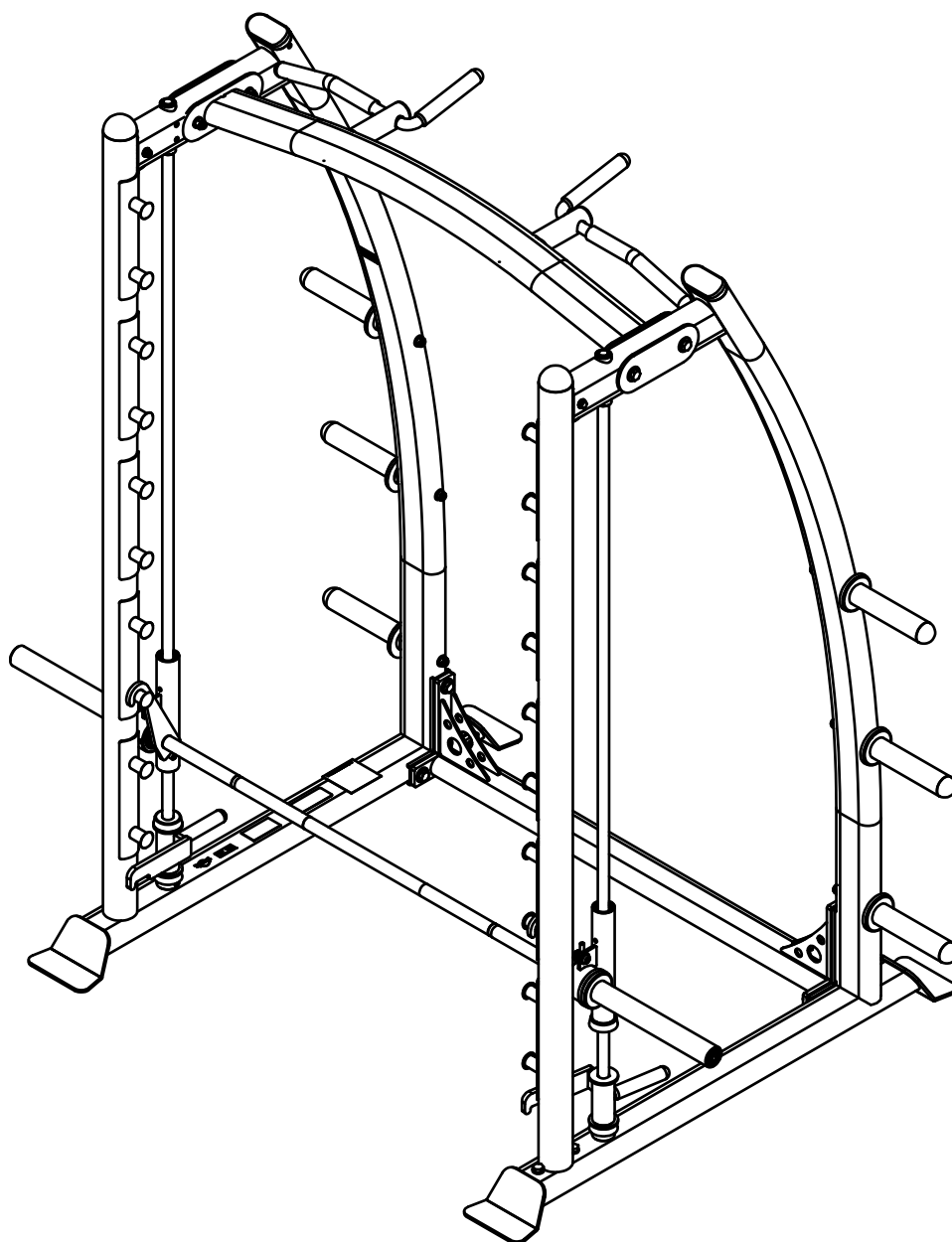


MEGA POWER



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

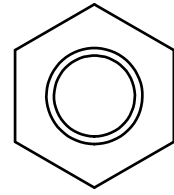
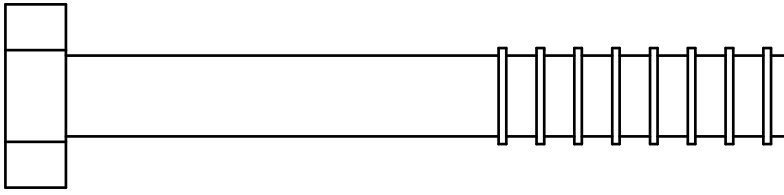
Fax: 886-2-27229750

www.steelflexfitness.com

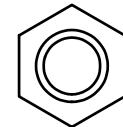
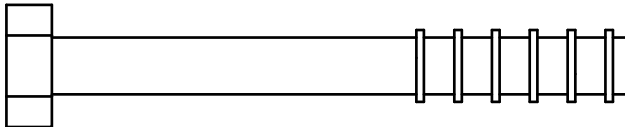
MSM.1 OWNER'S MANUAL

MSM ASSEMBLY INSTRUCTIONS

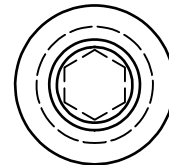
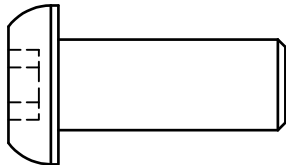
HARDWARE ILLUSTRATION



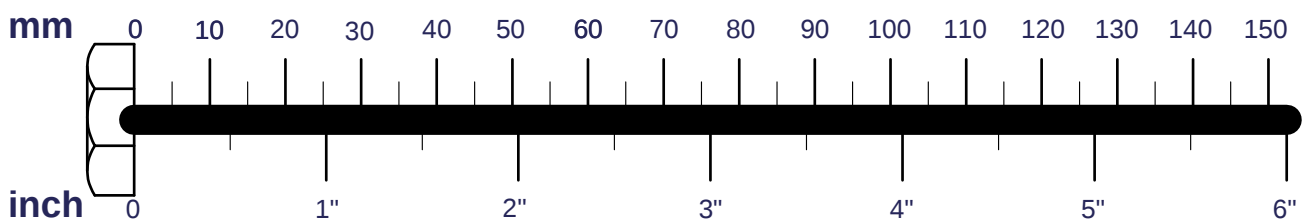
(A1)HEX BOLT 1/2"x3-3/4"L PARTIAL THREAD QTY.4



(A2)HEX BOLT 3/8"x3"L PARTIAL THREAD QTY.2

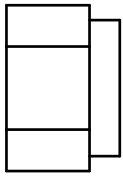


(A3)ROUND ALLEN HEAD M12x30L PARTIAL THREAD QTY.2

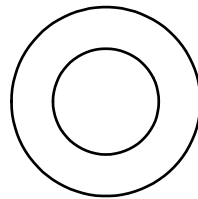
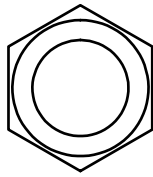


MSM ASSEMBLY INSTRUCTIONS

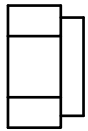
HARDWARE ILLUSTRATION



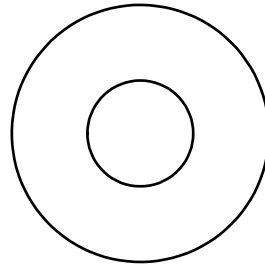
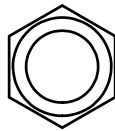
(B1)NYLON LOCK NUT 1/2" QTY.4



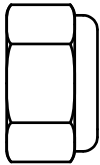
(C1)1/2"(I.D.)FLAT WASHER Ø25 QTY.4



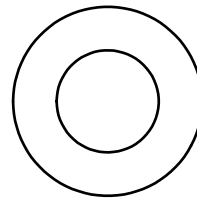
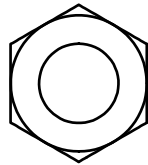
(B2)NYLON LOCK NUT 3/8" QTY.2



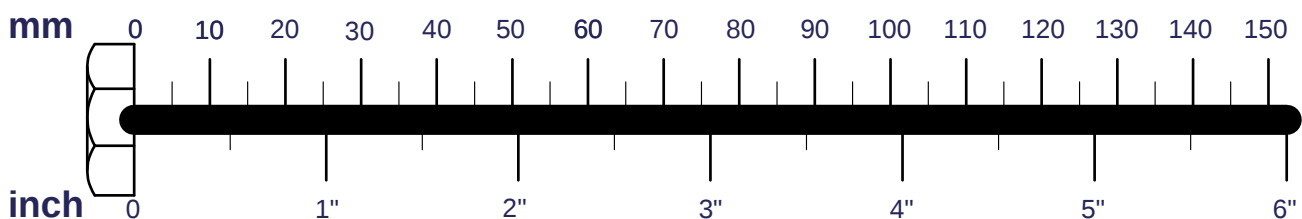
(C2)1/2"(I.D.)FLAT WASHER Ø34 QTY.4



(B3)NYLON LOCK NUT M12 QTY.8



(C3)M12(I.D.)FLAT WASHER Ø25 QTY.10



MSM ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø10X20X19.5L STEEL BUSHING(8530-015)-----	[4PCS]
D2.Ø50 END CAP(9211-020)-----	[2PCS]
D3.Ø50 END CAP(9211-074)-----	[6PCS]
D4.Ø76 END CAP(9211-076)-----	[2PCS]
D5.58X116 END CAP(9211-189)-----	[2PCS]
D6.RUBBER DOUNT (9212-006)-----	[20PCS]
D8.Ø2-1/2"X19T RUBBER DOUNT (9310-012)-----	[4PCS]
D9.Ø90X10T RUBBER DOUNT (9310-016)-----	[10PCS]
D10.90X0.6T300L PROTECTOR STRIP(9440-202)-----	[1PCS]
D11.1970mm BELT(FMSMA)-----	[2PCS]
D13.Ø117 PULLEY(9213-010F)-----	[2PCS]
D14.Ø55X10T RUBBER DOUNT(9310-106)-----	[2PCS]

D1



D2



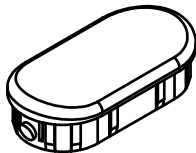
D3



D4



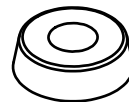
D5



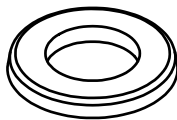
D6



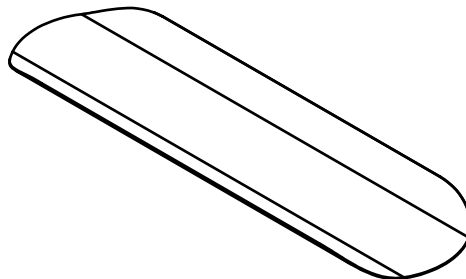
D8



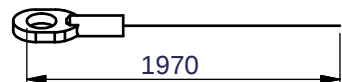
D9



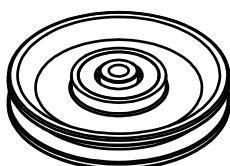
D10



D11



D13

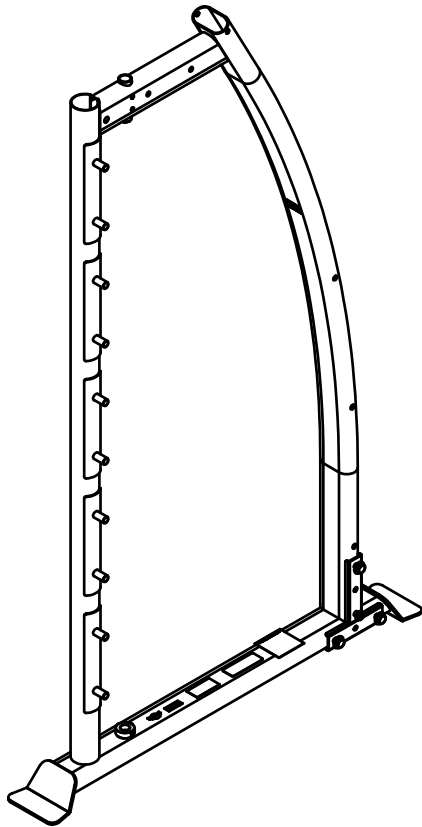


D14

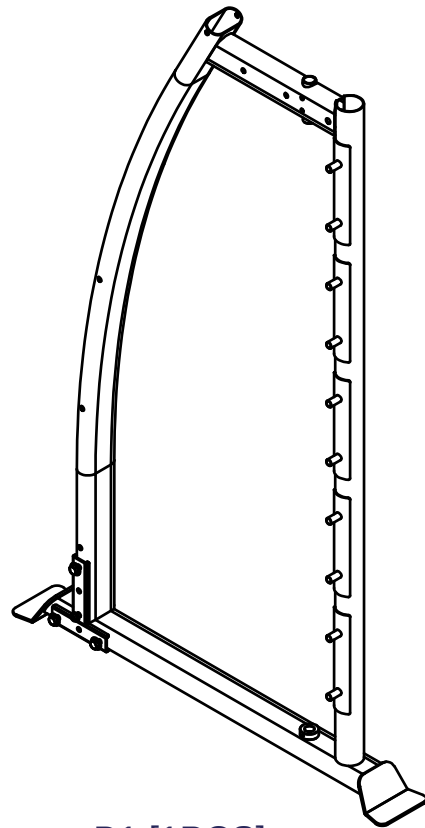


MSM ASSEMBLY INSTRUCTIONS

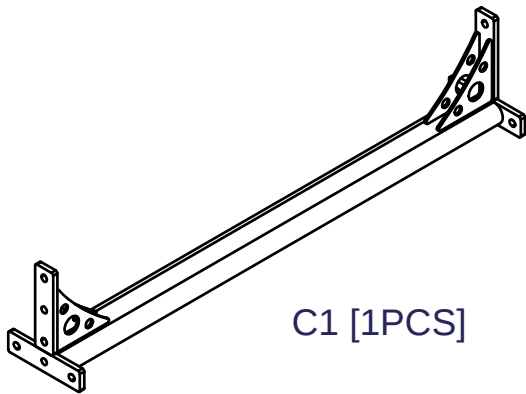
PARTS ILLUSTRATION SHEET



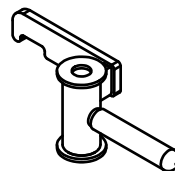
A1 [1PCS]



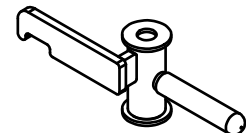
B1 [1PCS]



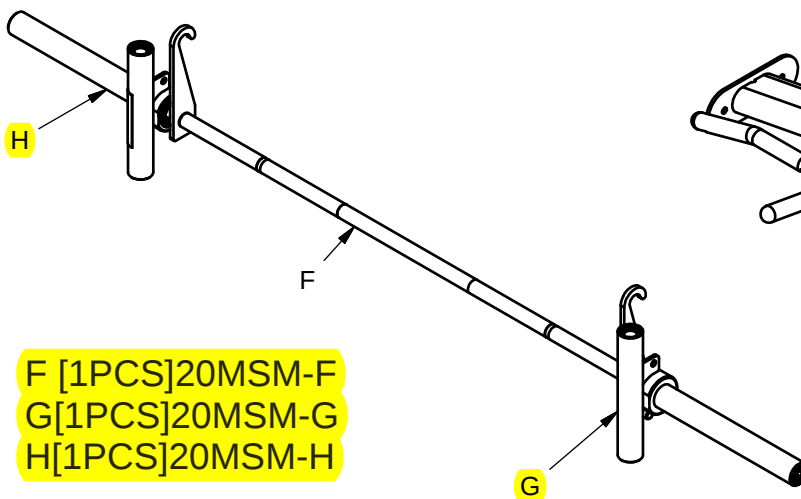
C1 [1PCS]



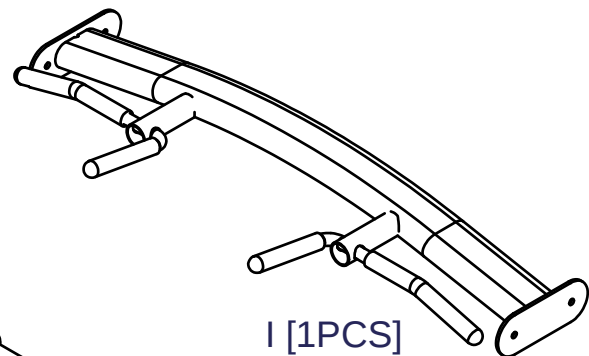
D1 [1PCS]



E1 [1PCS]



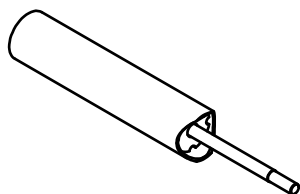
F [1PCS]20MSM-F
G[1PCS]20MSM-G
H[1PCS]20MSM-H



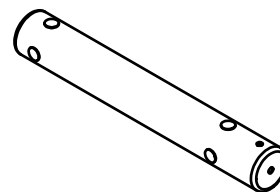
I [1PCS]

MSM ASSEMBLY INSTRUCTIONS

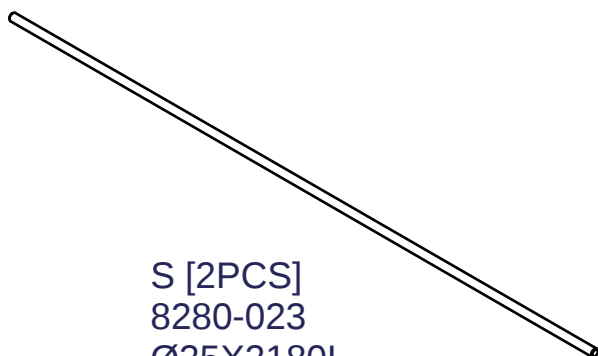
PARTS ILLUSTRATION SHEET



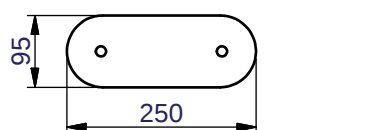
O [6PCS]



P [2PCS]
8230-028
Ø65x450L

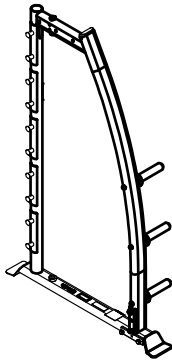


S [2PCS]
8280-023
Ø25X2180L

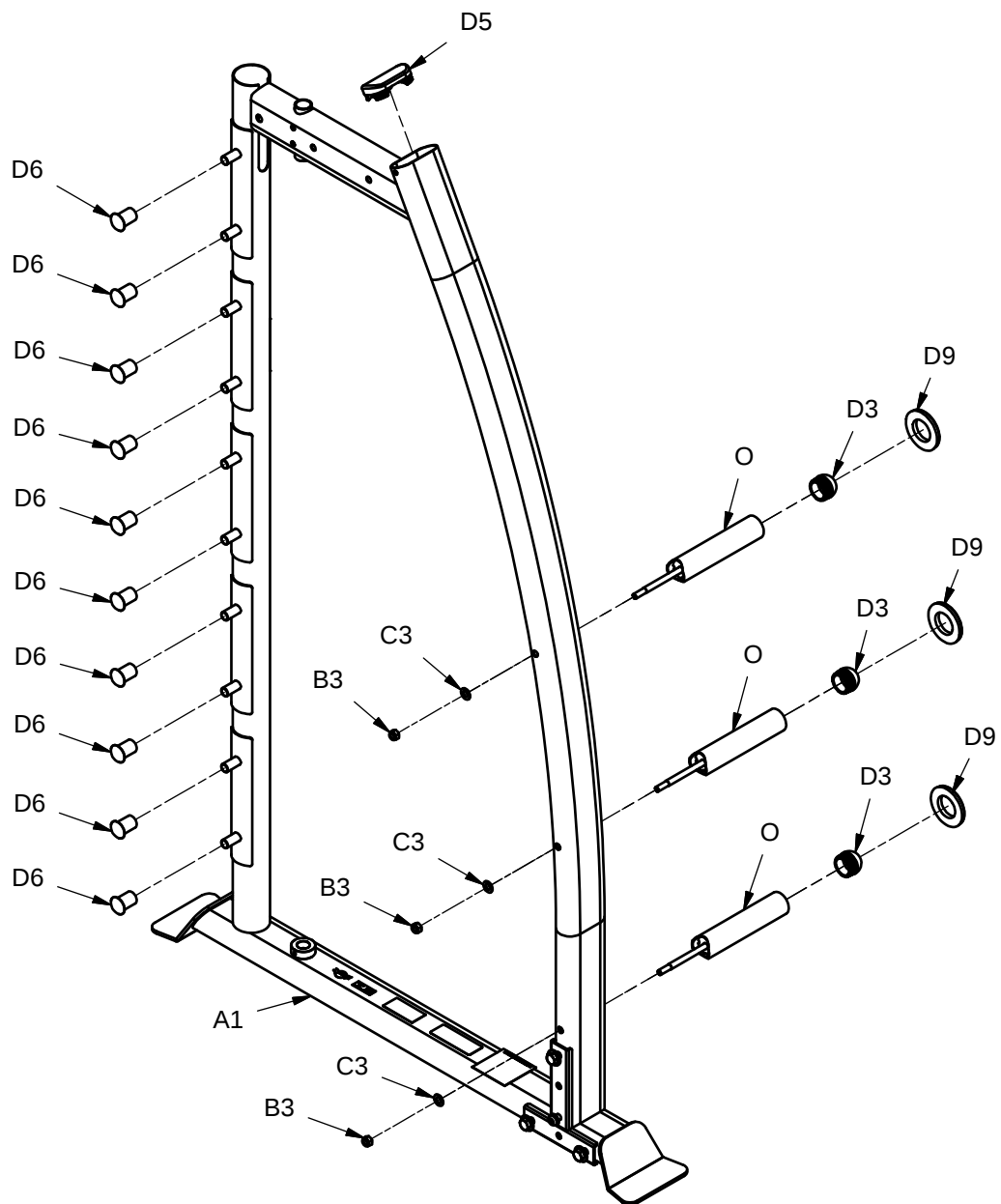


Q [2PCS]
8313-135
95X6TX250L

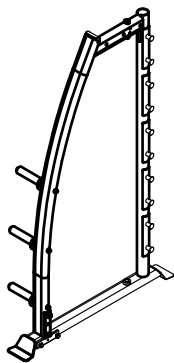
MSM ASSEMBLY INSTRUCTIONS



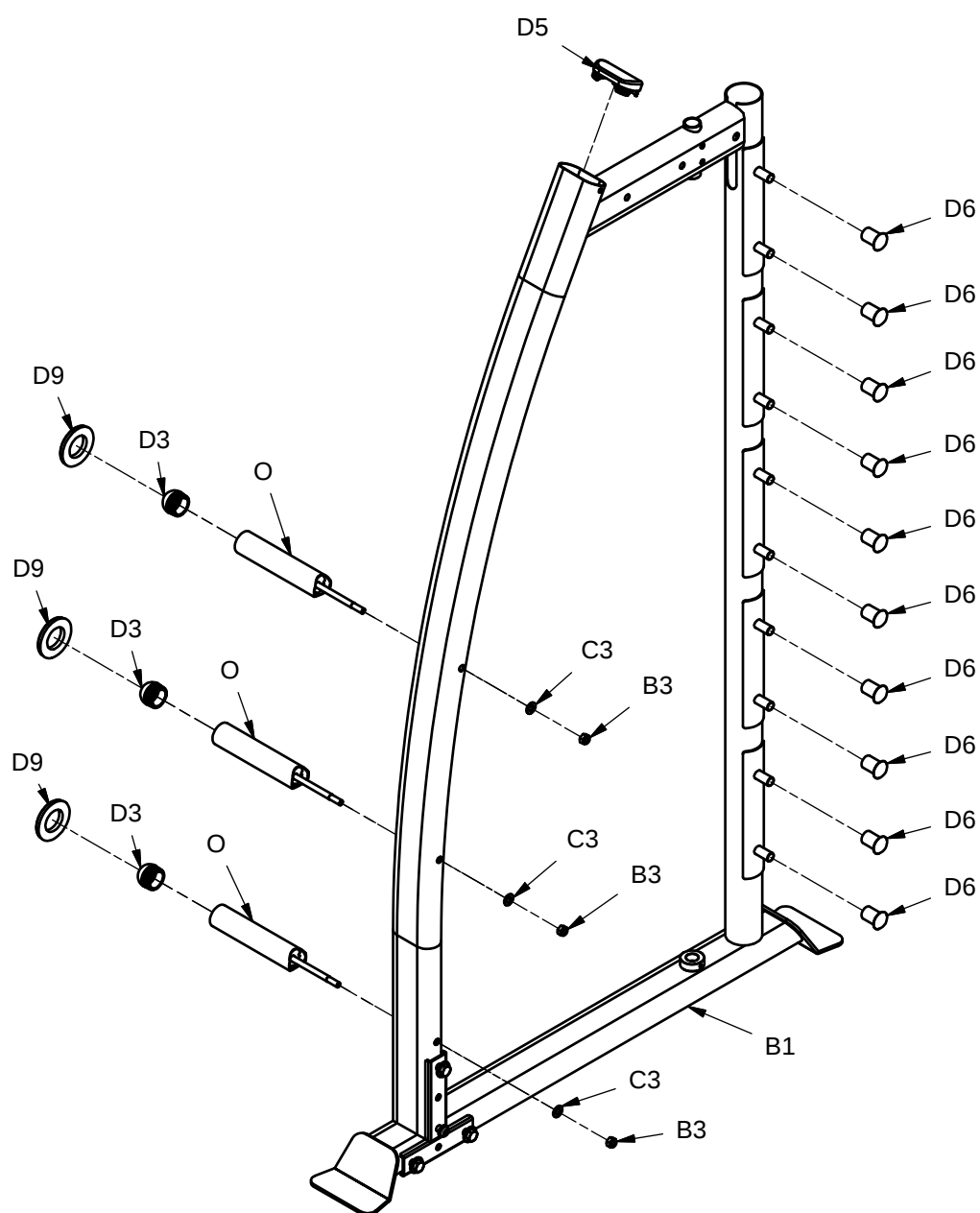
Above shows STEP 1
assembled and completed



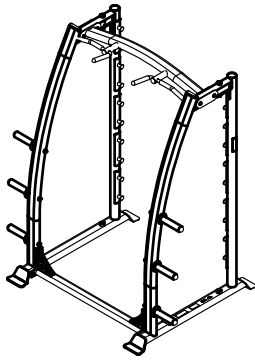
MSM ASSEMBLY INSTRUCTIONS



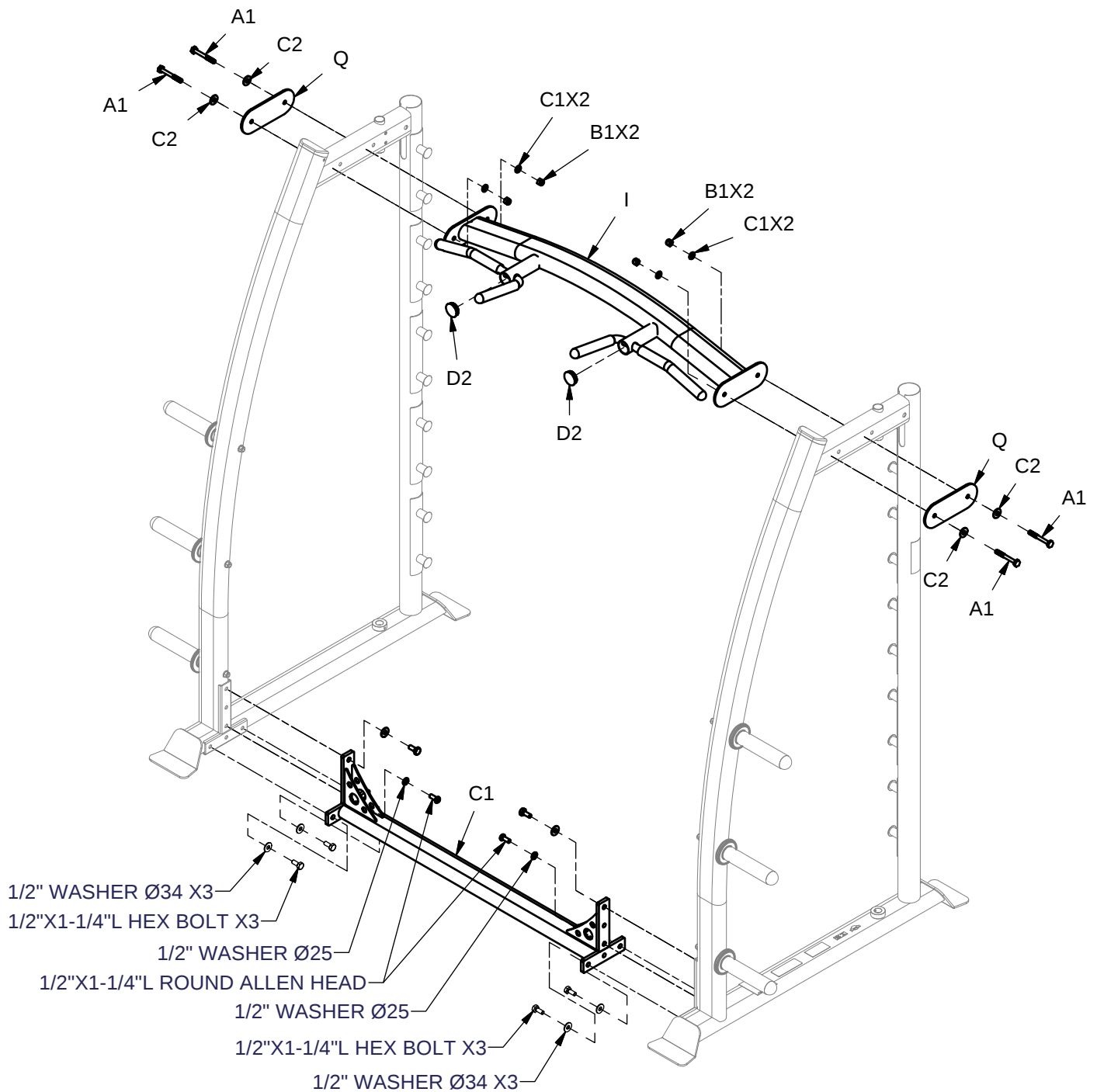
Above shows STEP 2
assembled and completed



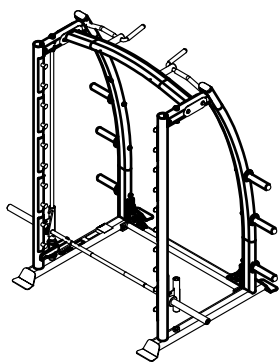
MSM ASSEMBLY INSTRUCTIONS



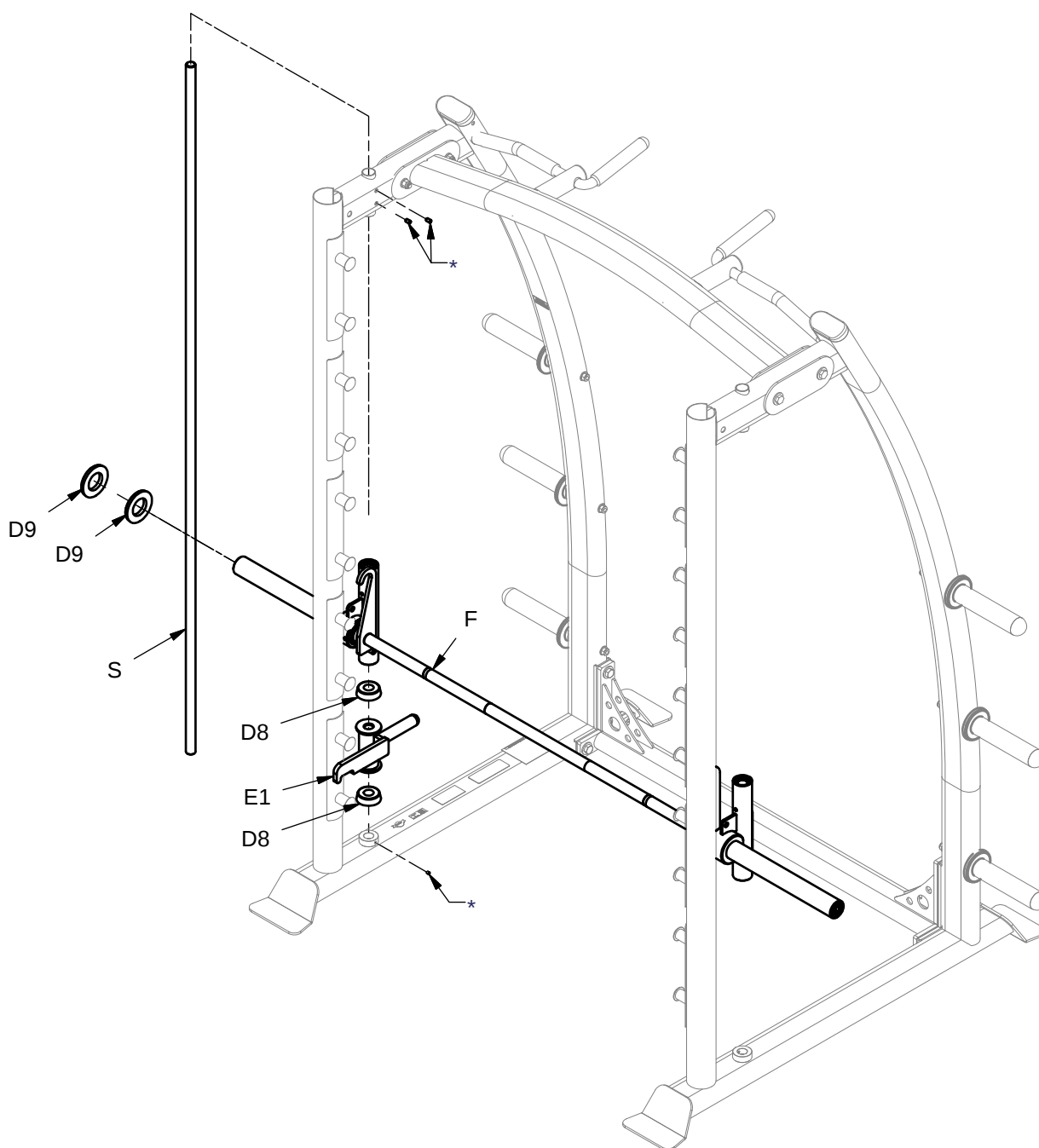
Above shows STEP 3
assembled and completed



MSM ASSEMBLY INSTRUCTIONS

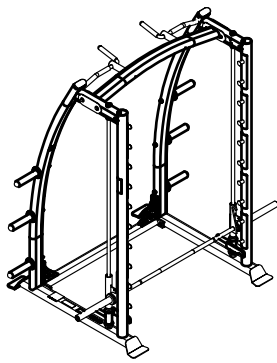


Above shows STEP 4
assembled and completed

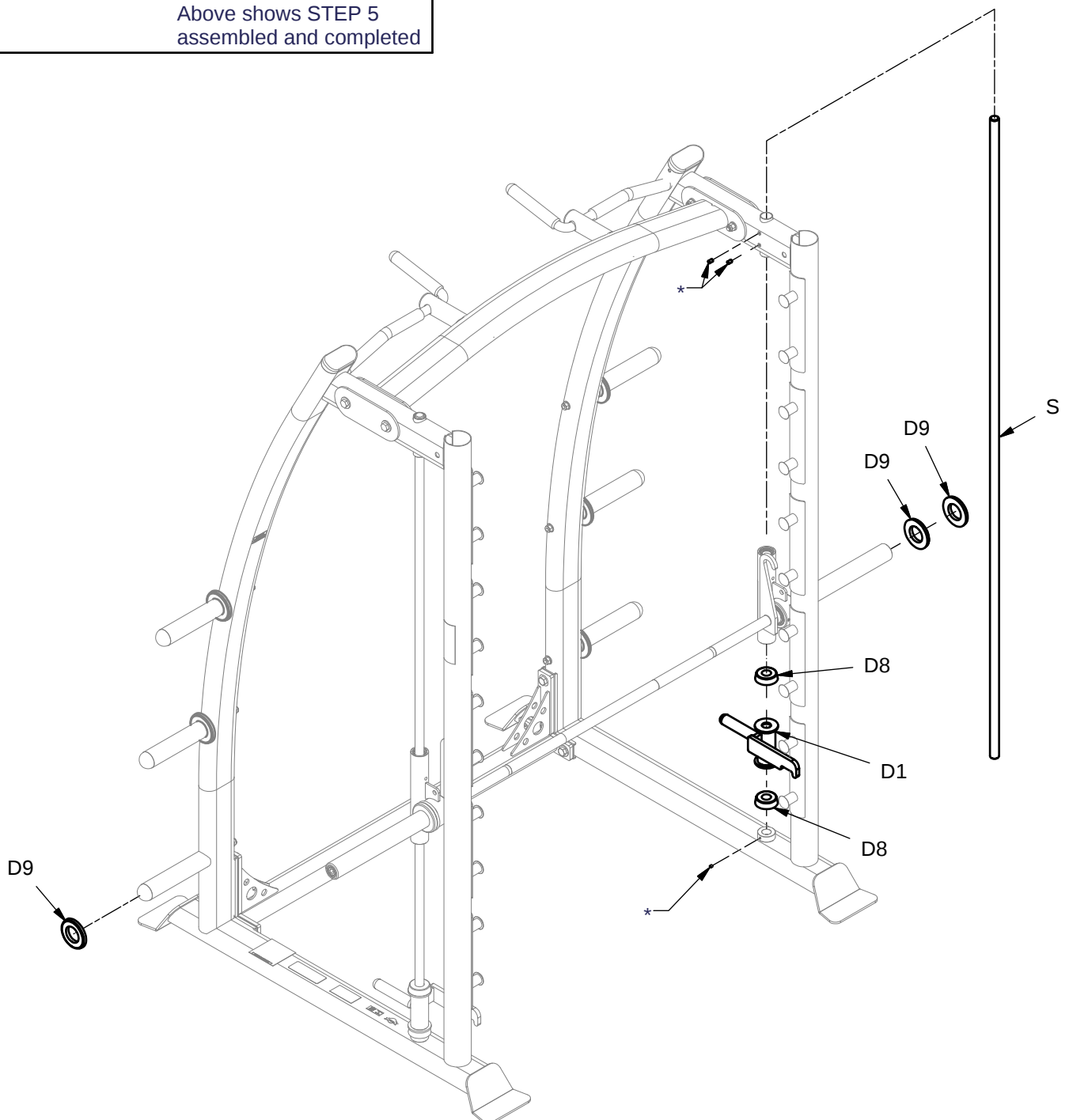


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT

MSM ASSEMBLY INSTRUCTIONS

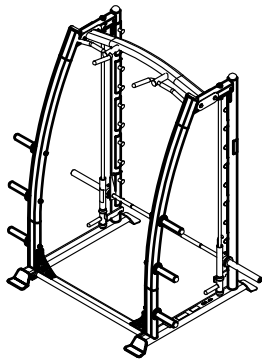


Above shows STEP 5
assembled and completed

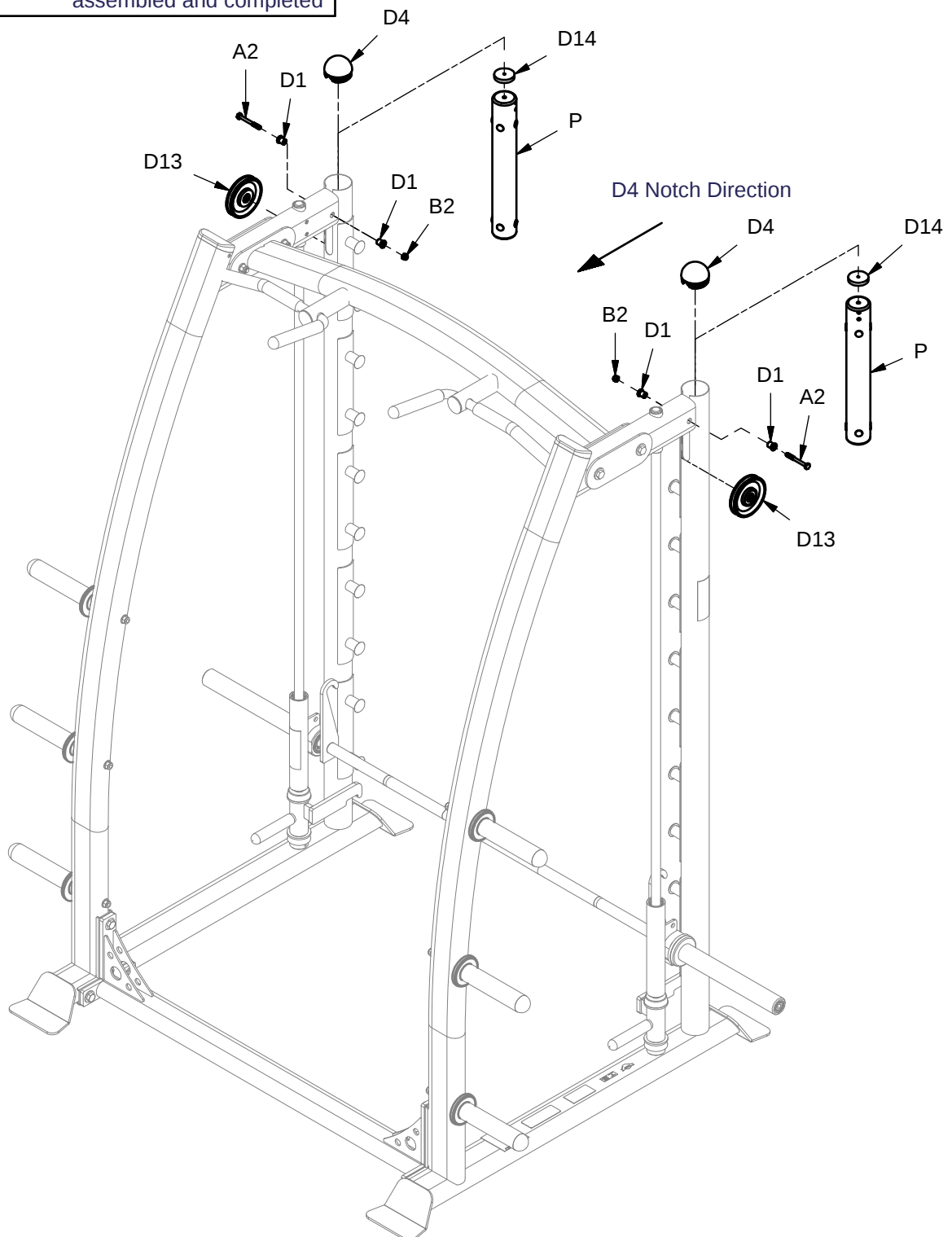


*:NEED TO LOOSEH BOTH ALLEN HEAD BOLT
IN ORDER TO REMOVE SHAFT

MSM ASSEMBLY INSTRUCTIONS



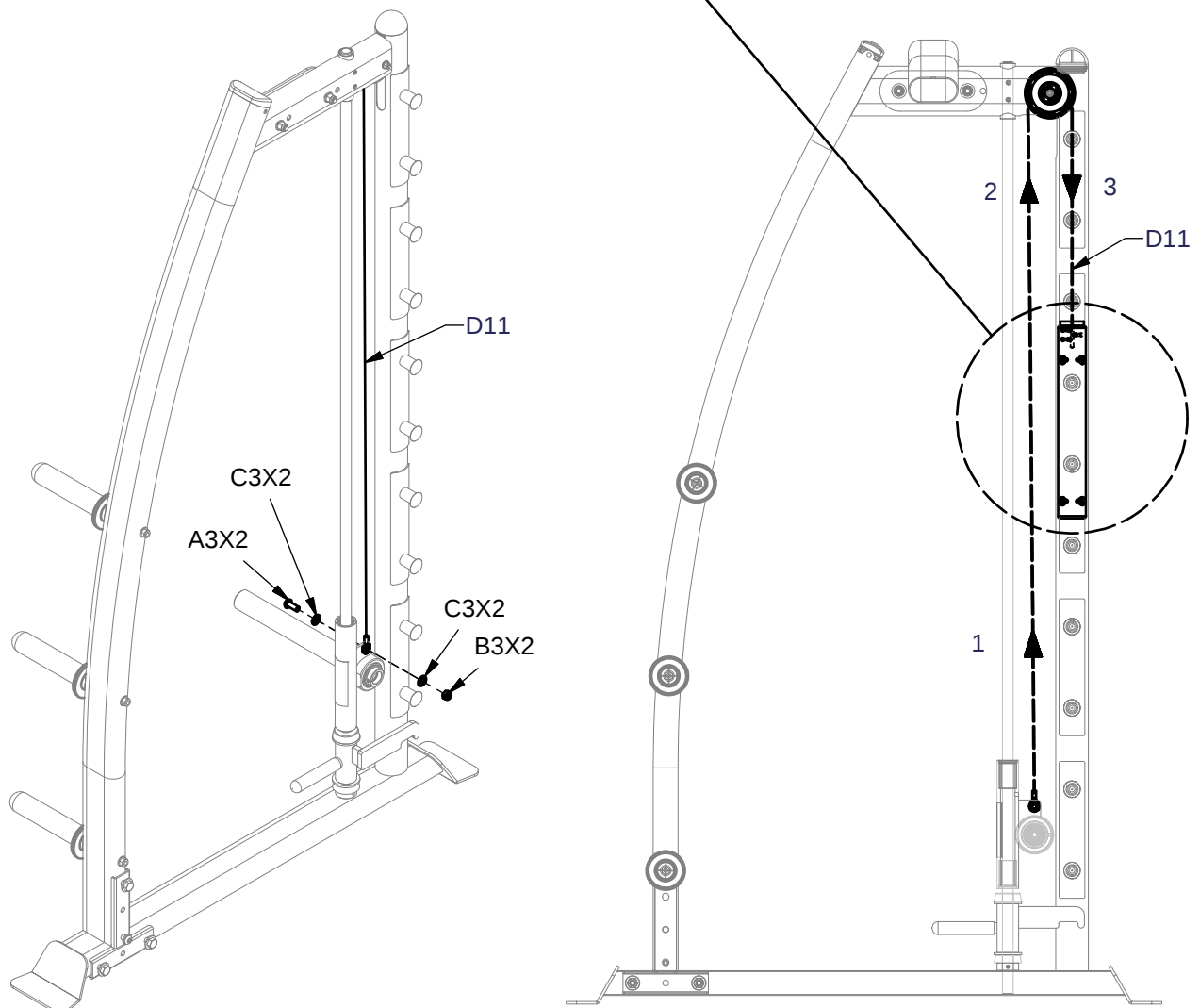
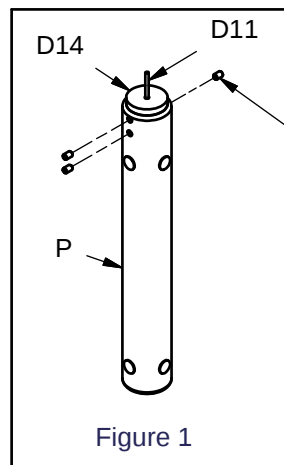
Above shows STEP 6
assembled and completed



MSM ASSEMBLY INSTRUCTIONS

Cable to constitute illustration

Put the cable through the rubber dount (D14) first and then connect to the weight plates



Above shows STEP 7
assembled and completed