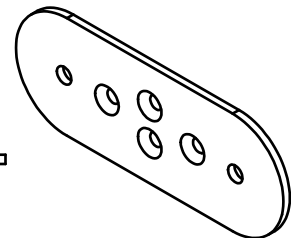
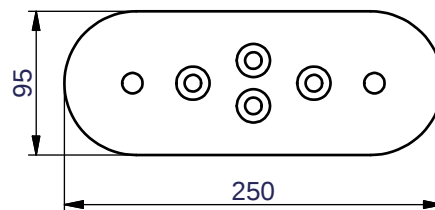
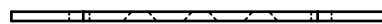
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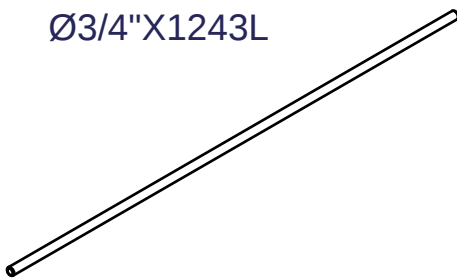
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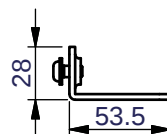
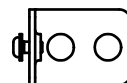
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8313-144



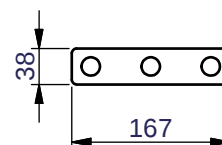
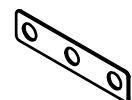
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8280-041
Ø3/4"X1243L



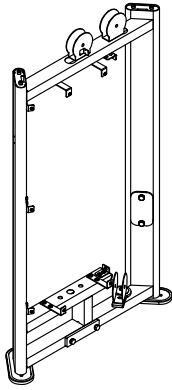
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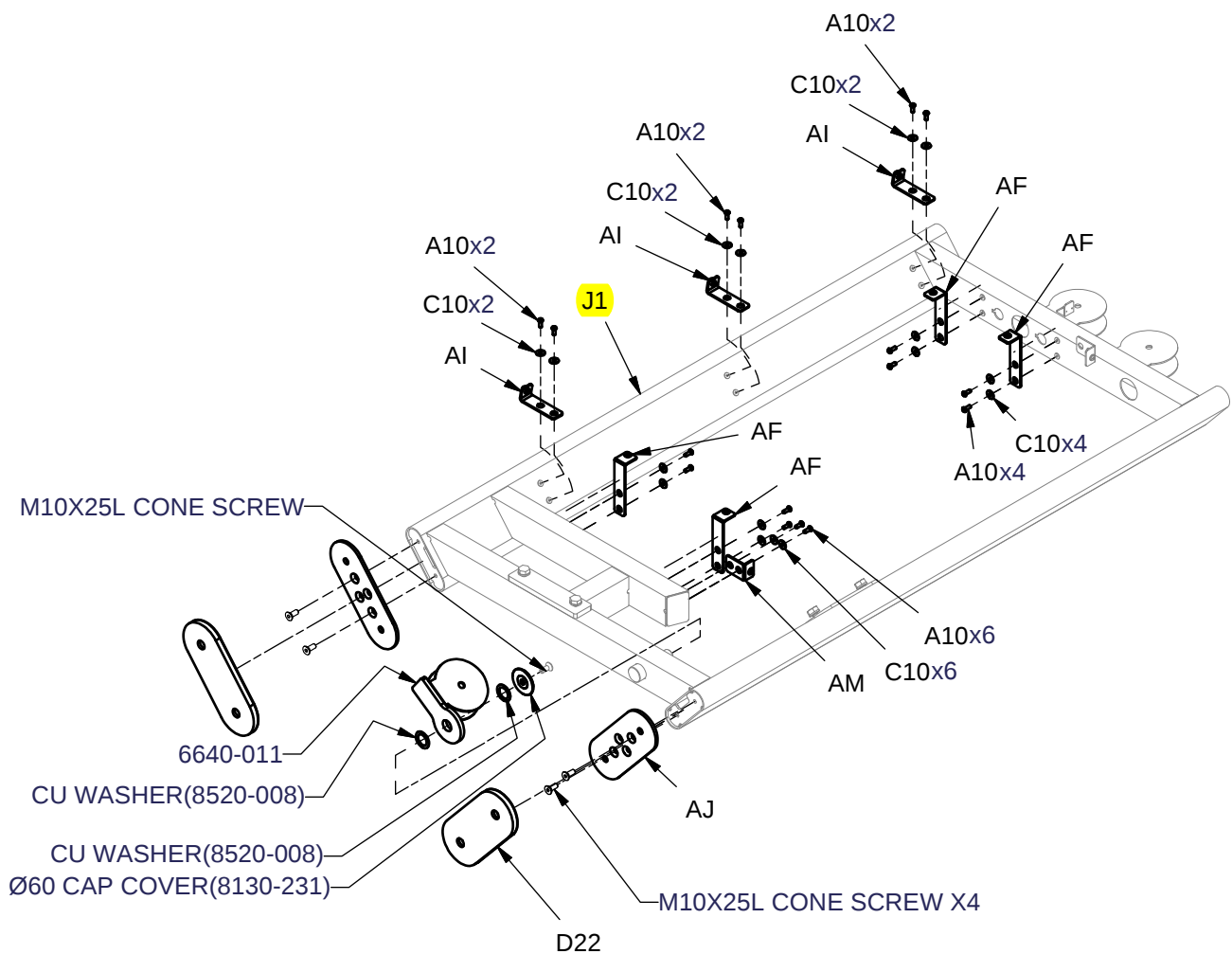
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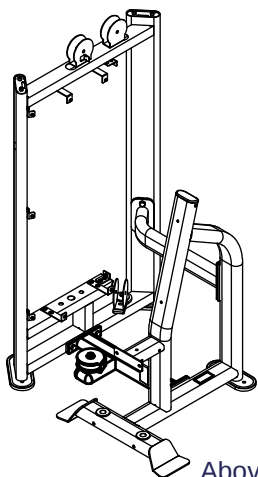
MTH-1100 ASSEMBLY INSTRUCTIONS



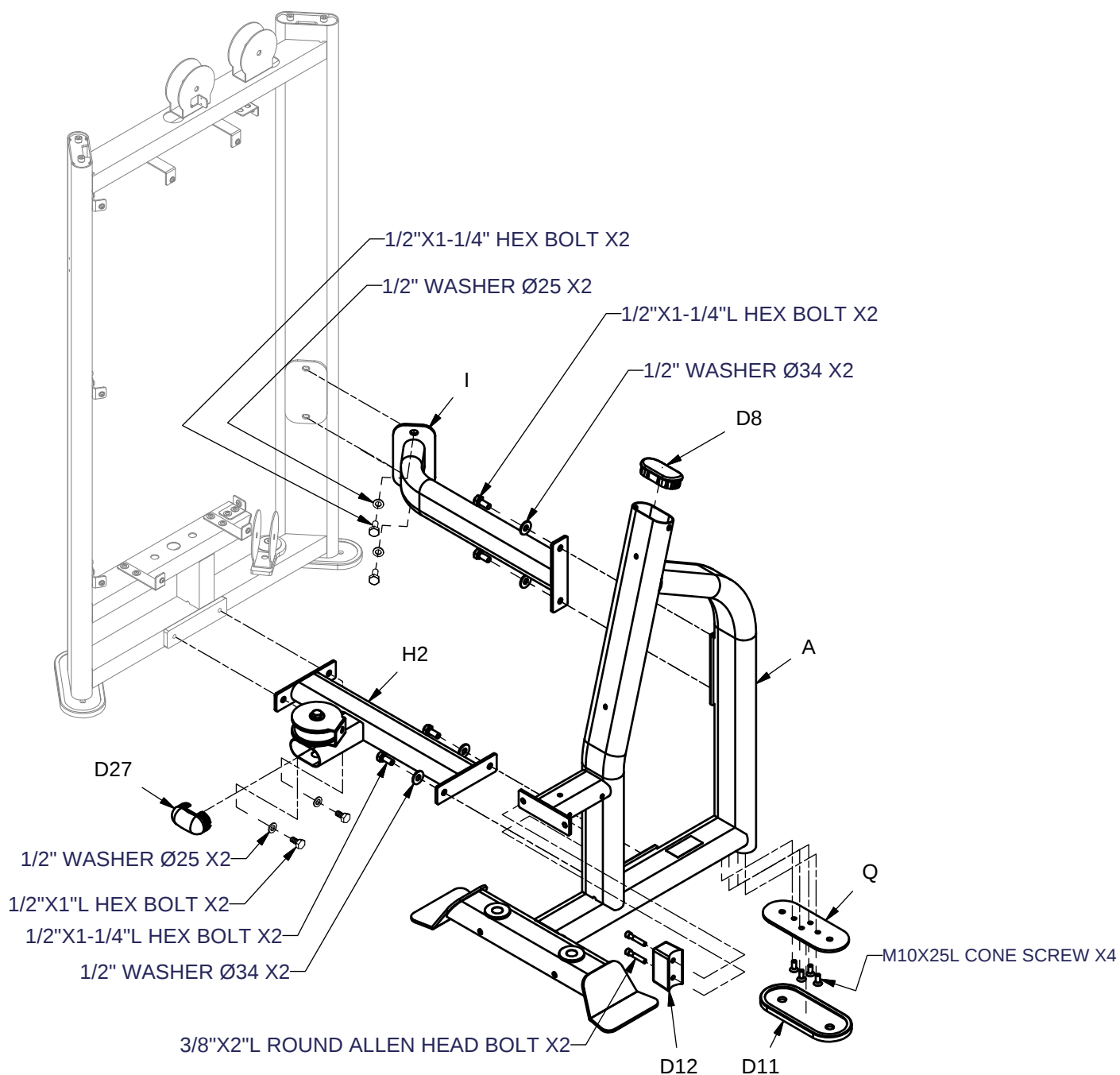
Above shows STEP 1
assembled and completed

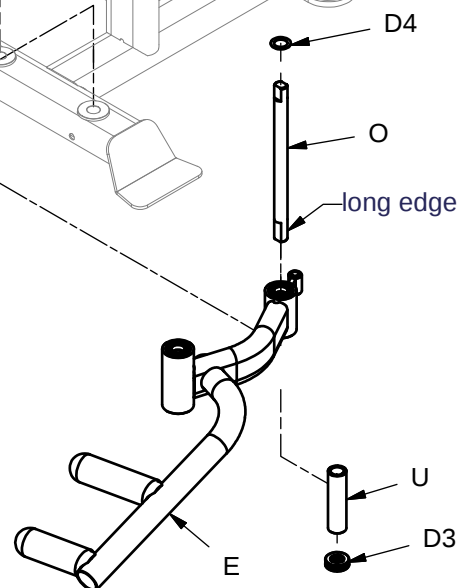
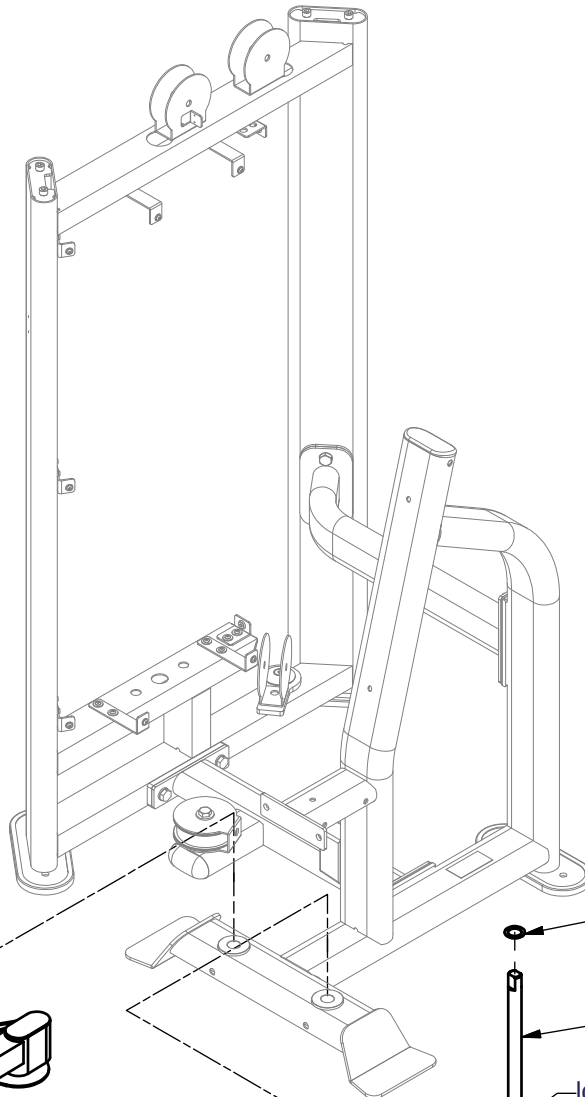


MTH-1100 ASSEMBLY INSTRUCTIONS

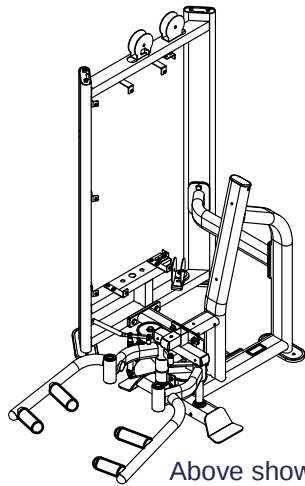


Above shows STEP 2
assembled and completed



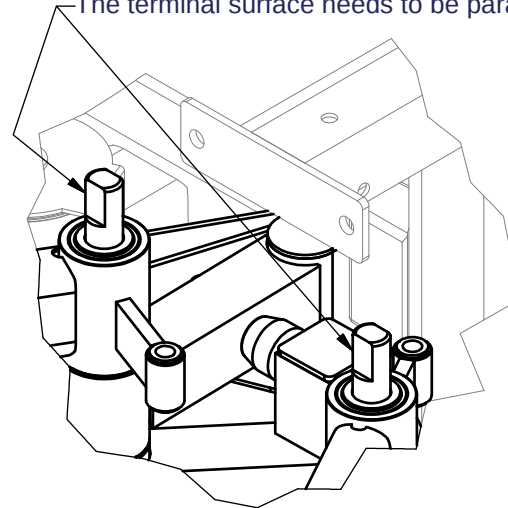


MTH-1100 ASSEMBLY INSTRUCTIONS



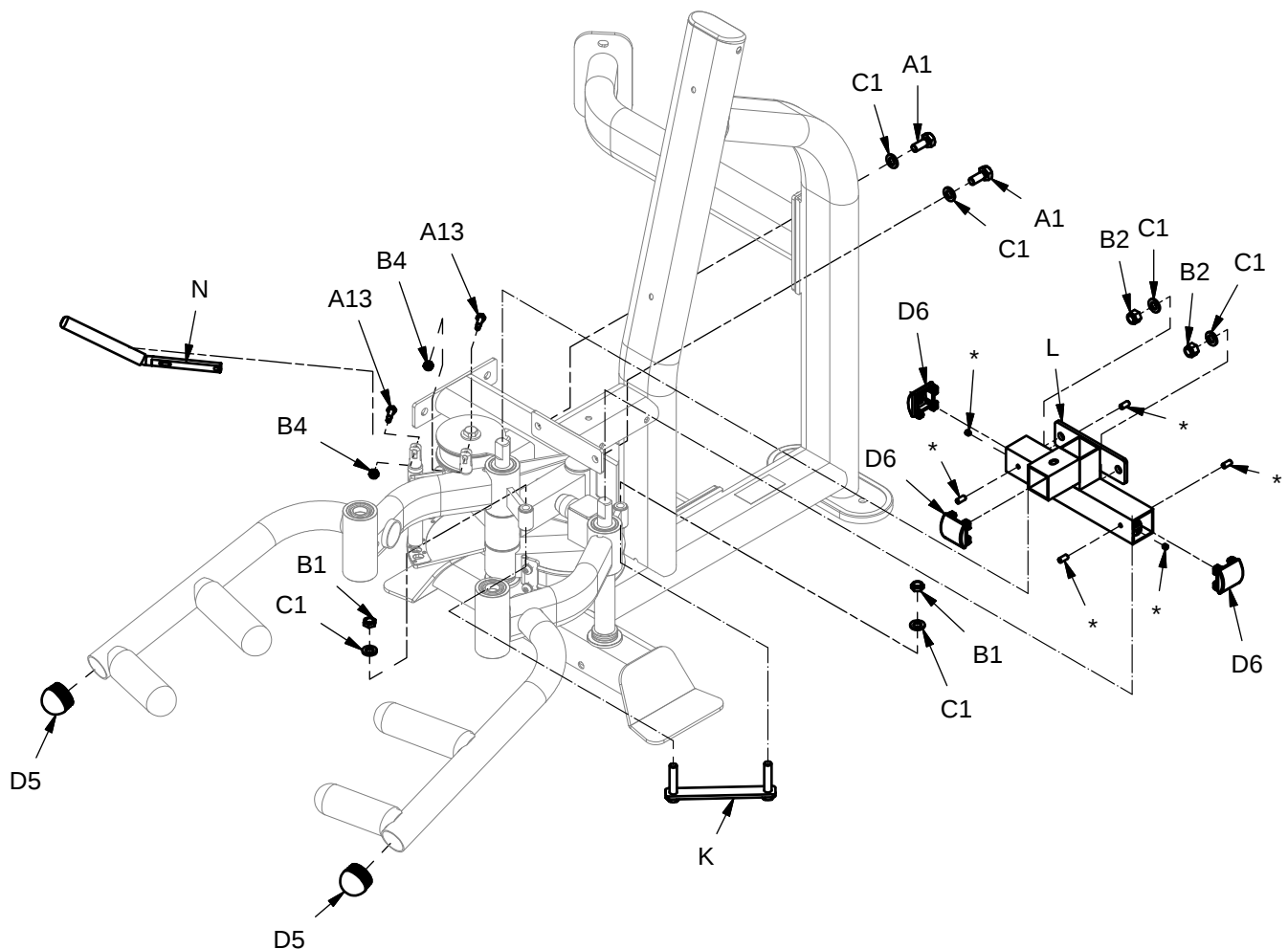
Above shows STEP 4
assembled and completed

The terminal surface needs to be parallel

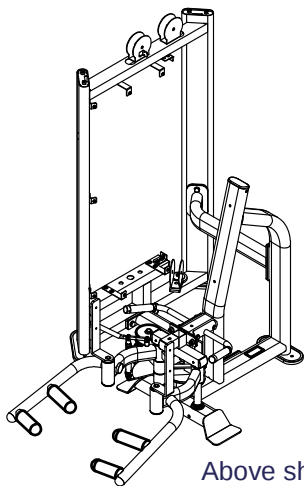


Attention

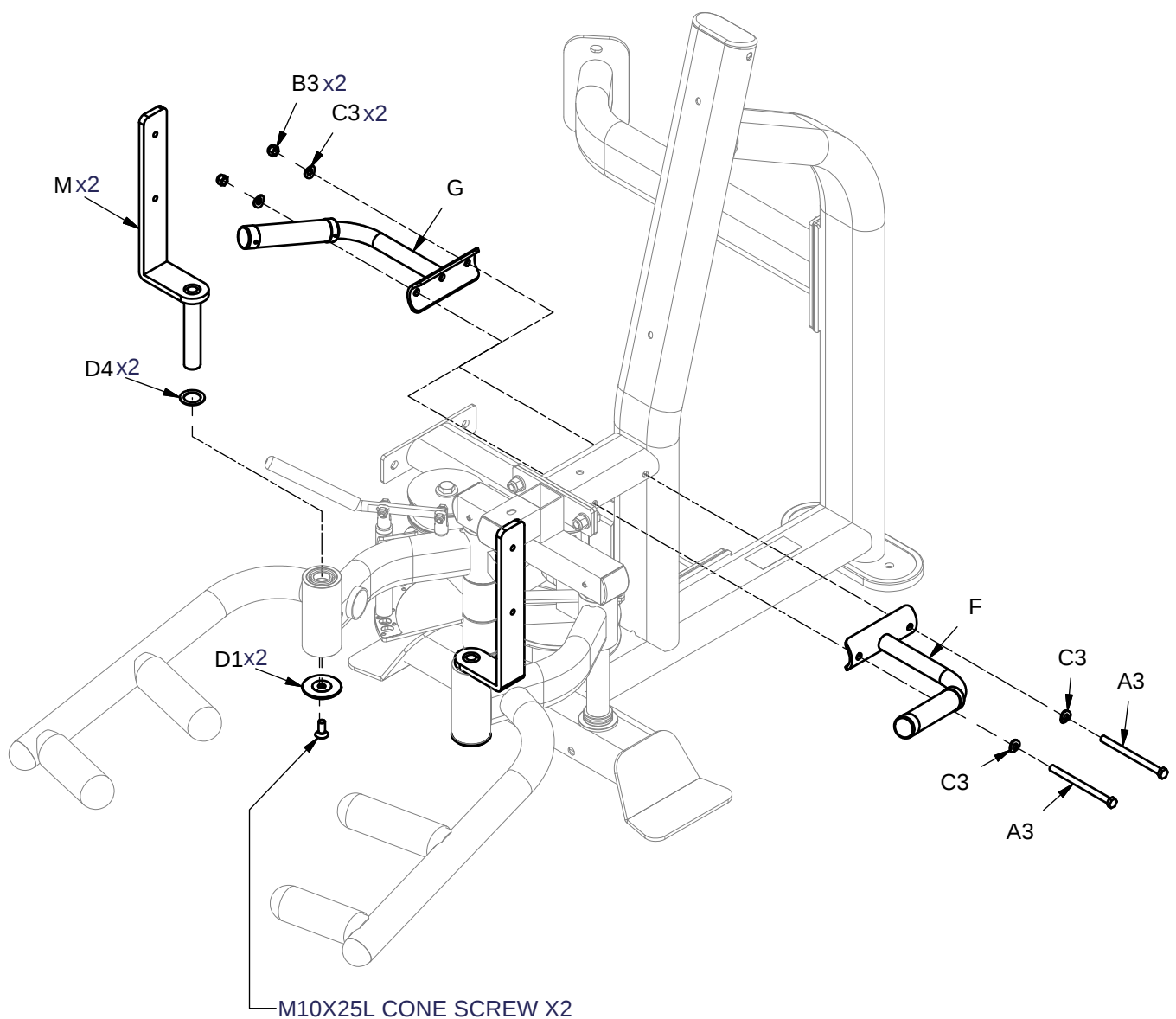
*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE PART#(L)



MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed



MTH-1100 ASSEMBLY INSTRUCTIONS

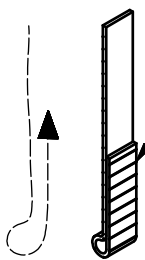
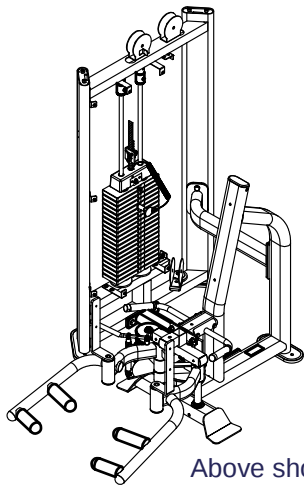
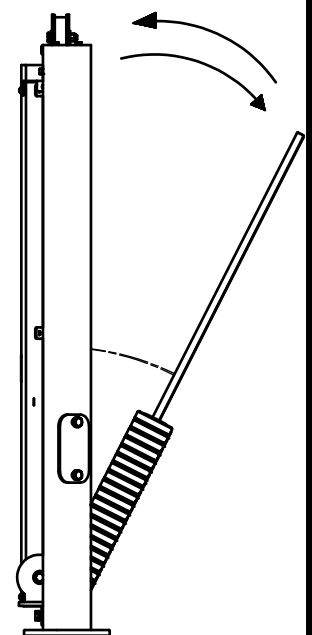
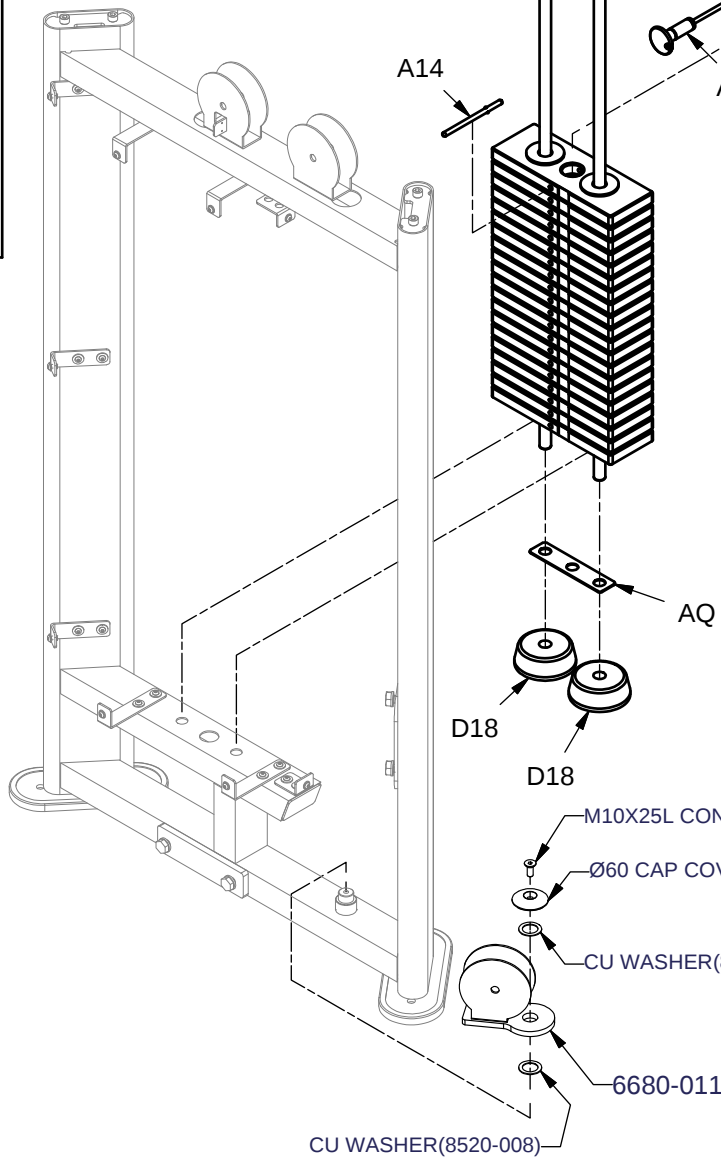
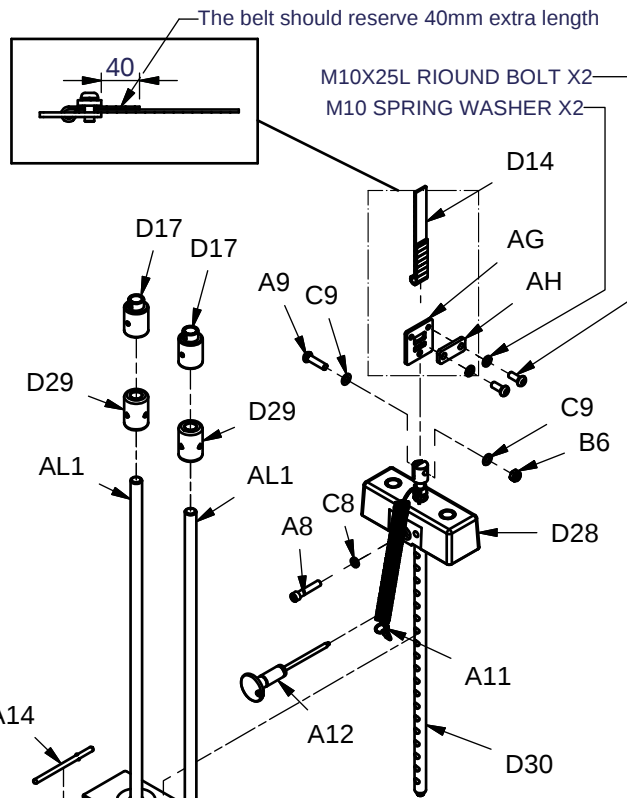
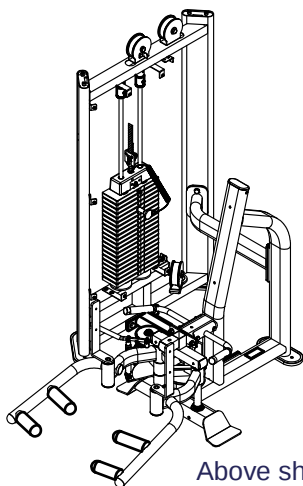


Figure 1



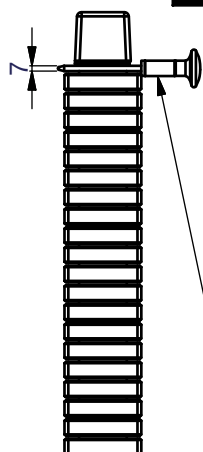
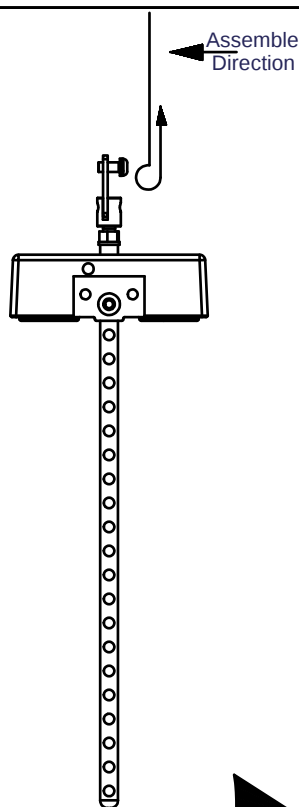
MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 7 assembled and completed

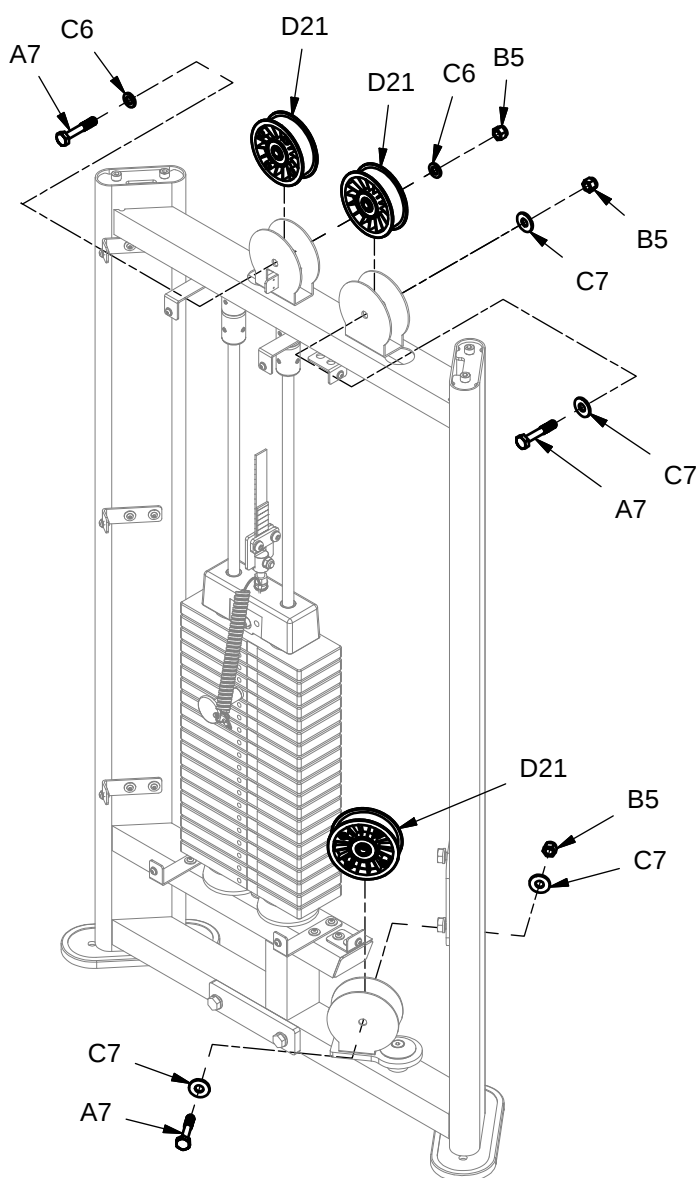
NOTE:

1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (AH)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (AG) DO NOT EXCEED 70 PSI

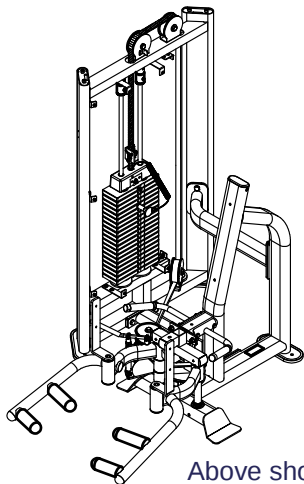


Adjust Belt Procedure:

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.



MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 8 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 (AH)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (AG) DO NOT EXCEED 70 PSI

The tread side should be outward

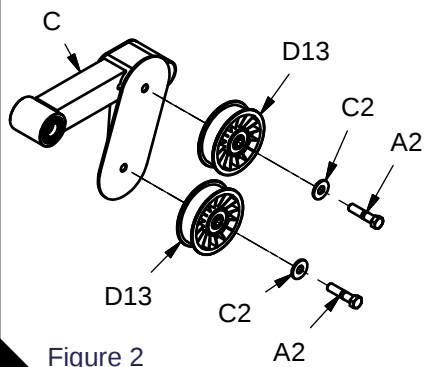
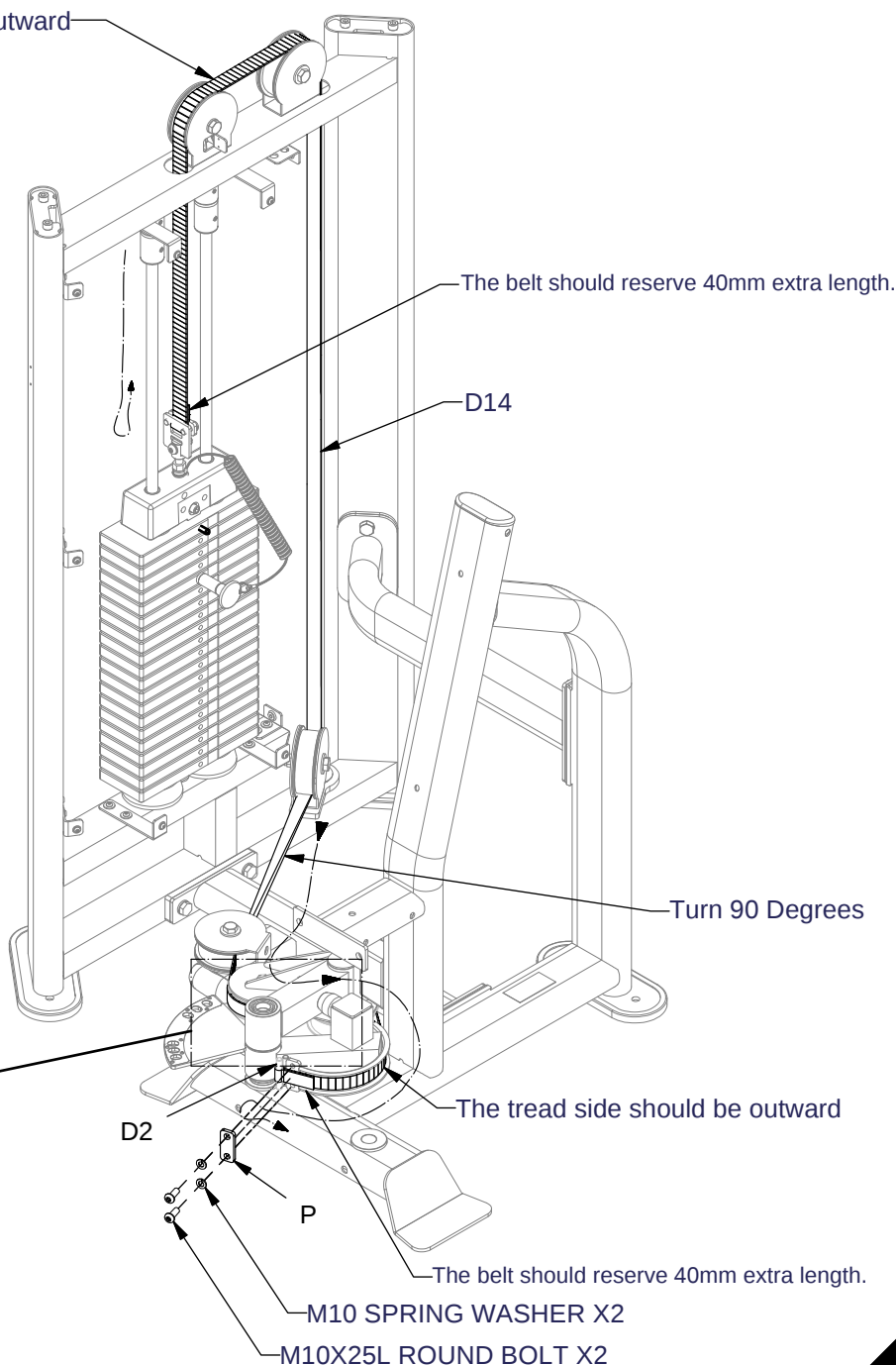
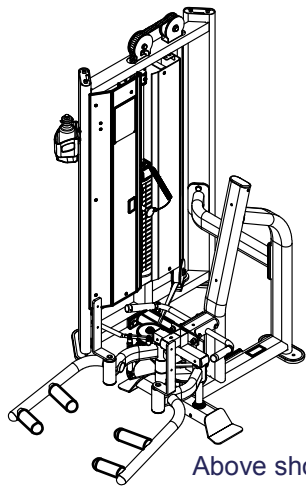


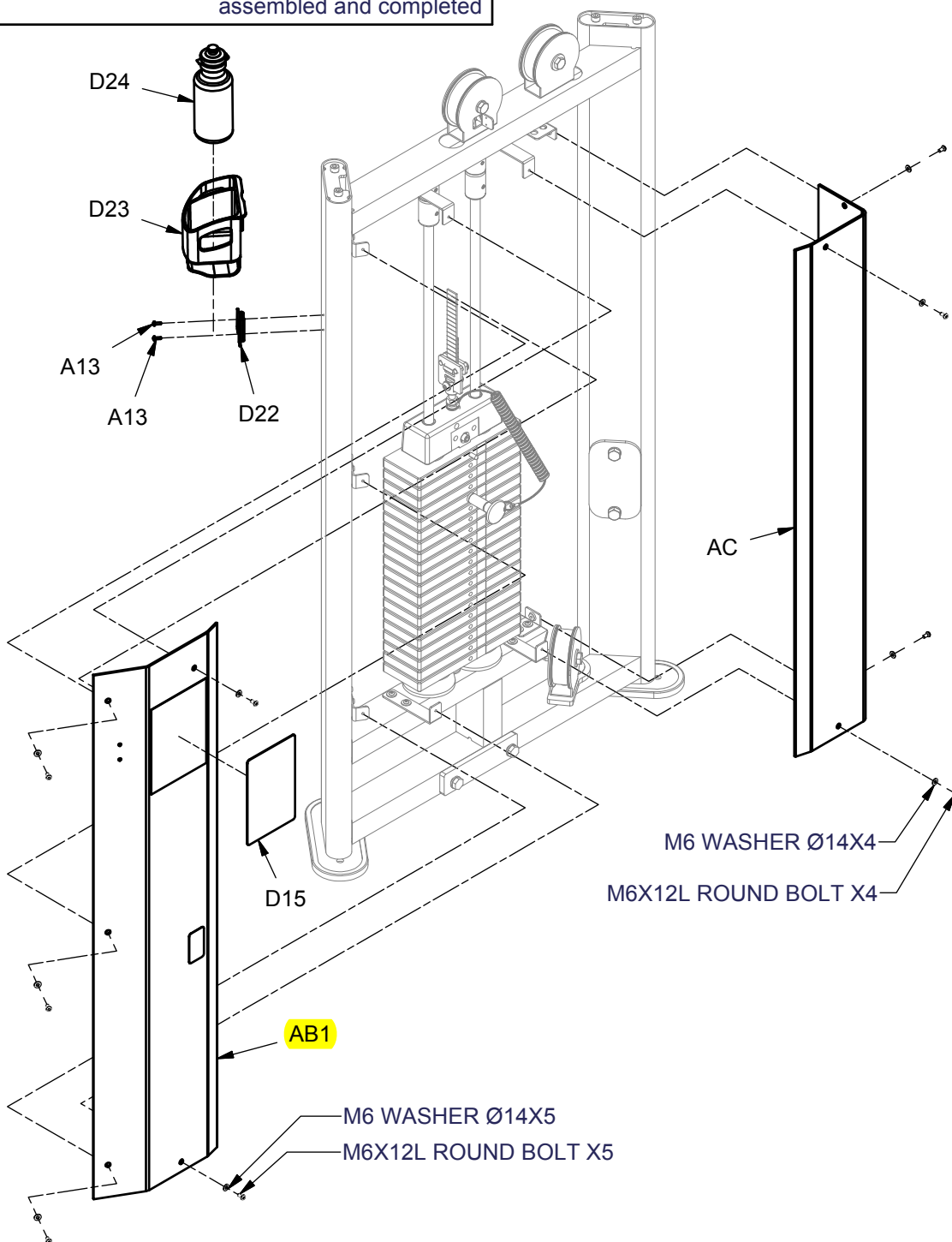
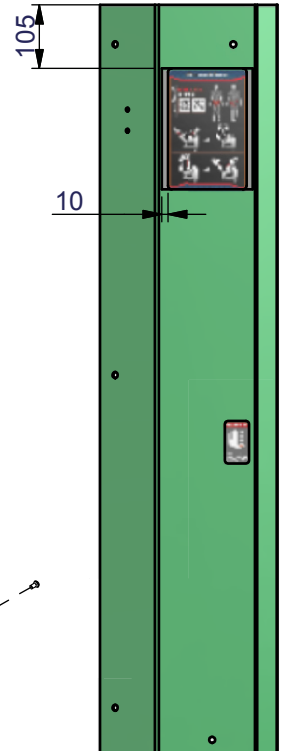
Figure 2

MTH-1100 ASSEMBLY INSTRUCTIONS

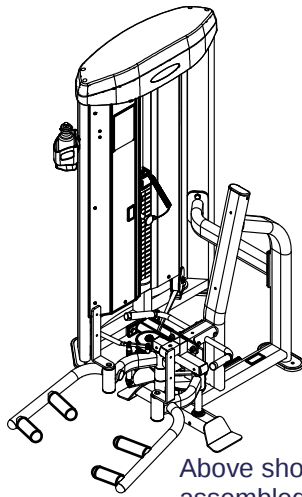


Above shows STEP 9
assembled and completed

Post location



MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed

M10X12L ROUND BOLT X4

AE

AD

EXTRUDING

EXTRUDING

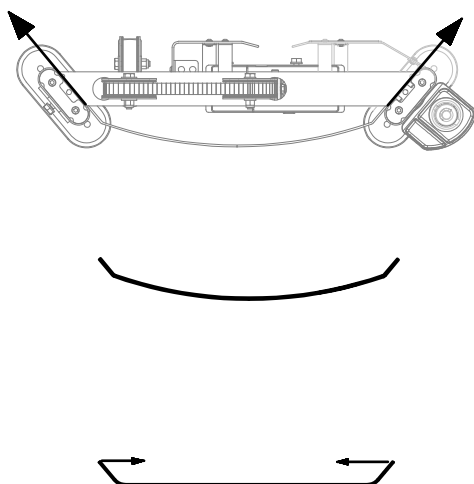
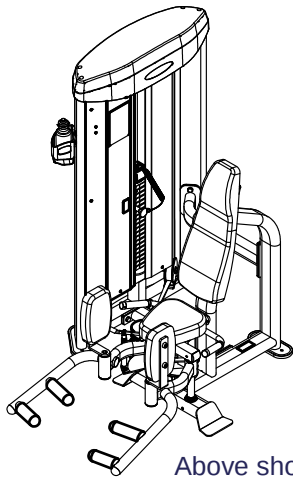


Figure 5

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.

MTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

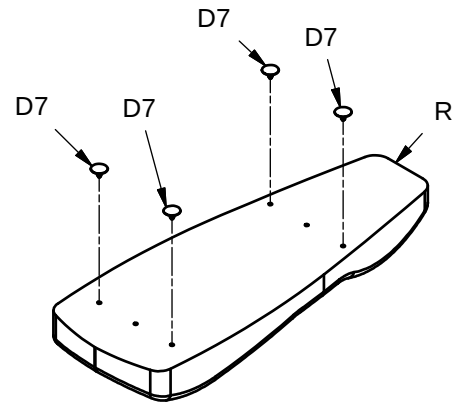
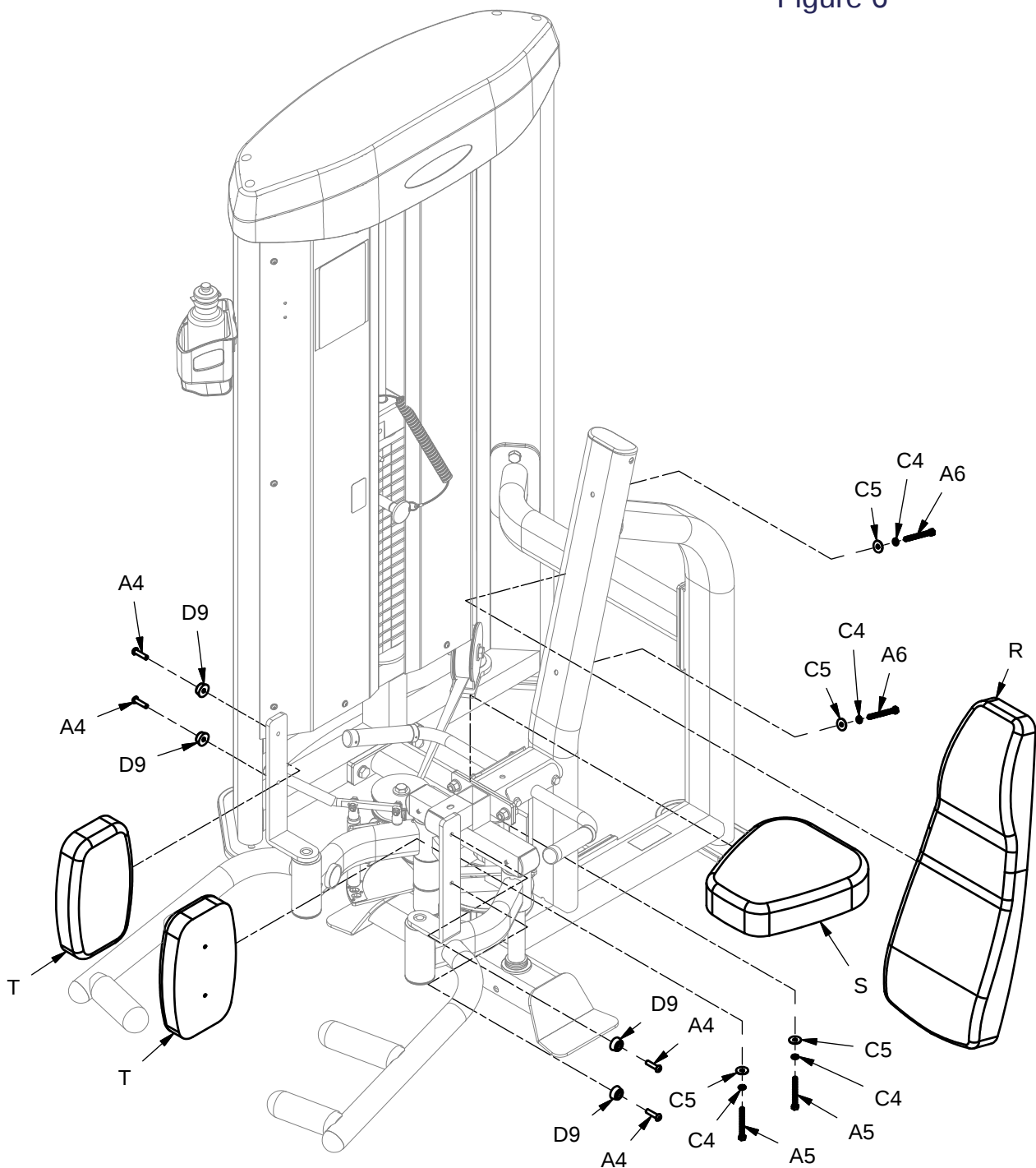
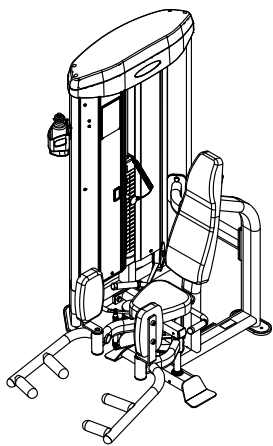


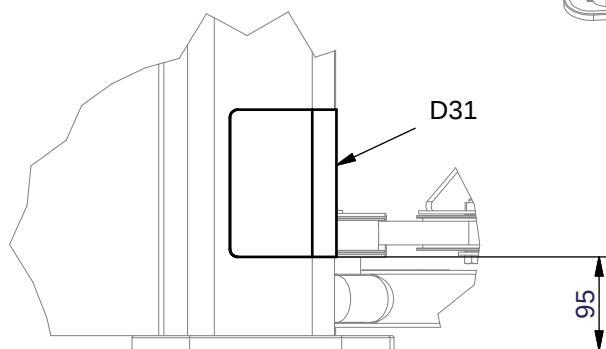
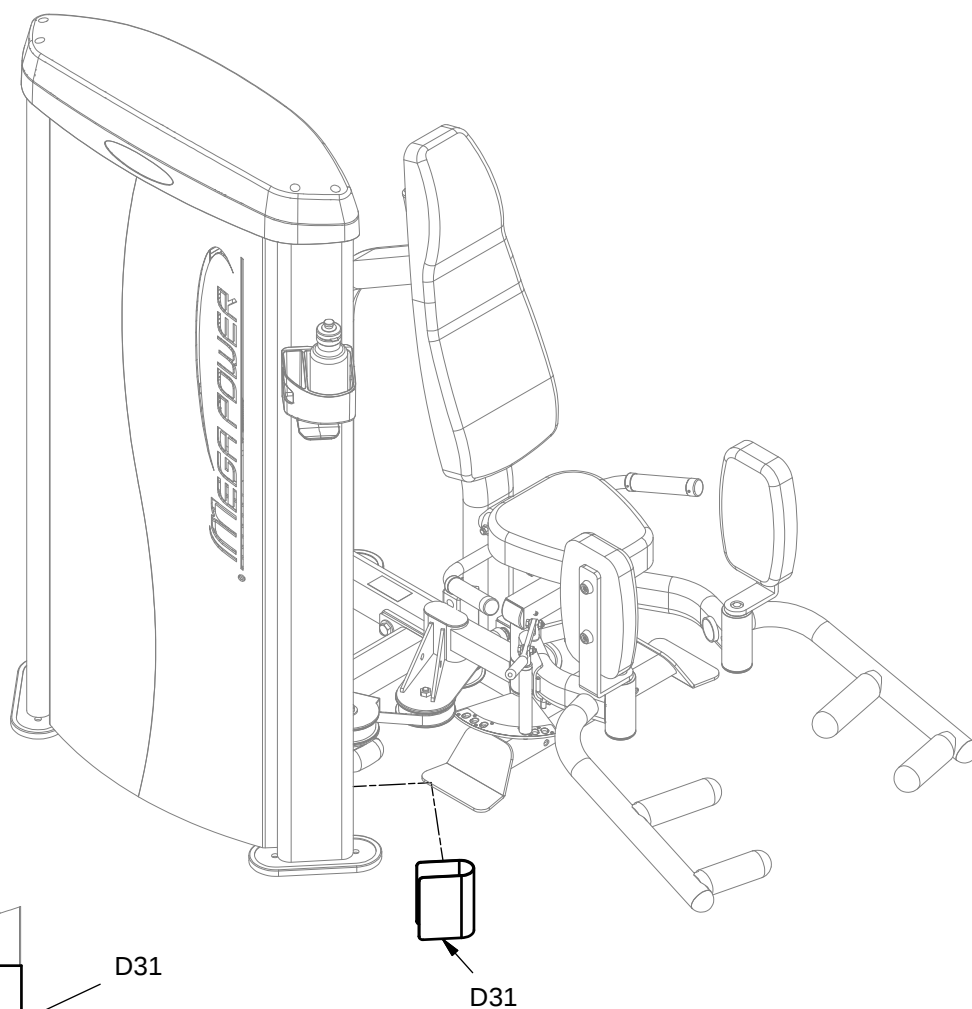
Figure 6



MTH-1100 ASSEMBLY INSTRUCTIONS



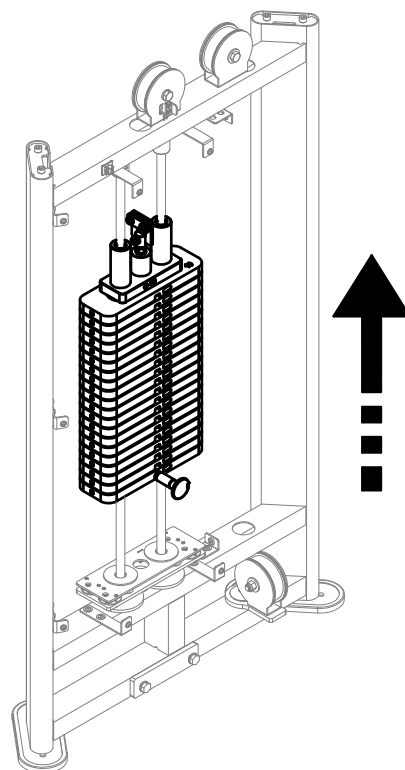
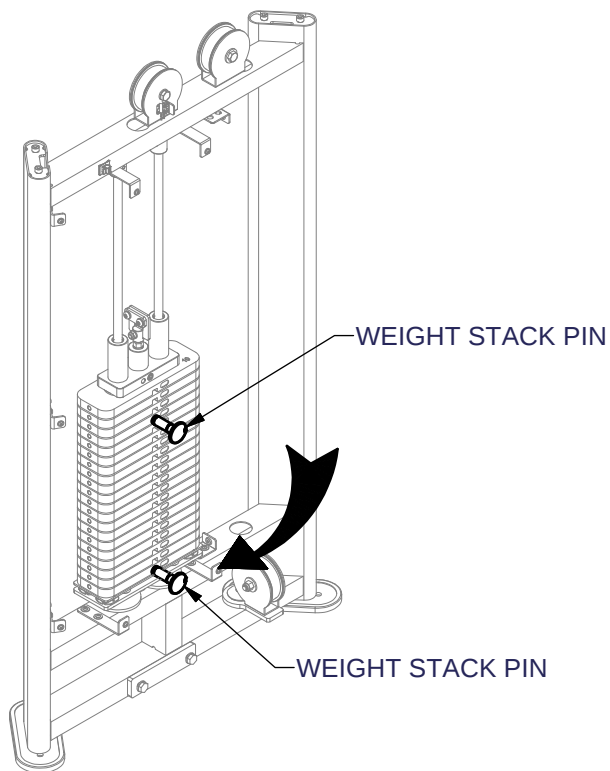
Above shows STEP 12
assembled and completed



DETIAL DRAW

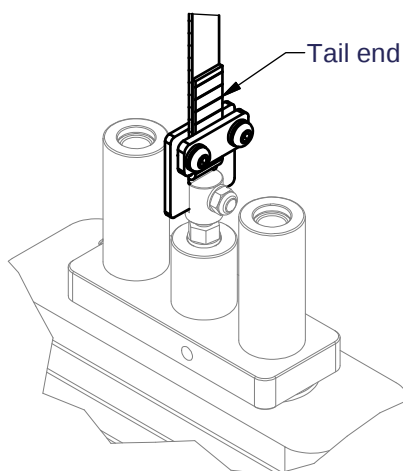
ASSEMBLY INSTRUCTIONS

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.

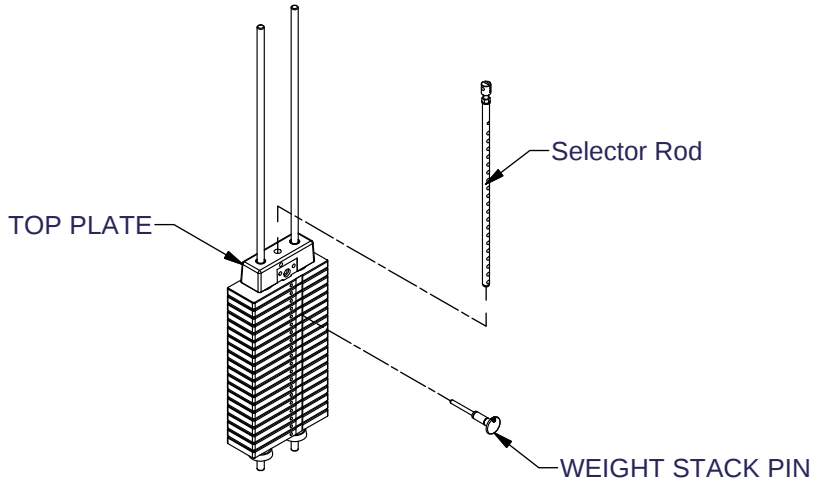
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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

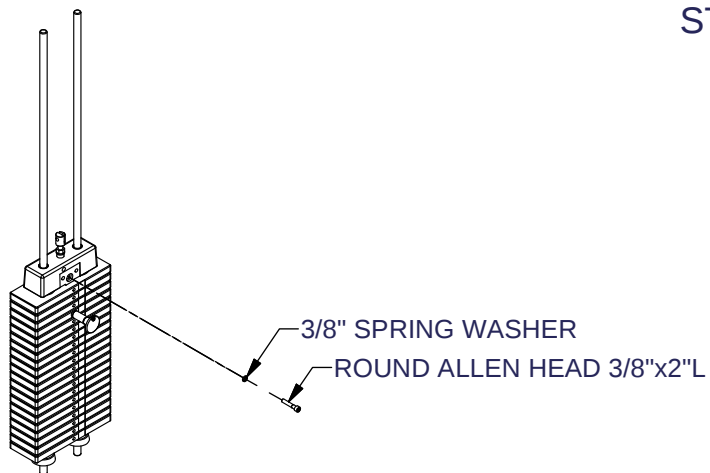
STEP 1



Step 1

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

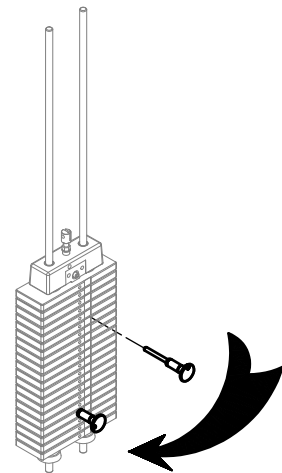
STEP 2



Step 2

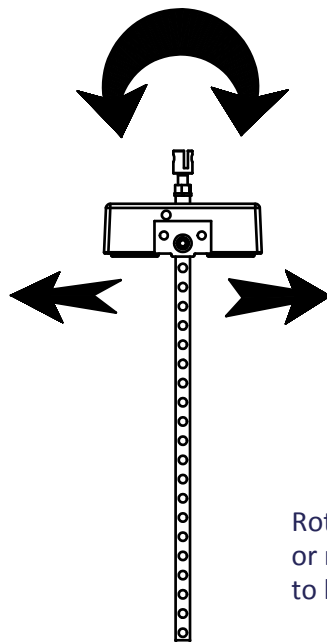
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



Step 3

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

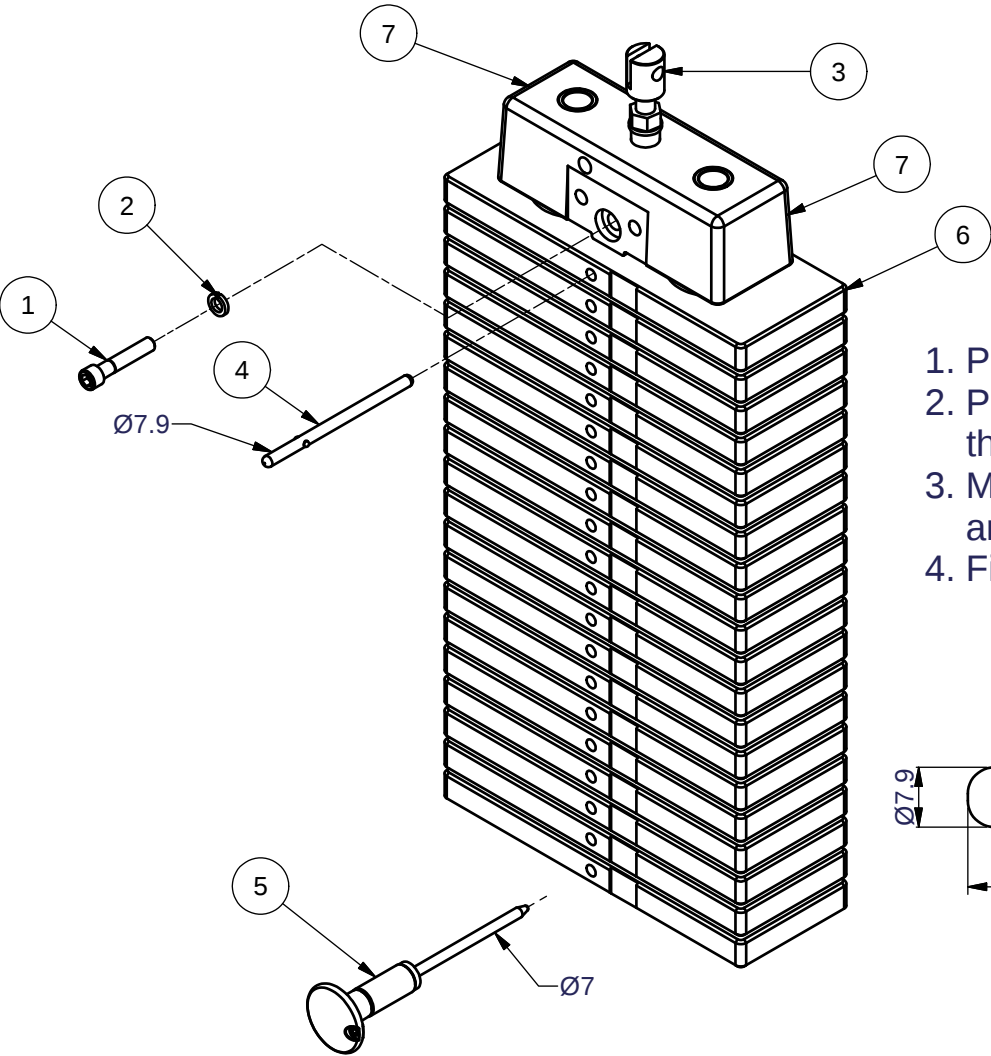


Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

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.

