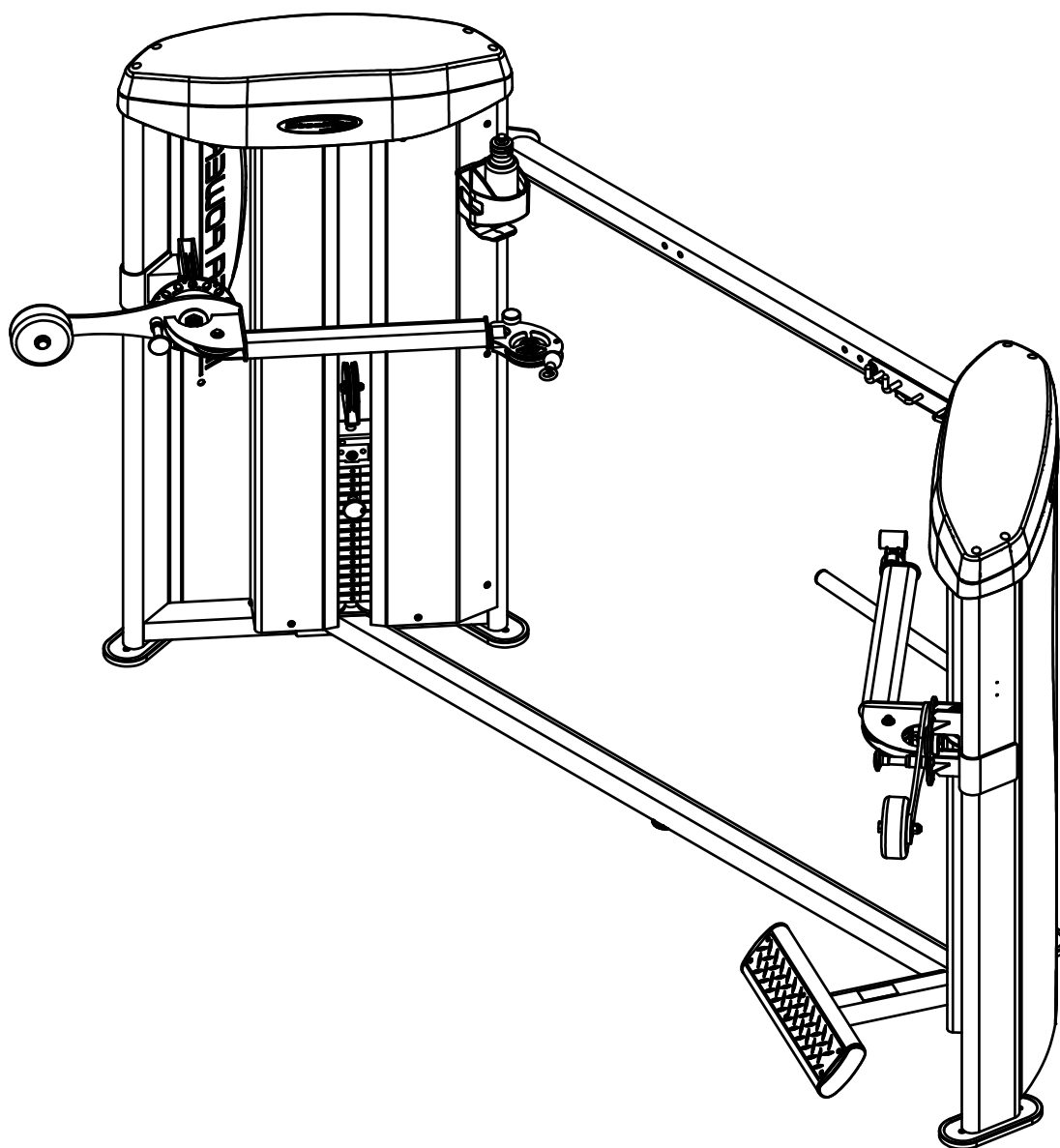


MEGA POWER



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

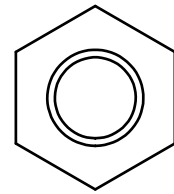
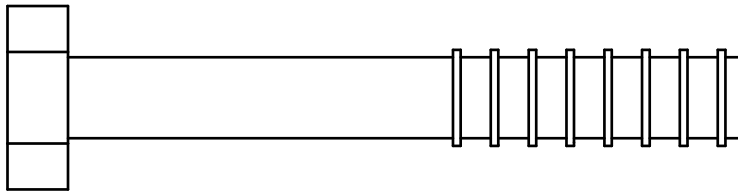
Fax: 886-2-27229750

www.steelflexfitness.com

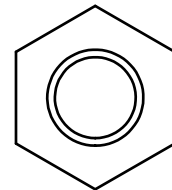
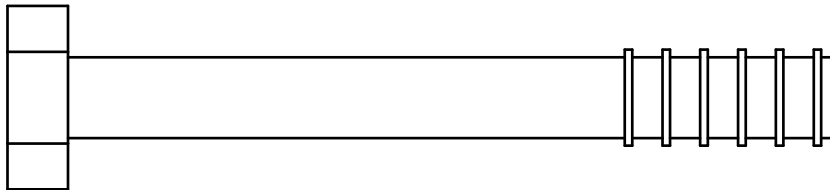
MDC-2000.1 OWNER'S MANUAL

MDC-2000 ASSEMBLY INSTRUCTIONS

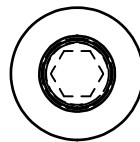
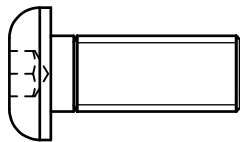
HARDWARE ILLUSTRATION



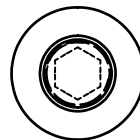
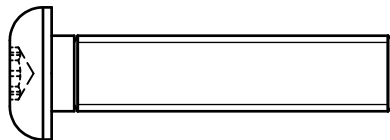
(A1)HEX BOLT 1/2"x3-1/2"L PARTIAL THREAD QTY.2



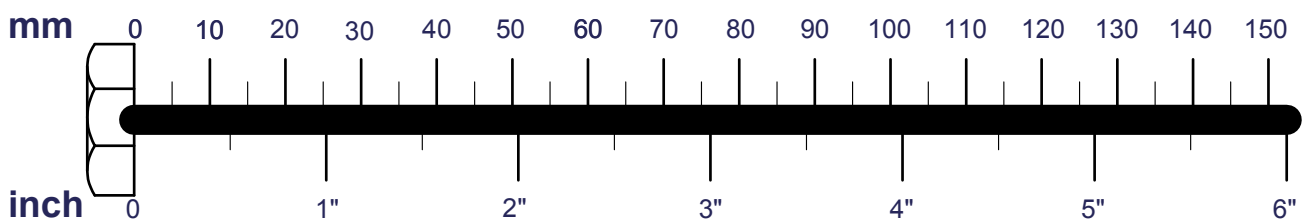
(A2)HEX BOLT 1/2"x4"L PARTIAL THREAD QTY.4



(A3)ROUND ALLEN HEAD M10X25L PARTIAL THREAD QTY.2

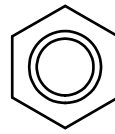
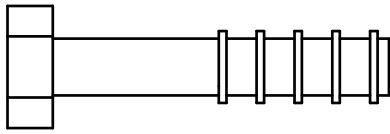


(A4)ROUND ALLEN HEAD M10X45L PARTIAL THREAD QTY.2

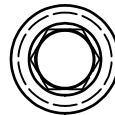
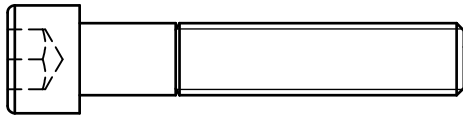


MDC-2000 ASSEMBLY INSTRUCTIONS

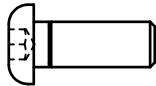
FRAME HARDWARE ILLUSTRATION



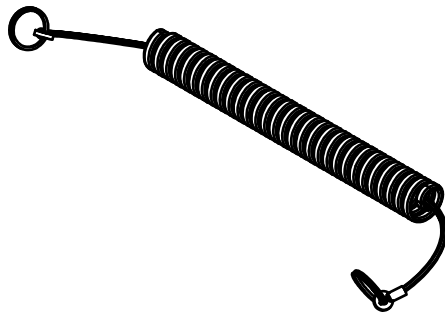
(A5)HEX BOLT 3/8"x1-3/4"L PARTIAL THREAD QTY.10



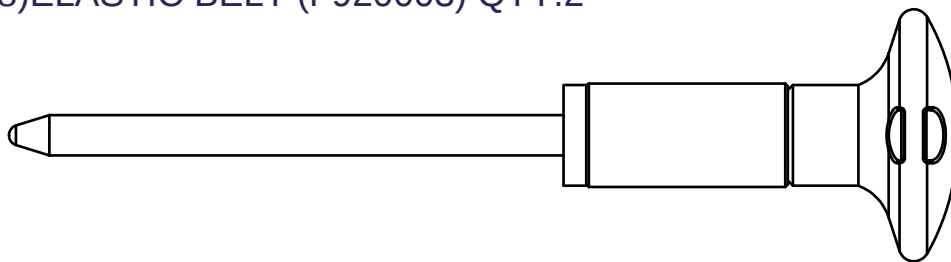
(A6)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.2



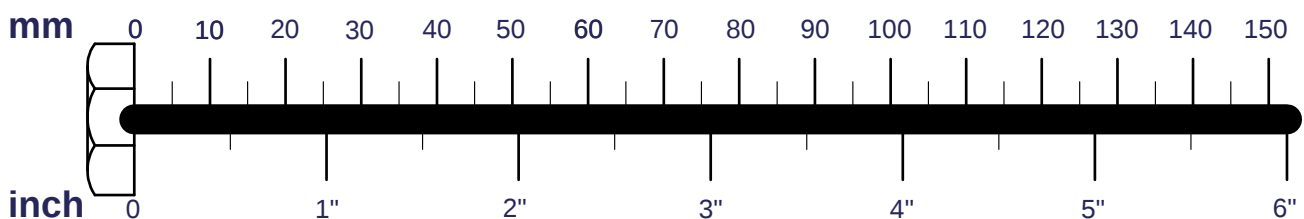
(A7)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.32



(A8)ELASTIC BELT (F920003) QTY.2

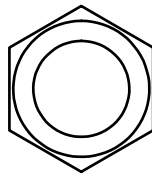
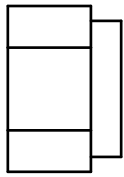


(A9)10 、 15 、 20LB PIN (8250-162) QTY.2

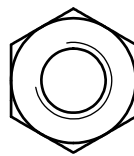
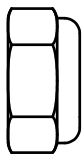


MDC-2000 ASSEMBLY INSTRUCTIONS

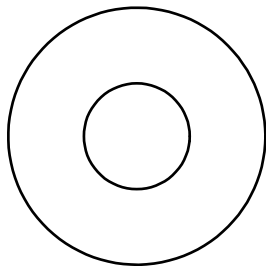
HARDWARE ILLUSTRATION



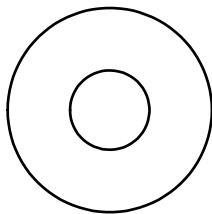
(B1)NYLON LOCK NUT 1/2" QTY.3



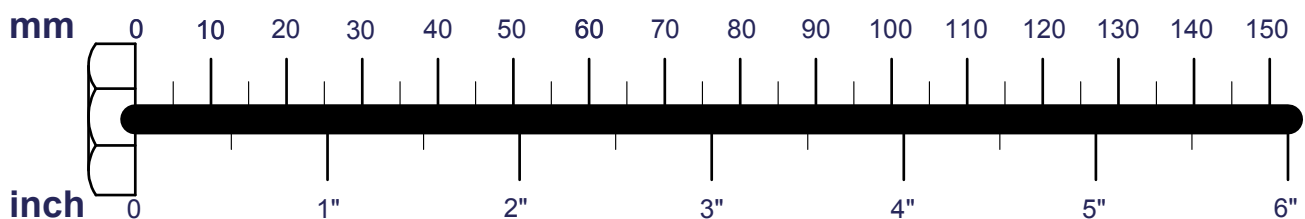
(B2)NYLON LOCK NUT M10 QTY.2



(C1)1/2"(I.D.)FLAT WASHER Ø34 QTY.8

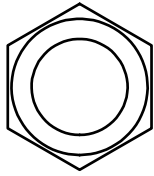


(C2)M10(I.D.)FLAT WASHER Ø27 QTY.6

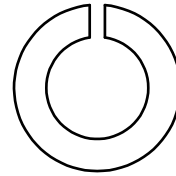
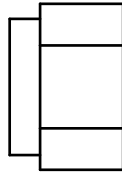


MDC-2000 ASSEMBLY INSTRUCTIONS

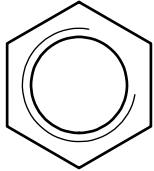
FRAME HARDWARE ILLUSTRATION



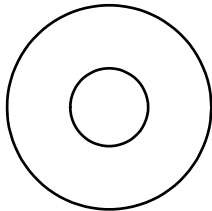
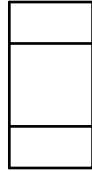
(B3)NYLON LOCK NUT 3/8" QTY.8



(C6)1/2" SPRING WASHER QTY.2



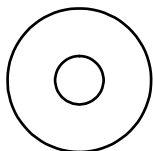
(B4)LOCK NUT 1/2"-13UNC QTY.2



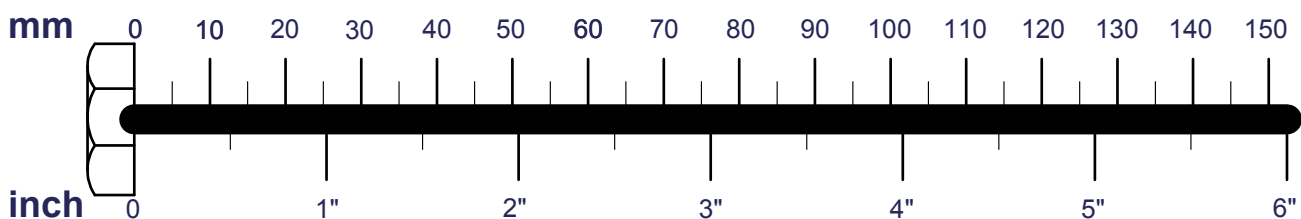
(C3)3/8"(I.D.)FLAT WASHER Ø27 QTY.18



(C4)3/8" SPRING WASHER QTY.2



(C5)M6 (I.D.)FLAT WASHER Ø19 QTY.32



MDC-2000 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø1" CU WASHER(8520-008)-----	[2PCS]
D2. Ø8 Spring Snap Link (8810-001)-----	[2PCS]
D3.3/4" SHAFT COLLAR(9211-147)-----	[4PCS]
D4.50X150X41.5H END CAP(9211-162)-----	[2PCS]
D6.Ø4" RUBBER PAD(9310-017)-----	[4PCS]
D7.108X263 RUBBER PAD(9310-075)-----	[4PCS]
D8. Protector Strip(9440-202)-----	[6PCS]
D9. NYLON CABLE HANDLE(9630-222)-----	[2PCS]
D10. ANKLE STRAP(NAS3)-----	[2PCS]
D11. TRICEP ROPE(TR20)-----	[1PCS]
D12. 4150mm STEEL CABLE-----	[2PCS]

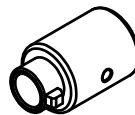
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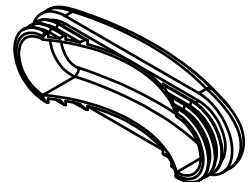
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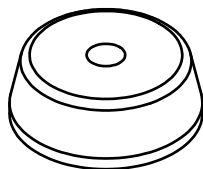
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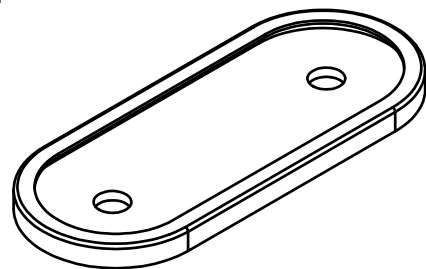
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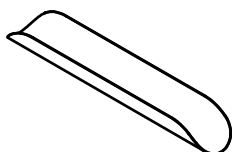
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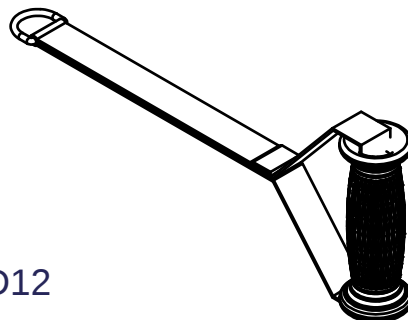
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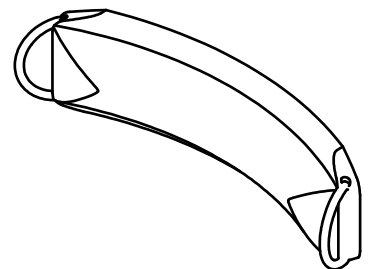
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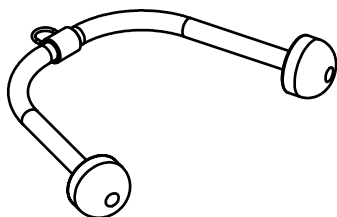
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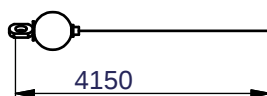
D10



D11



D12



MDC-2000 ASSEMBLY INSTRUCTIONS

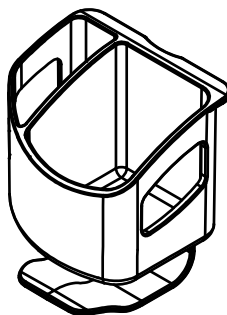
HARDWARE ILLUSTRATION

D13.BOTTLE BRACKET(8388-025)-----	[1PCS]
D14.BOTTLE RACK(9260-320)-----	[1PCS]
D15.BOTTLE(9260-123)-----	[1PCS]
D16.Ø115 PULLEY(9213-002B)-----	[12PCS]
D19.EXERCISE CHART (9420-065)-----	[1PCS]
D20.TOP PLATE(8400-033)-----	[2PCS]
D21.Selector Rod(8210-217)-----	[2PCS]

D13



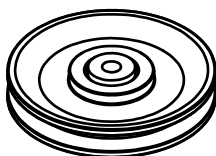
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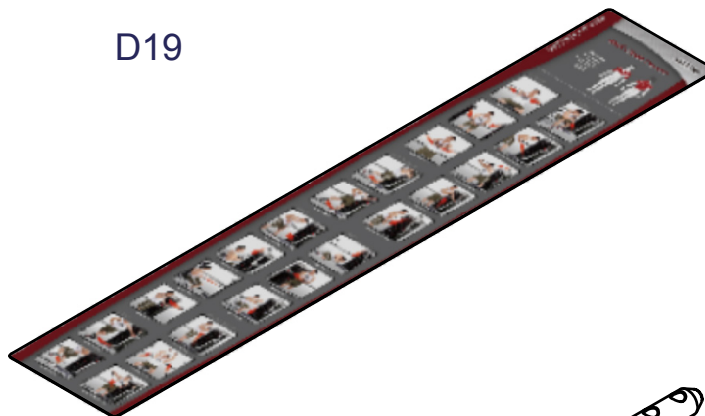
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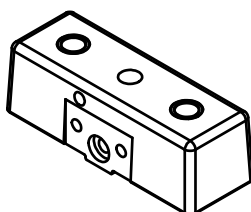
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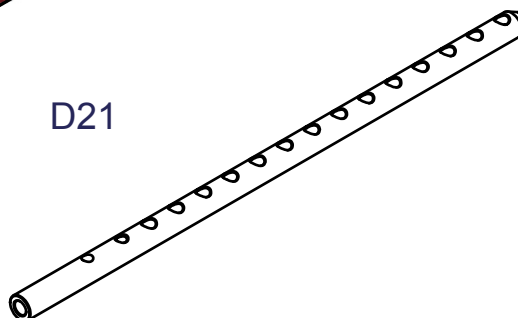
D19



D20



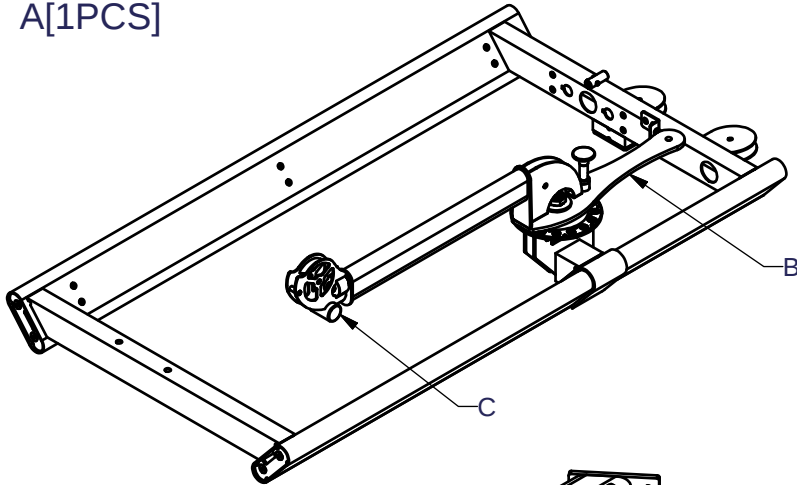
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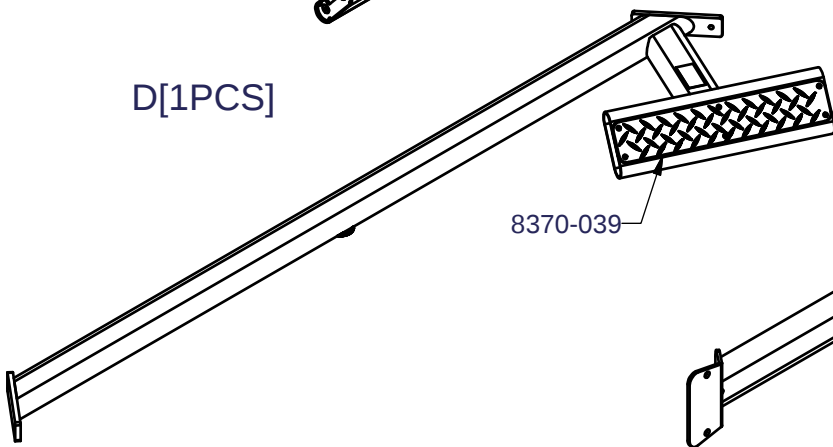
MDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

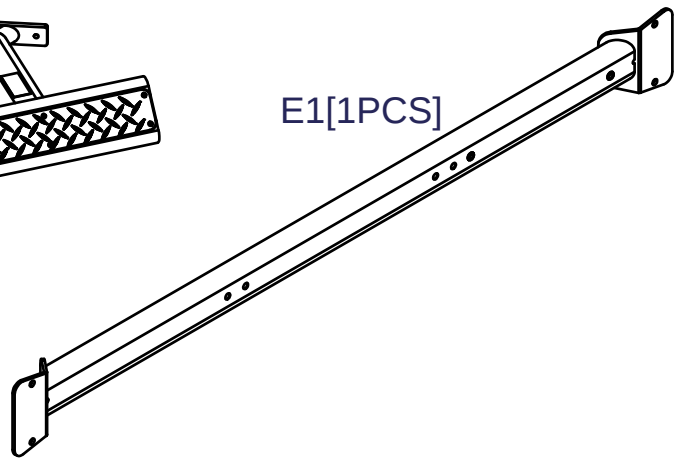
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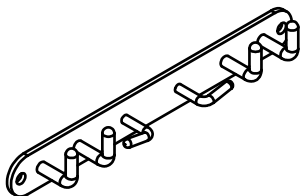
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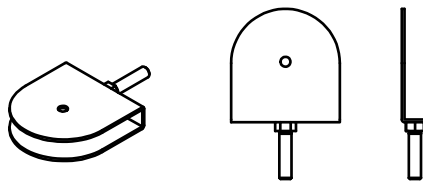
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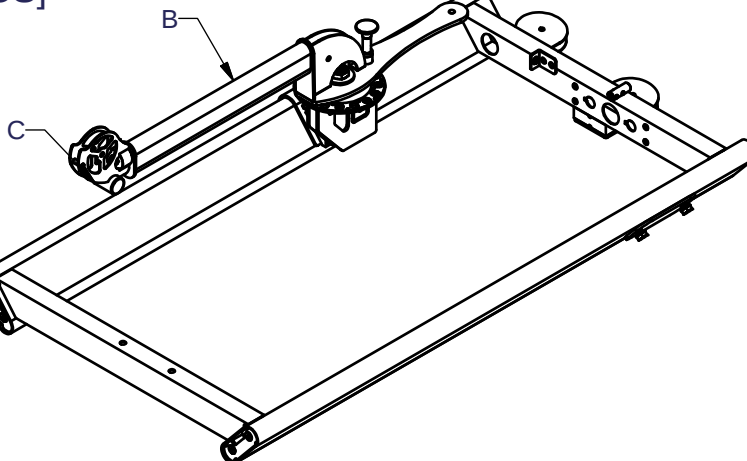
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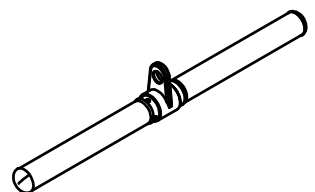
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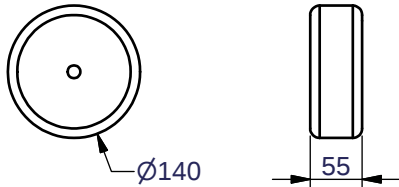
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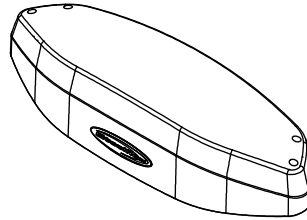
MDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

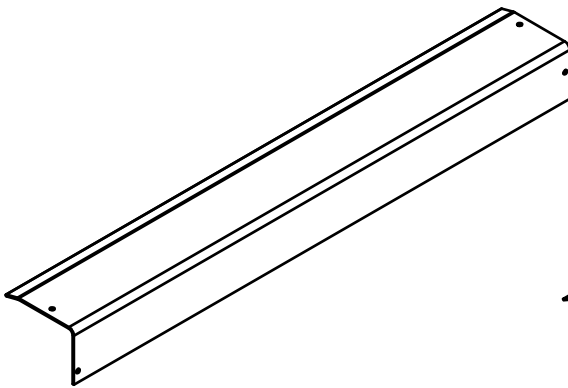
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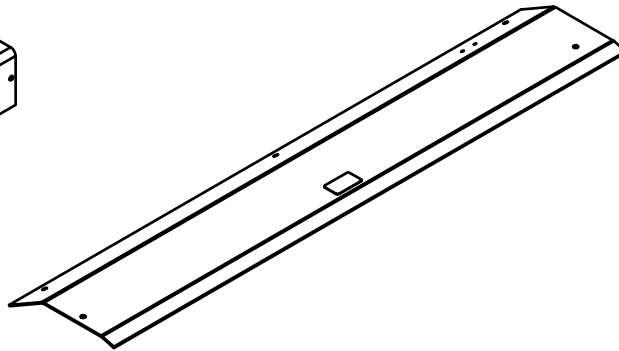
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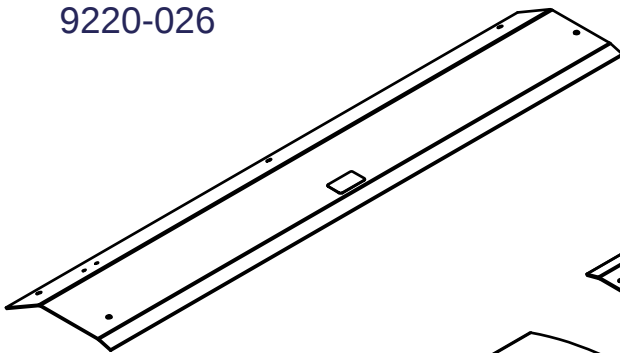
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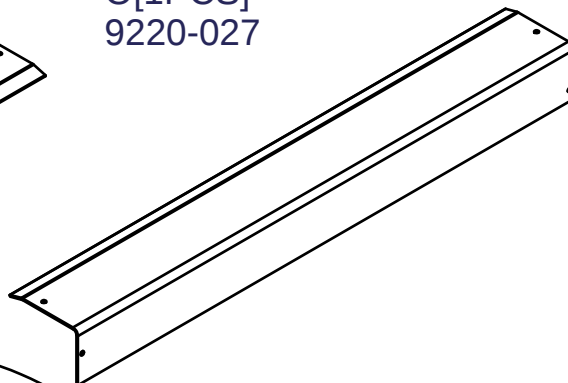
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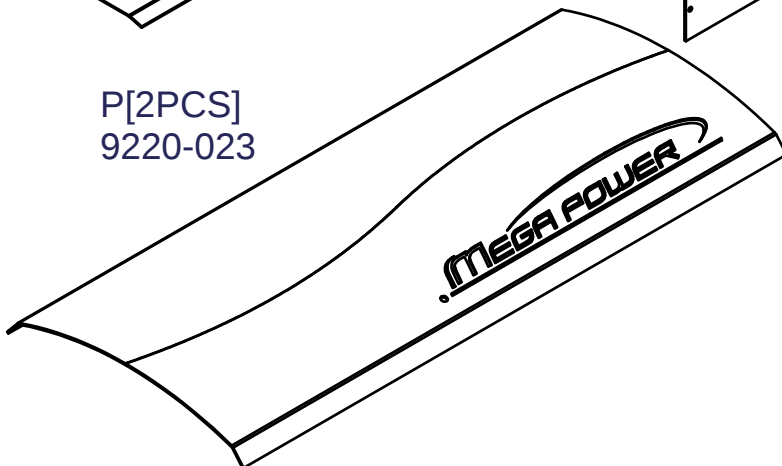
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O[1PCS]
9220-027



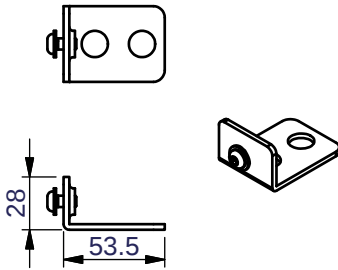
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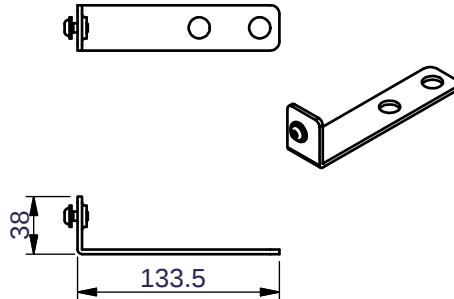
MDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

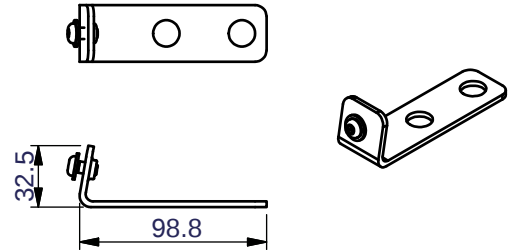
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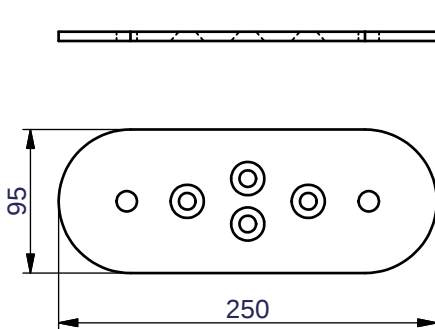
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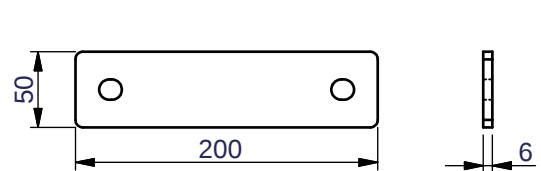
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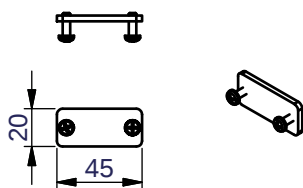
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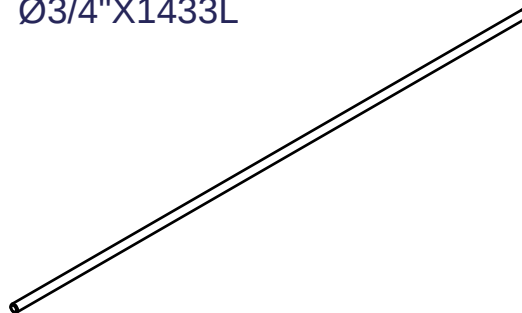
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50X6TX200L



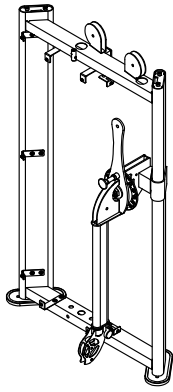
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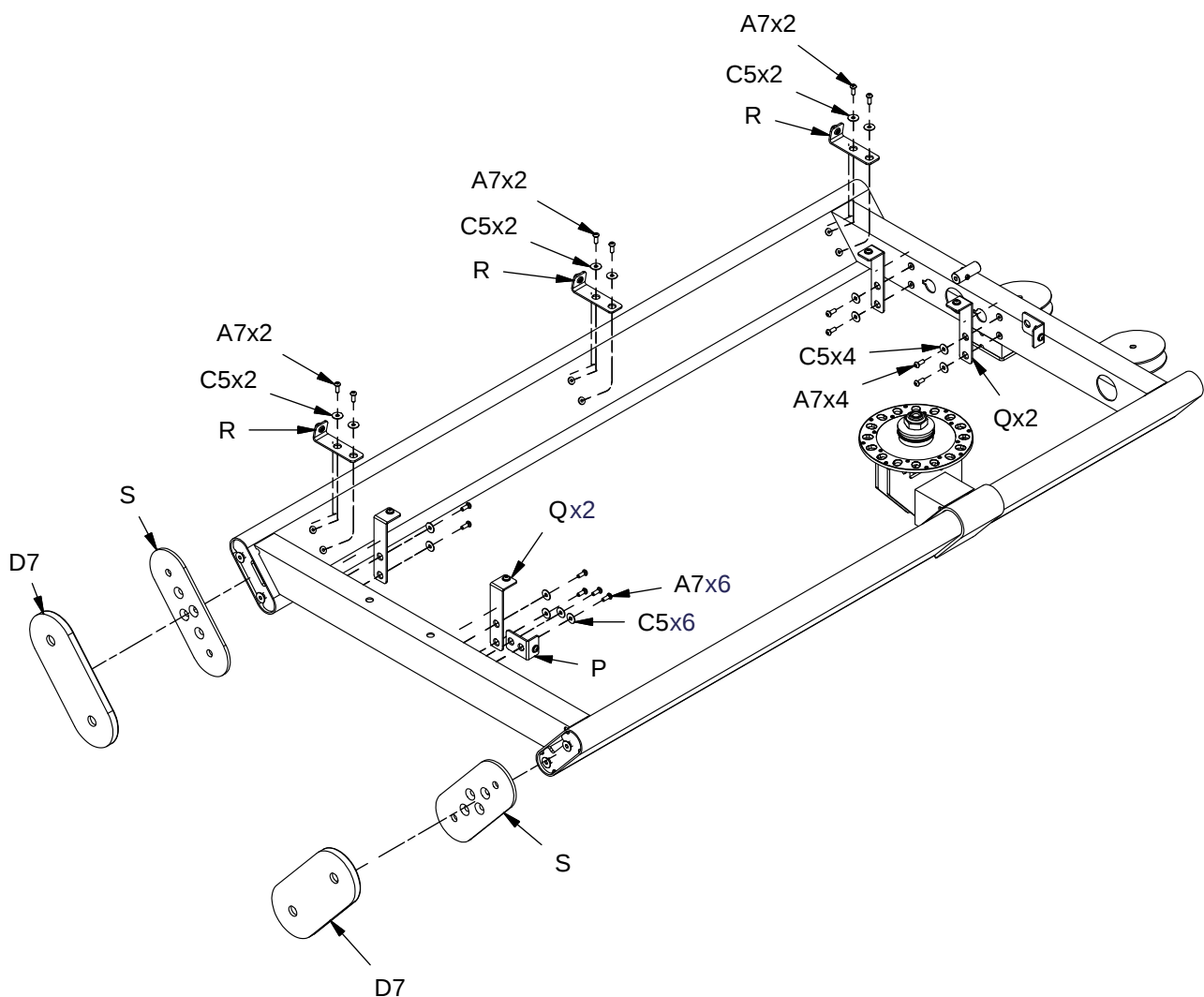
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8280-042
Ø3/4"X1433L



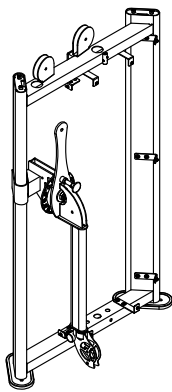
MDC-2000 ASSEMBLY INSTRUCTIONS



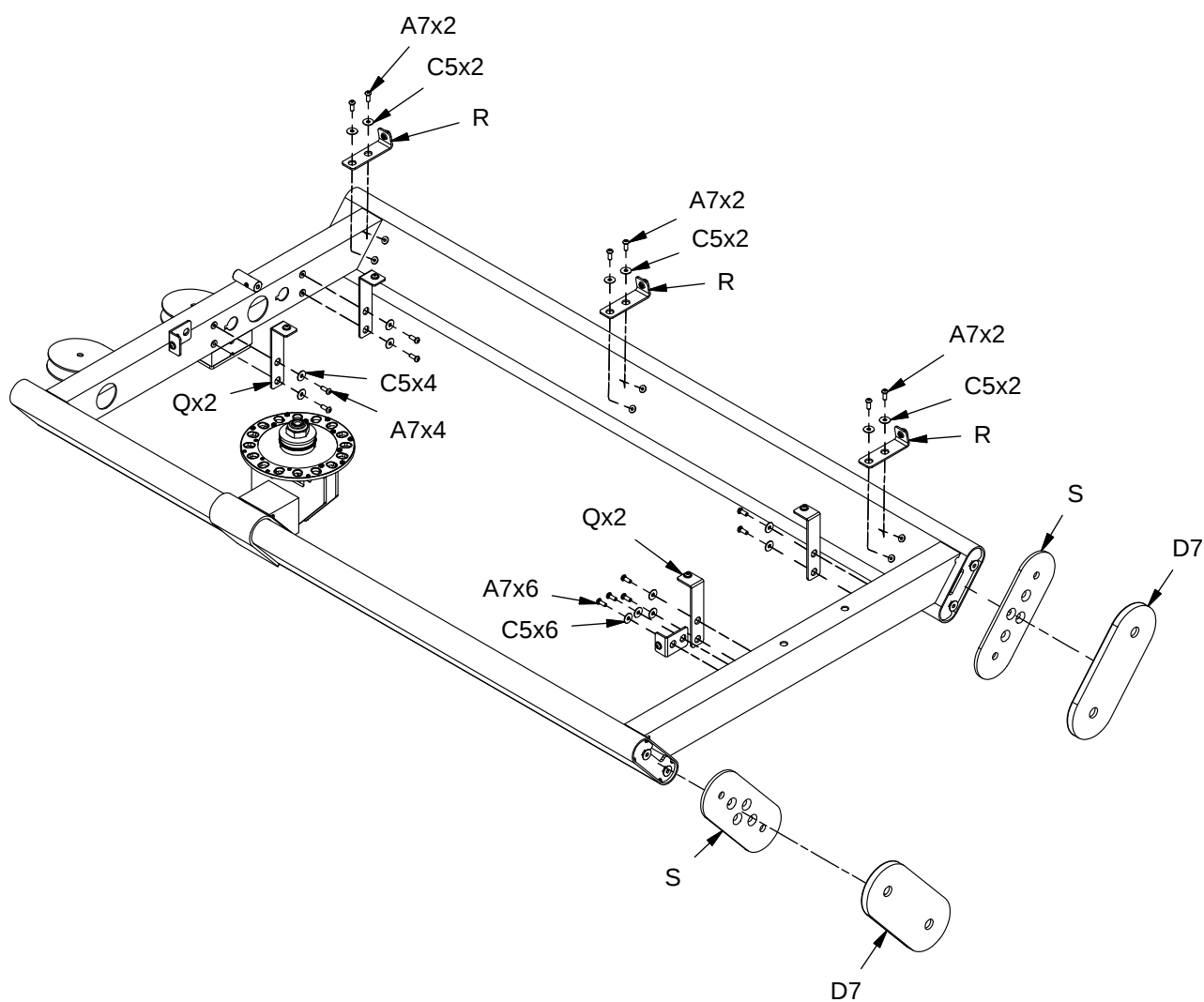
Above shows STEP 1
assembled and completed



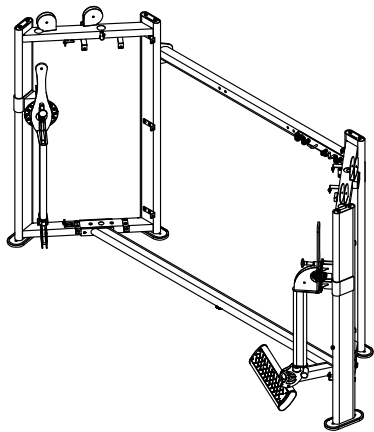
MDC-2000 ASSEMBLY INSTRUCTIONS



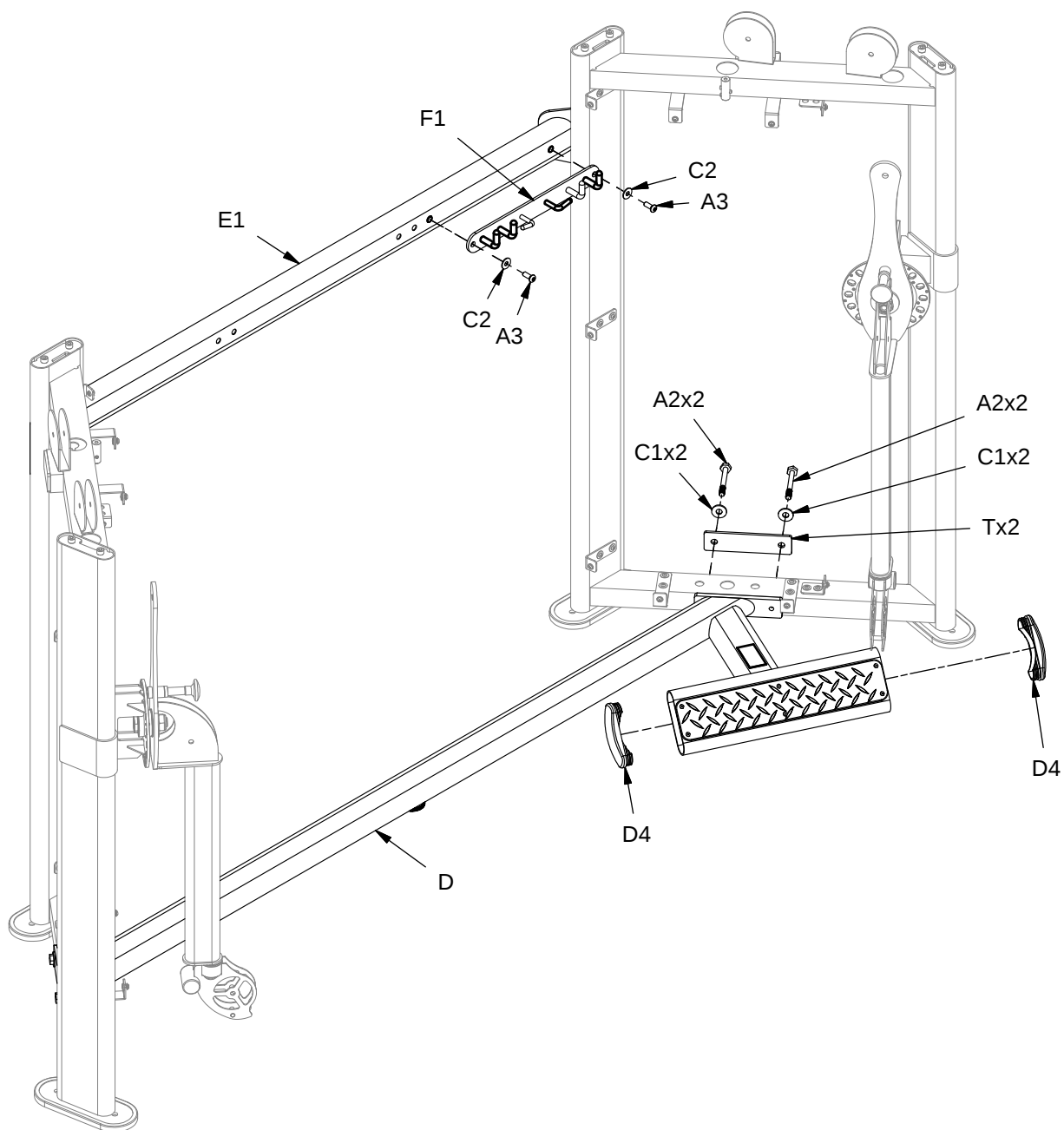
Above shows STEP 2
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



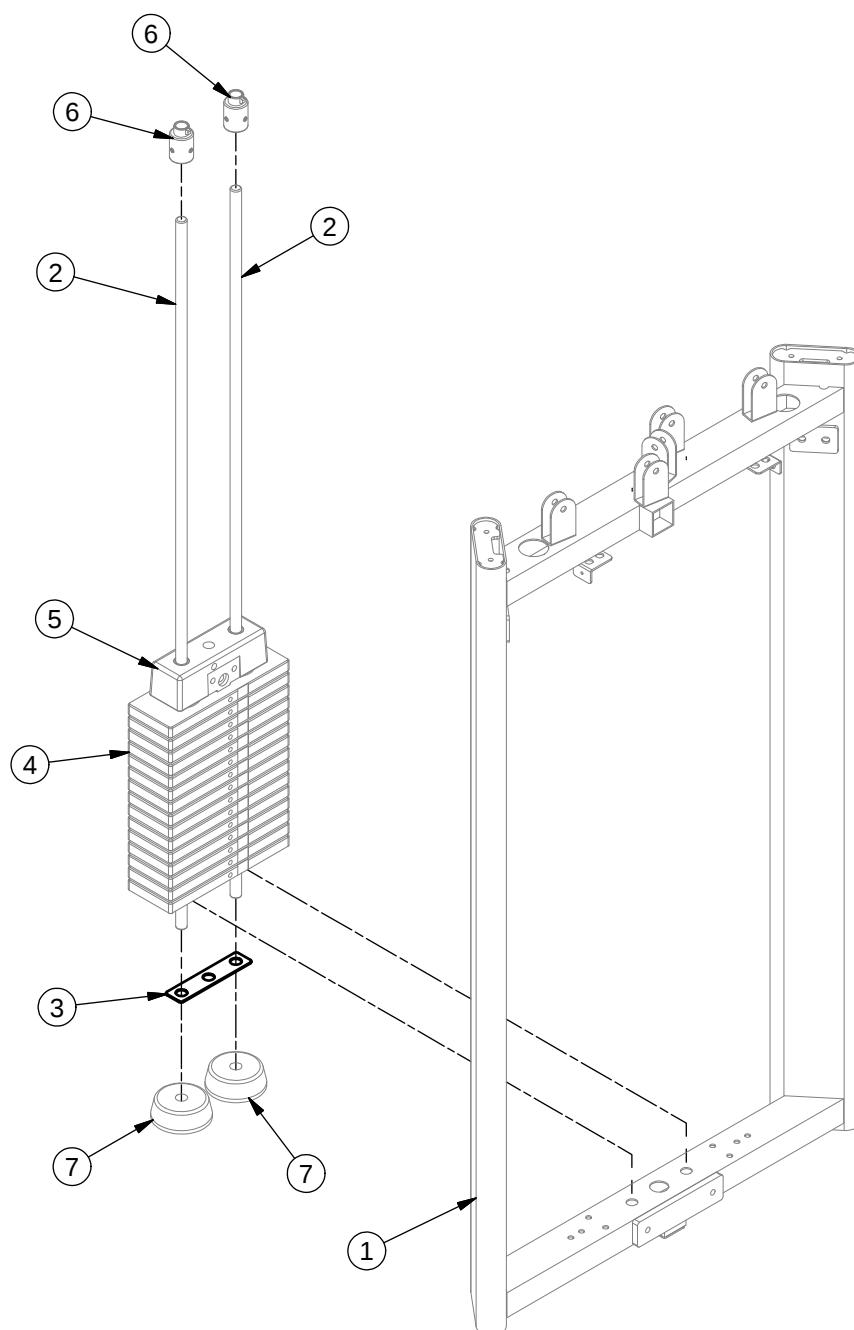
Above shows STEP 3
assembled and completed



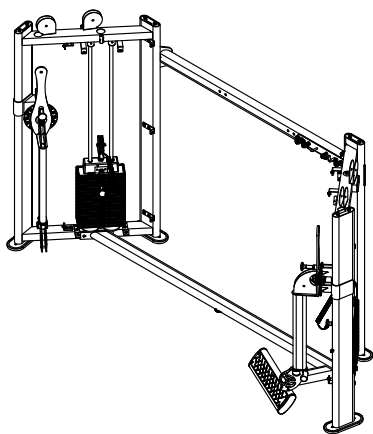
Project	Part number	Name	Specification	Quantity	Remark
1	M3DFC/BR/HL/MDC2000	WEIGHT STACK FRAME		1	
2	8280-042	GUIDE RODS	Ø3/4"X1433L	2	
3	8311-194	plate	38X2TX167	1	
4	8400-010	weight stack plate	102x22tx280L 10LB	15	
5	8400-033	TOP PLATE		1	
6	9211-147	SHAFT COLLAR		2	
7	9310-017	RUBBER DONUT	Ø4"x20x38T	2	

Note:

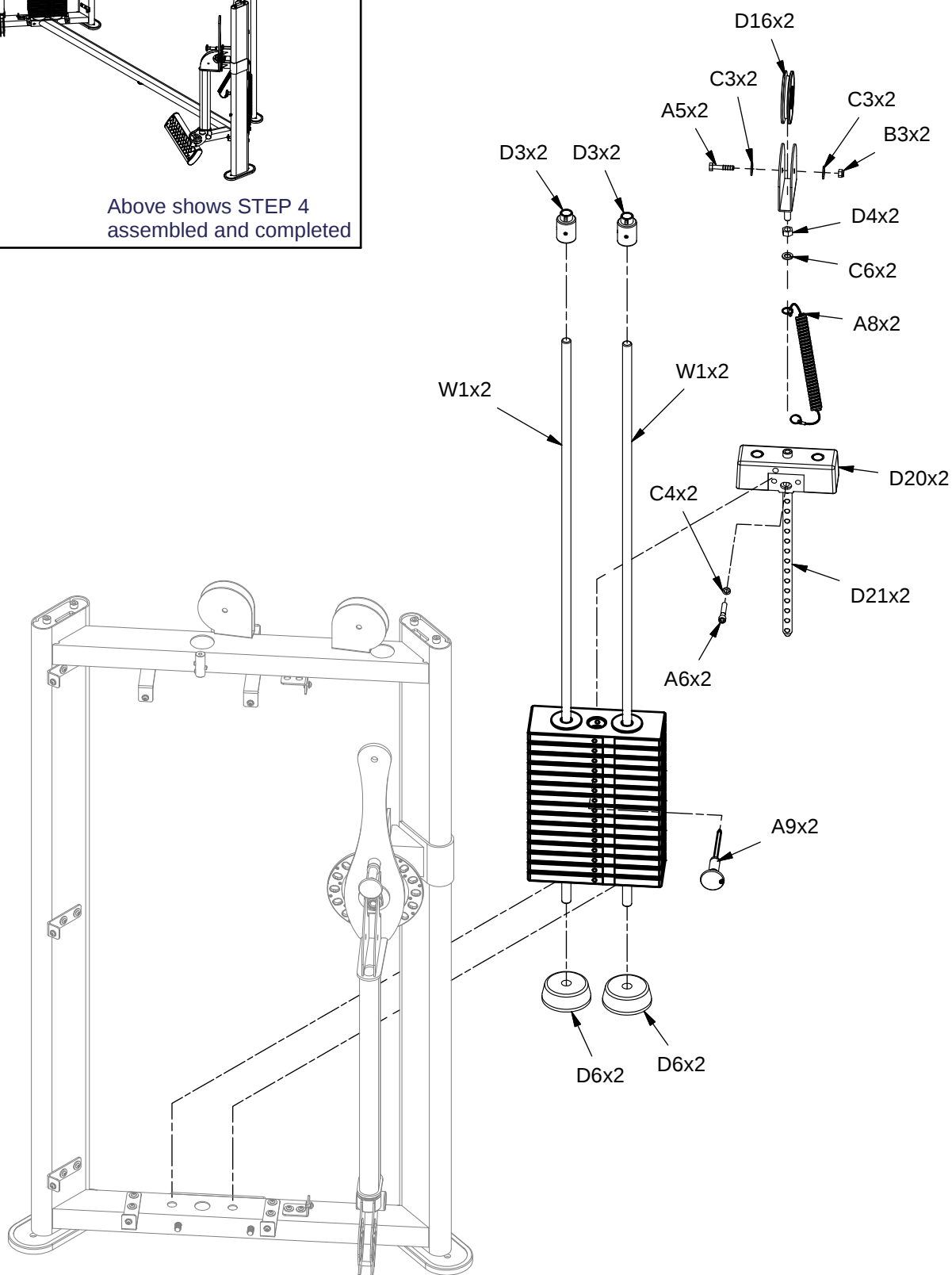
Part #3 have to be installed after part #7
and before the installation of weight plates set (Part #4)



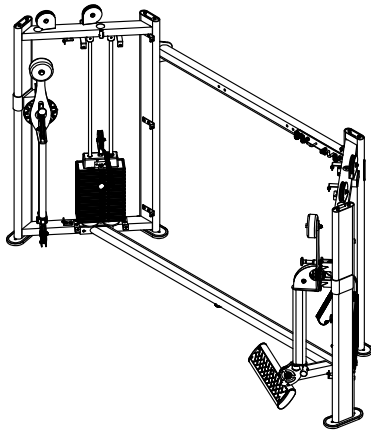
MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed



MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

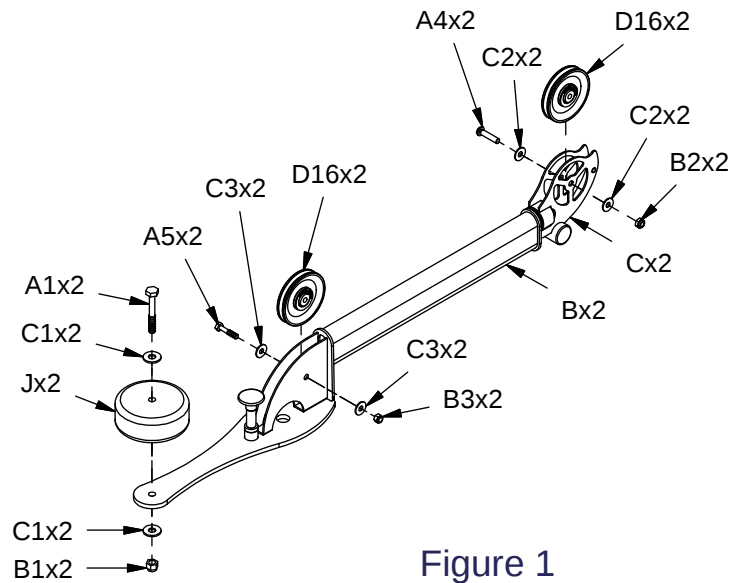
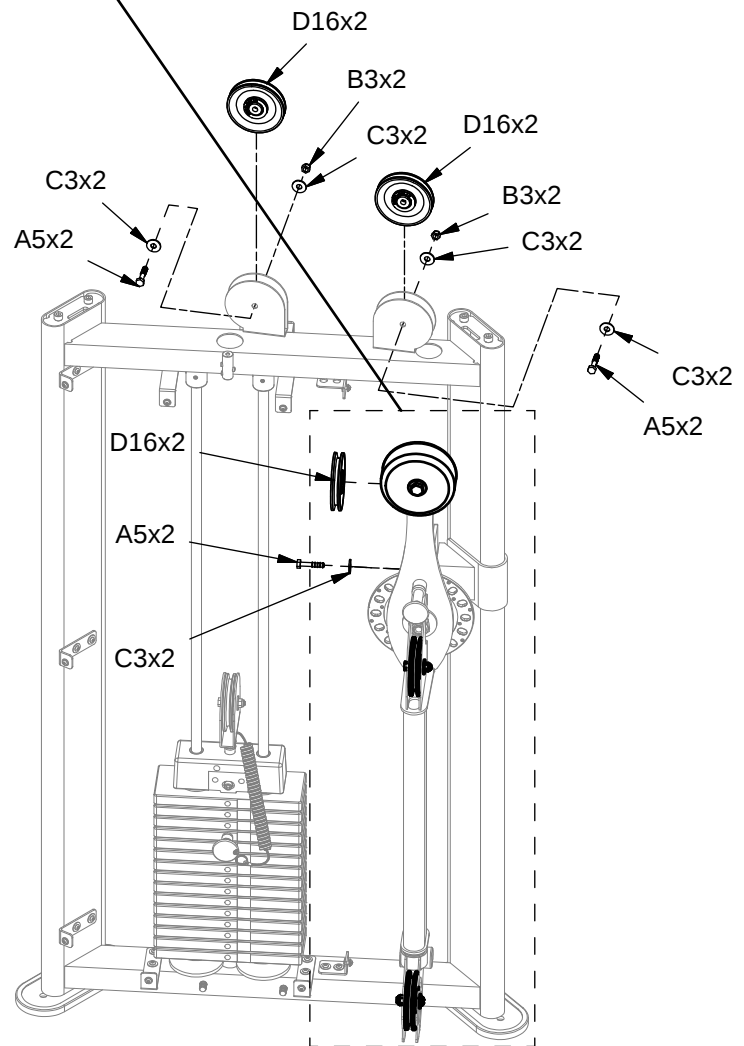
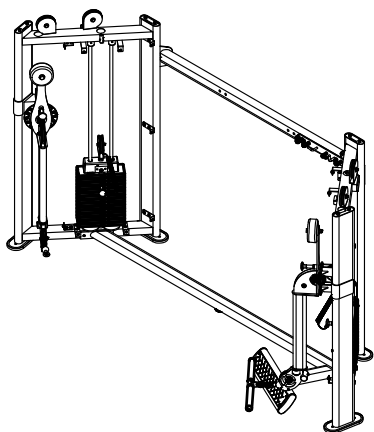


Figure 1



MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

D12

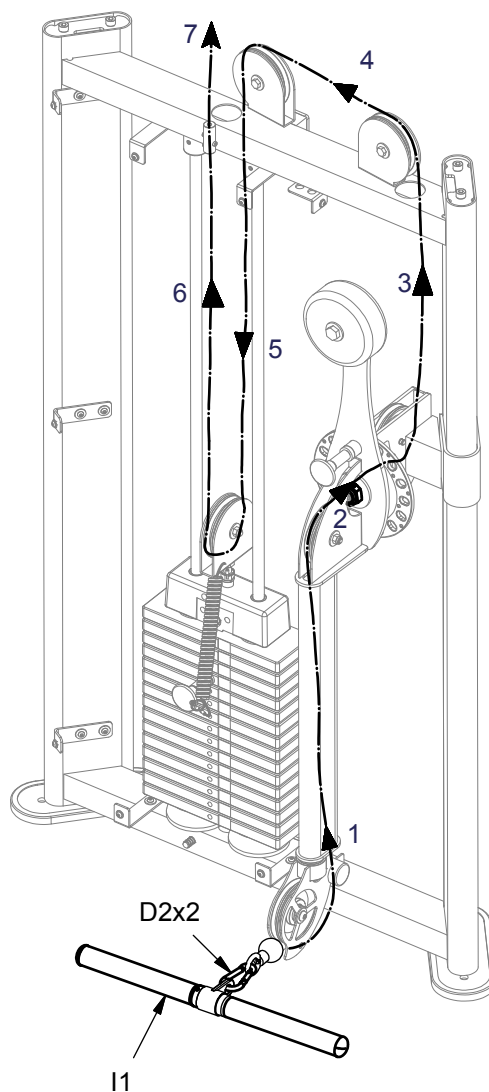


Attention

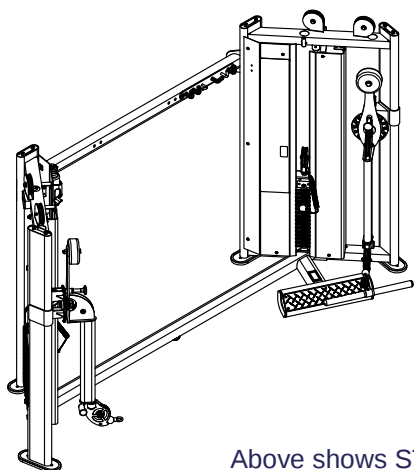
* : after adjusted the cable then tighten the screw

Cable to constitute illustration

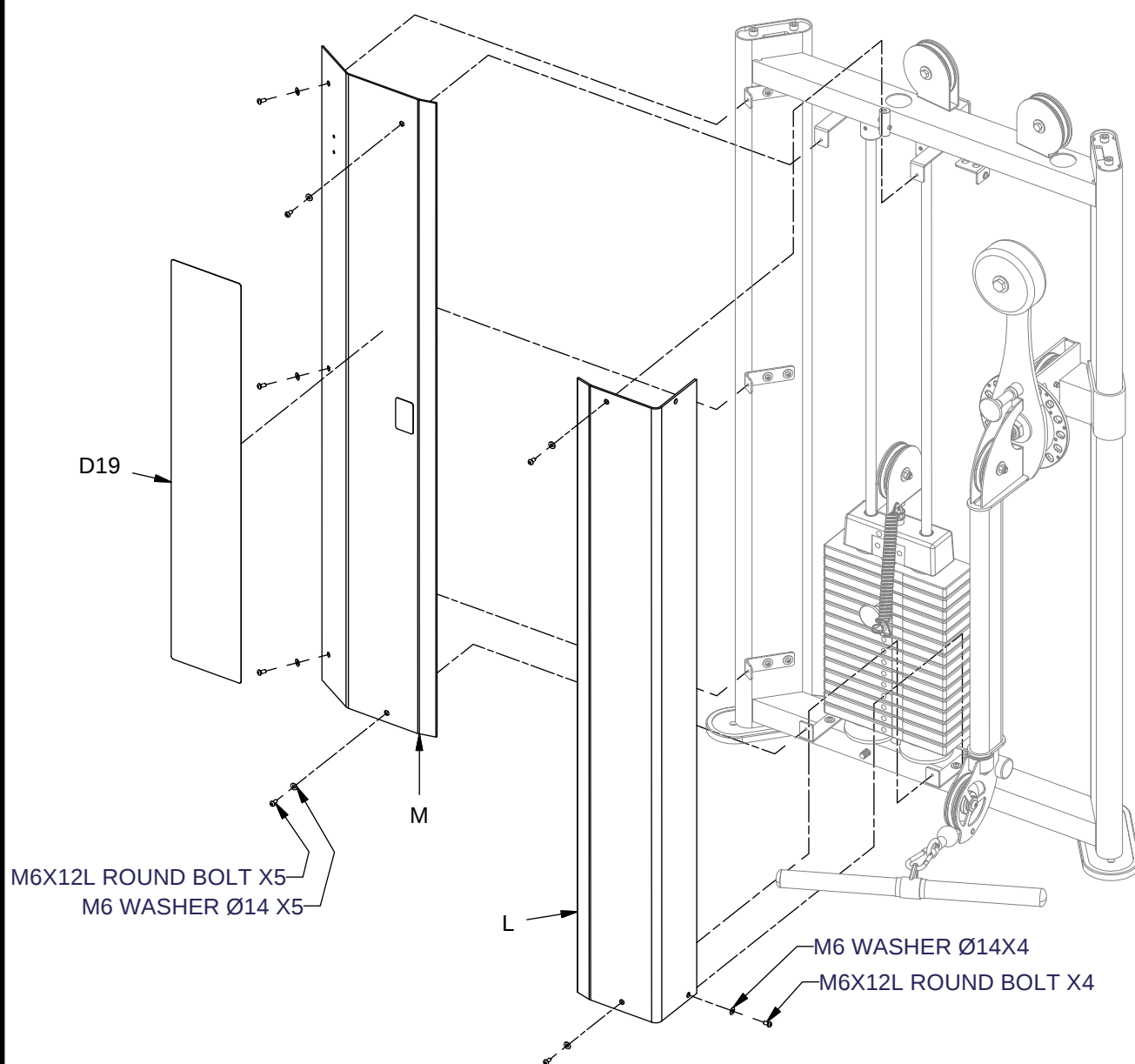
1→2→3→4→5→6→7



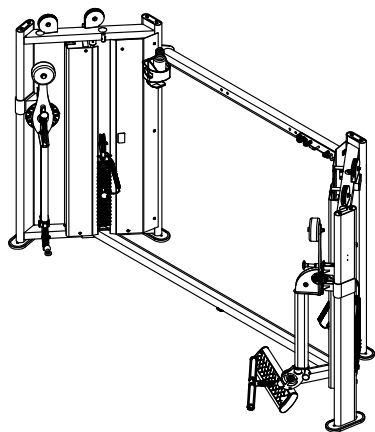
MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

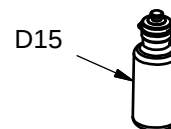


MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed

M4X12L ROUND ALLEN CROSS BOLT X2



D14



D13

LINK D13

U

N

O

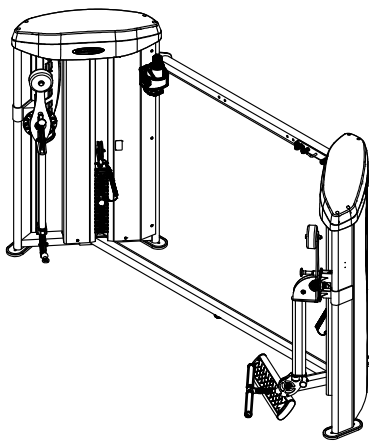
M6X12L ROUND BOLT X4

M6 WASHER Ø14X4

M6X12L ROUND BOLT X5

M6 WASHER Ø14X5

MDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

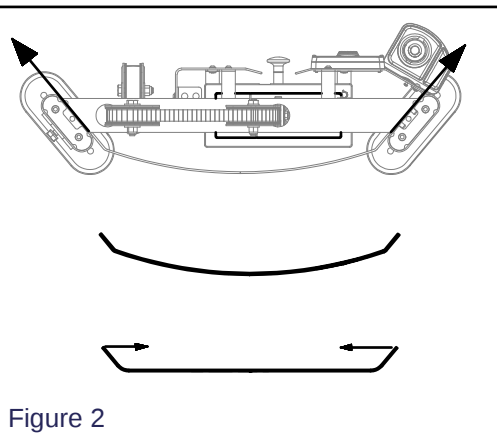
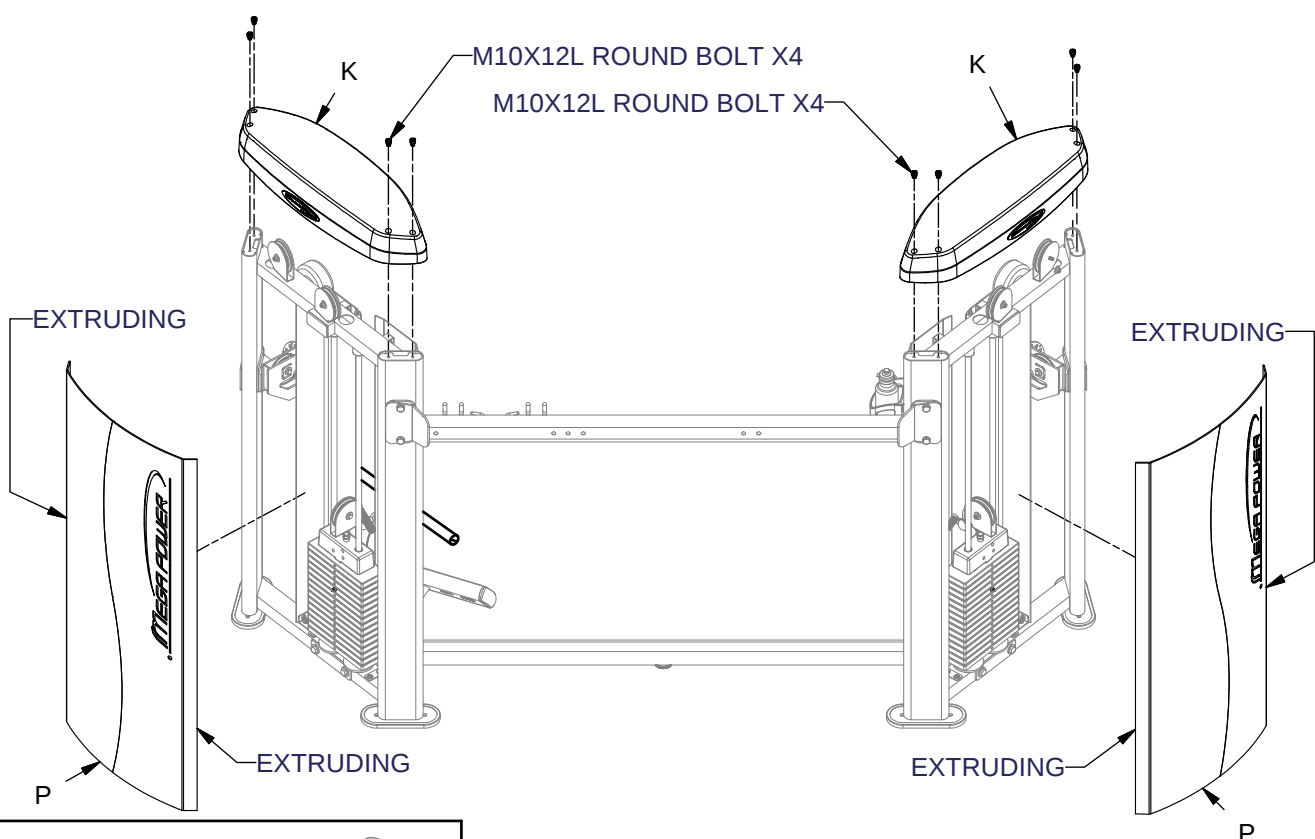
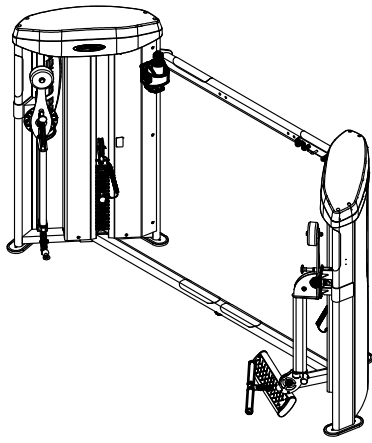


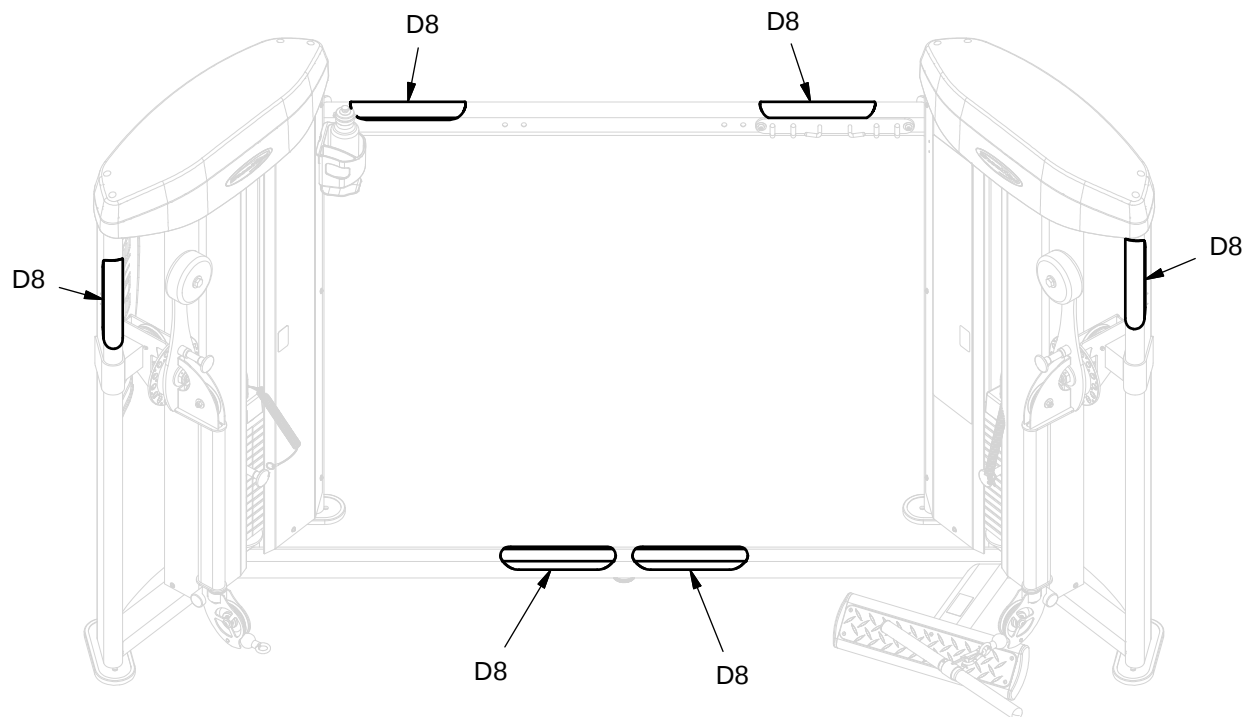
Figure 2

Note: When installing the shroud (P), 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.

MDC-2000 ASSEMBLY INSTRUCTIONS

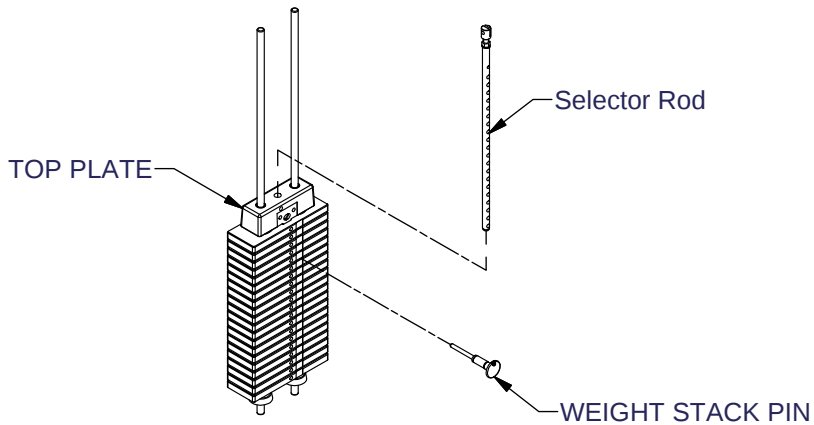


Above shows STEP 11
assembled and completed



Guide on Selector Rod Adjustment

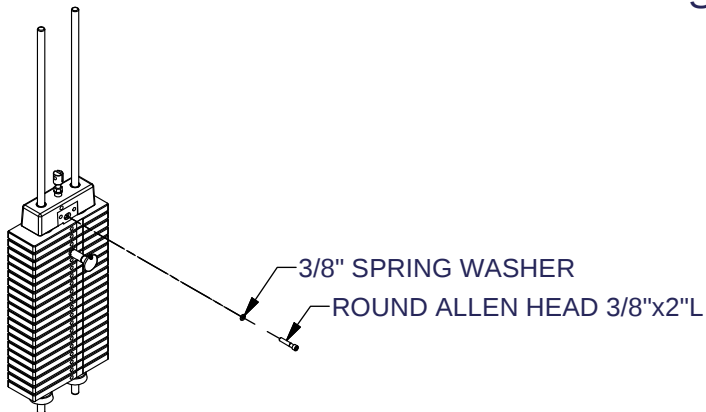
STEP 1



Step 1

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

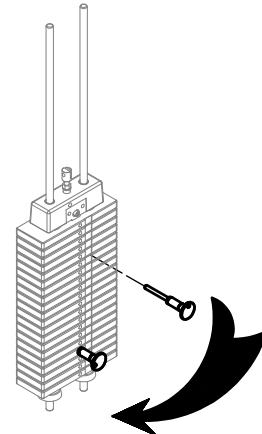
STEP 2



Step 2

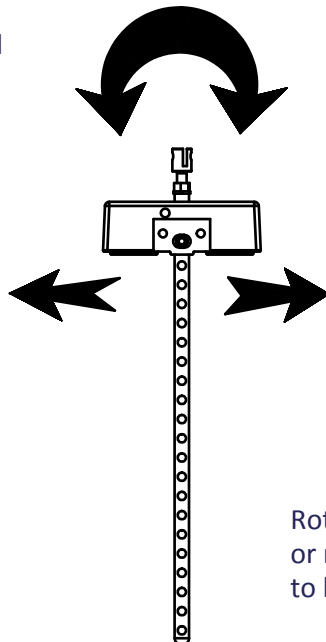
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



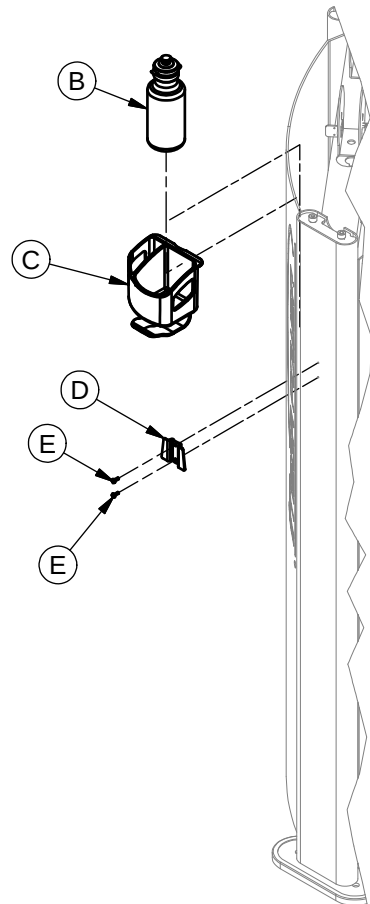
Step 3

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



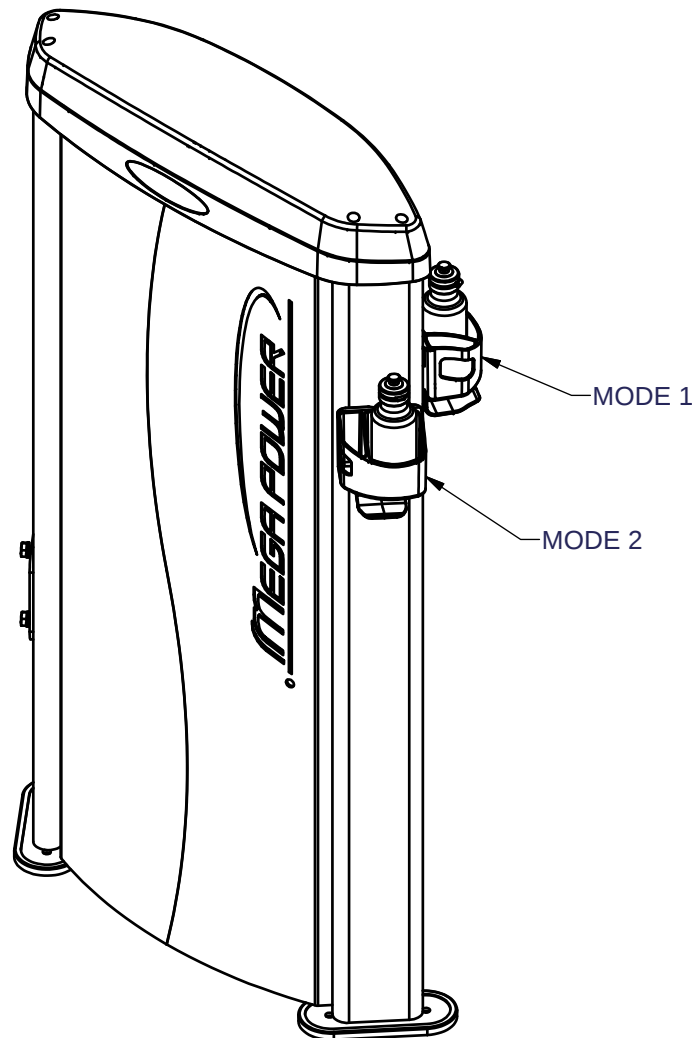
Rotate the Selector Rod slightly
or move the 3/8"x2"L Round Allen Head
to left and right and repeat Step 3.

MODE 2

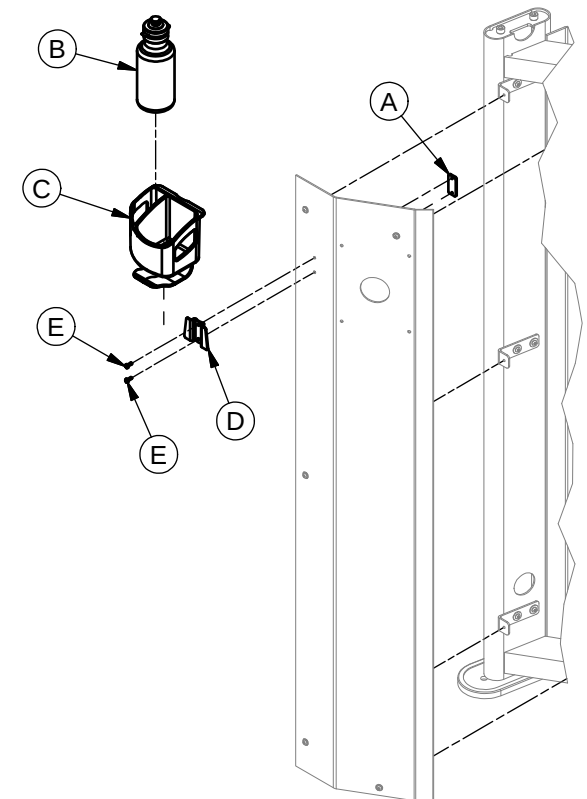


Assembly type

Parts list:	
A.8311-120	Fixed piece
B.9260-123	kettle
C.9260-320	Set cup holder
D:8388-025	Cup holder
E: M4X12L	Round cross screw

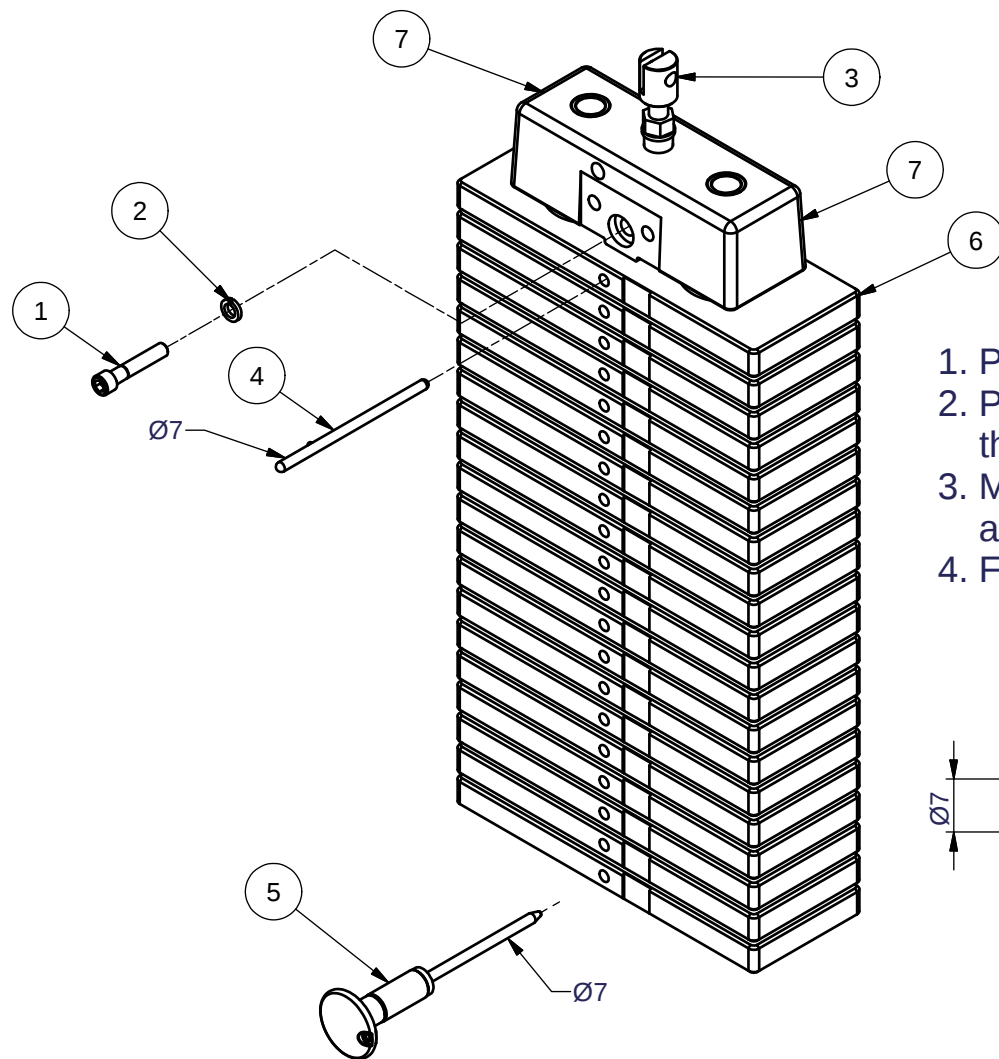


MODE 1

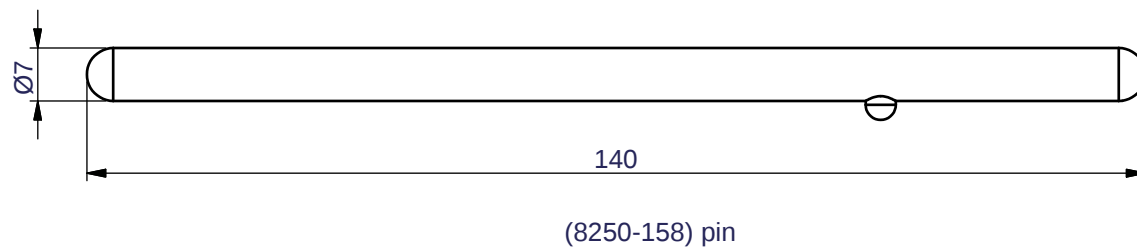


MEGA POWER series JUNGLE GYM series

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	8250-158	pin	Ø7X140L	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 - 8250-158 (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.



Project	Part number	Name	Specification	Quantity	Remark
1	M3DFC/BR/HL/MDC2000	WEIGHT STACK FRAME		1	
2	8280-042	GUIDE RODS	Ø3/4"X1433L	2	
3	8311-194	plate	38X2TX167	1	
4	8400-010	weight stack plate	102x22tx280L 10LB	15	
5	8400-033	TOP PLATE		1	
6	9211-147	SHAFT COLLAR		2	
7	9310-017	RUBBER DONUT	Ø4"x20x38T	2	

Note:

Part #3 have to be installed after part #7
and before the installation of weight plates set (Part #4)

