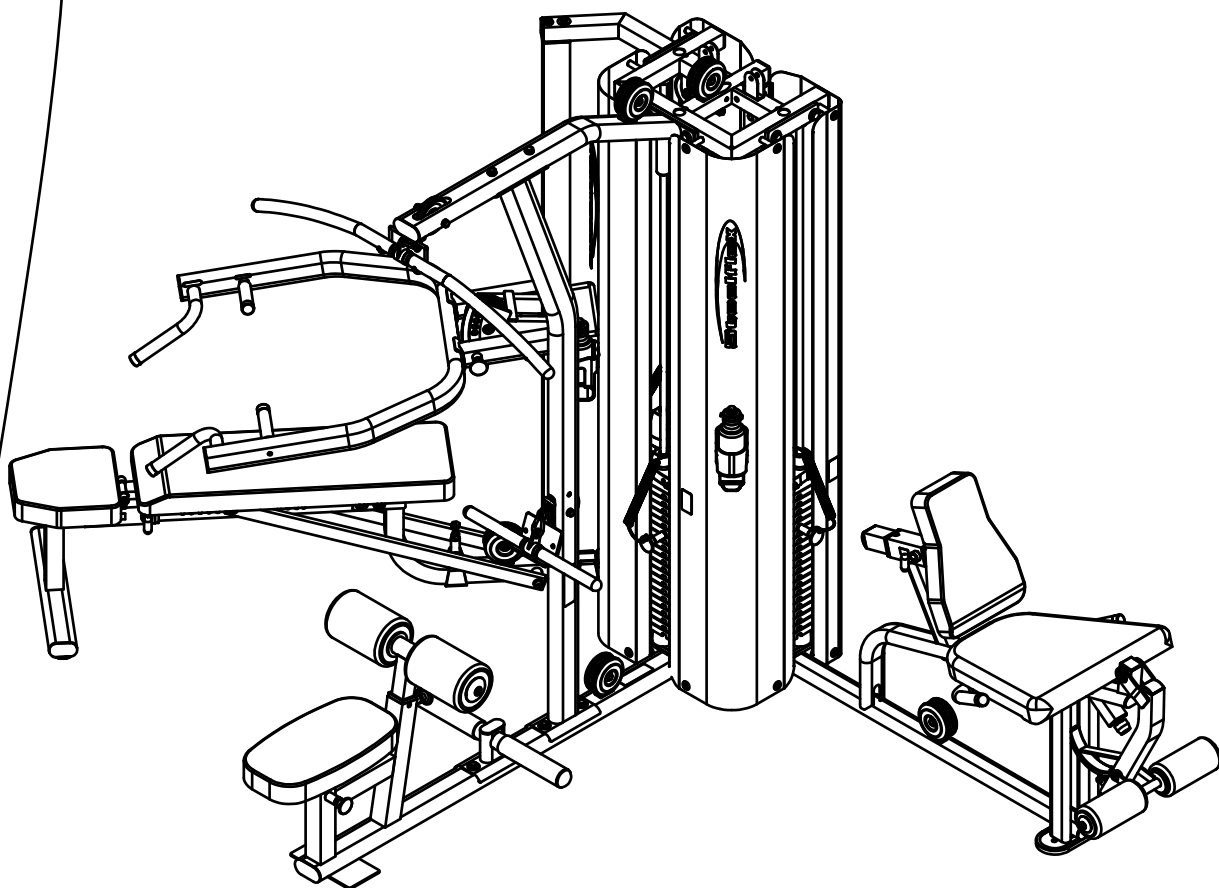


MEGA POWER



Steelflex

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Sales Office:

3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

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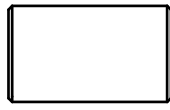
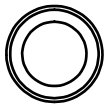
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MG-3000

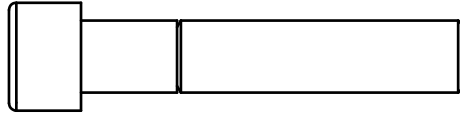
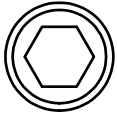
OWNER'S MANUAL

MG3000 ASSEMBLY INSTRUCTIONS

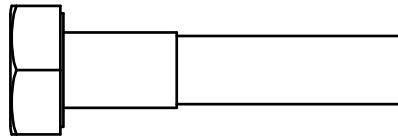
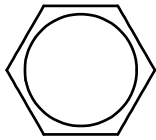
HARDWARE ILLUSTRATION



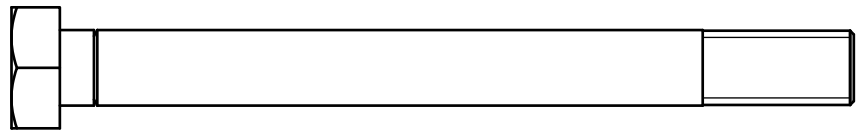
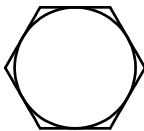
(A1) $\varnothing 1/2"$ X $\varnothing 8.5$ X 21.5L SLLEEVE QTY.2



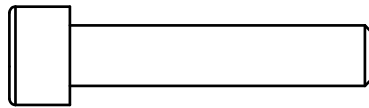
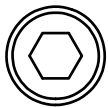
(A2) ROUND INNER HEX $3/8"$ X 2" L PARTIALTHREAD QTY.3



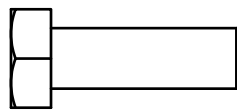
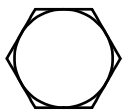
(A3) HEX BOLT M10X45L PARTIALTHREAD QTY.15



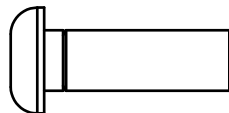
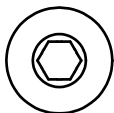
(A4) HEX BOLT M10X105L PARTIALTHREAD QTY.2



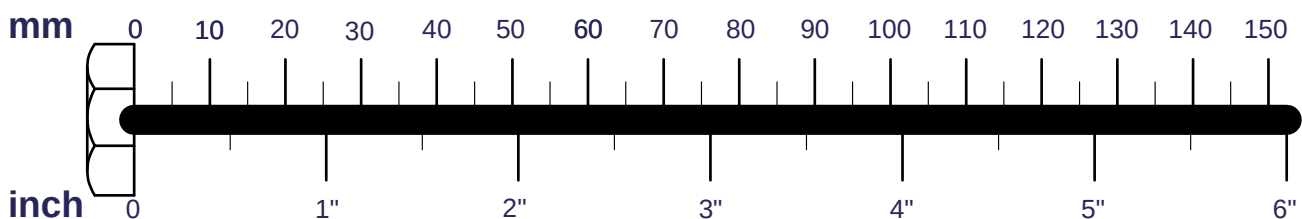
(A5) ROUND INNER HEX M8X40L PARTIALTHREAD QTY.2



(A6) HEX BOLT M8X25L PARTIALTHREAD QTY.2

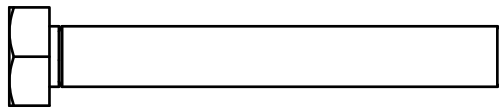
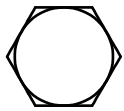


(A7) ROUND INNER SCREW M8X25L PARTIALTHREAD QTY.20

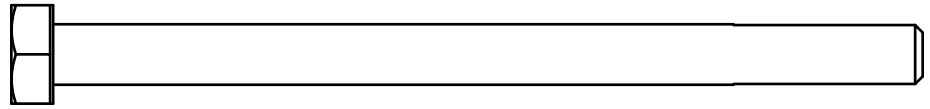
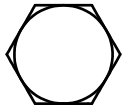


MG3000 ASSEMBLY INSTRUCTIONS

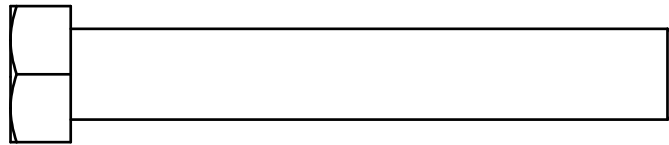
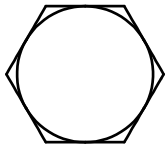
HARDWARE ILLUSTRATION



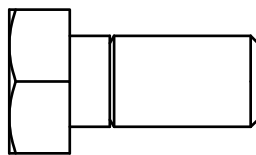
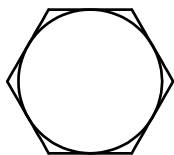
(A8)HEX BOLT M8X60L PARTIALTHREAD QTY.1



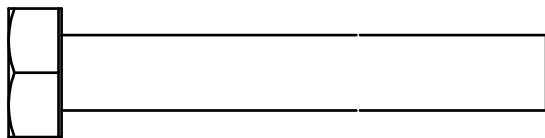
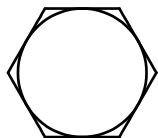
(A9)HEX BOLT M10X115L PARTIALTHREAD QTY.1



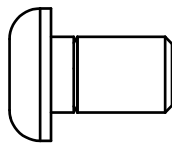
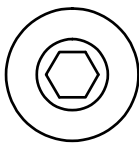
(A10)HEX BOLT M12X80L PARTIALTHREAD QTY.4



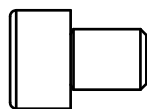
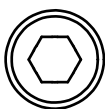
(A11)HEX BOLT M12X25L PARTIALTHREAD QTY.6



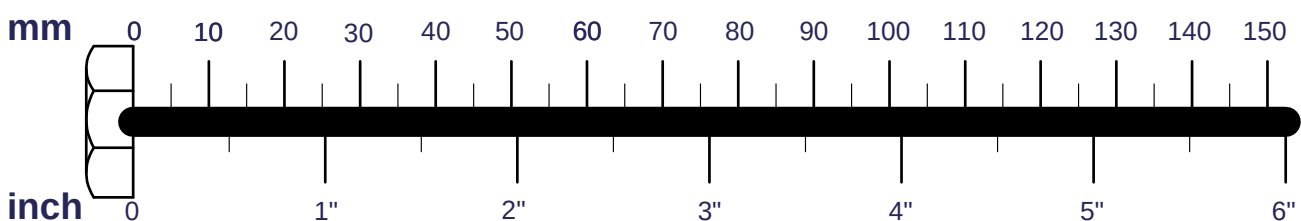
(A12)HEX BOLT M10X65L PARTIALTHREAD QTY.2



(A13)ROUND INNER SCREW M10X16L PARTIALTHREAD QTY.2

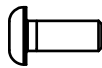


(A14)ROUND INNER HEX M8X10L PARTIALTHREAD QTY.1

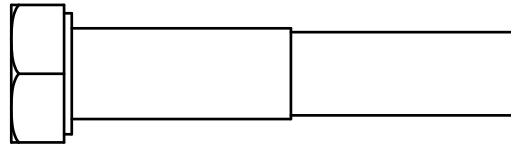
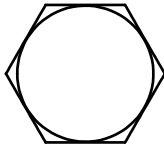


MG3000 ASSEMBLY INSTRUCTIONS

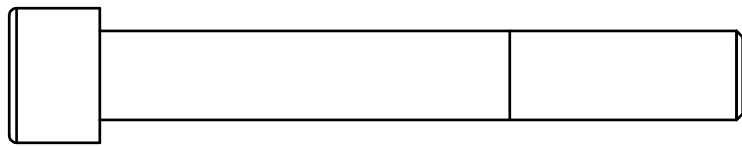
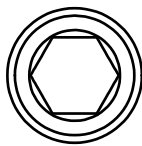
HARDWARE ILLUSTRATION



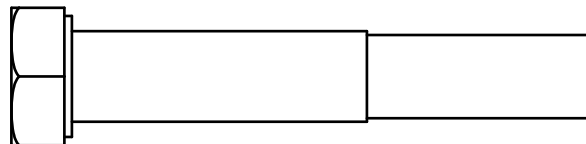
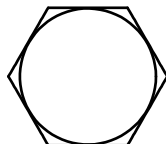
(A15)ROUND INNER SCREW M4X10L PARTIALTHREAD QTY.4



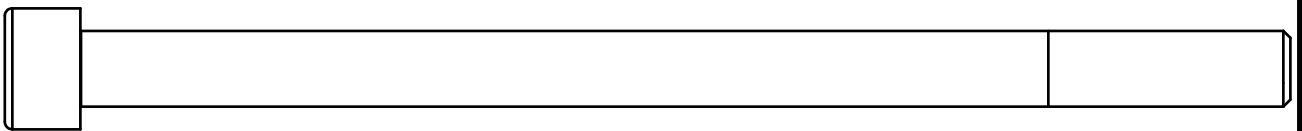
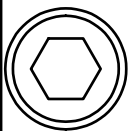
(A16)HEX BOLT M12X60L PARTIALTHREAD QTY.1



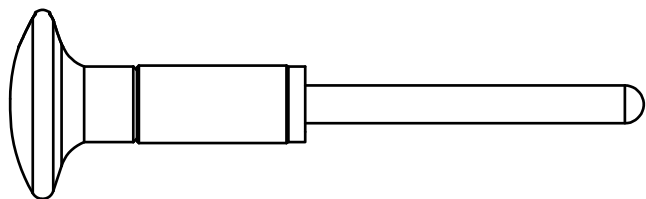
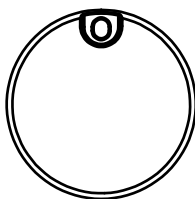
(A17)ROUND INNER HEX M12X85L PARTIALTHREAD QTY.1



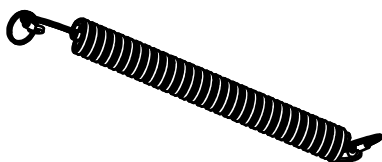
(A18)HEX BOLT M12X70L PARTIALTHREAD QTY.1



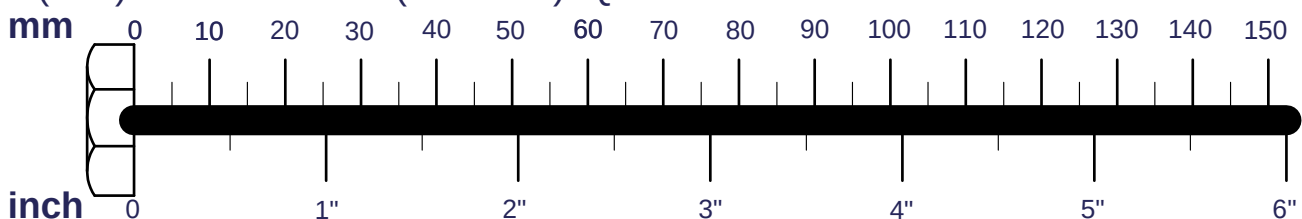
(A19)ROUND INNER SCREW M10X160L PARTIALTHREAD QTY.1



(A20)10LB PIN (8250-128) QTY.3

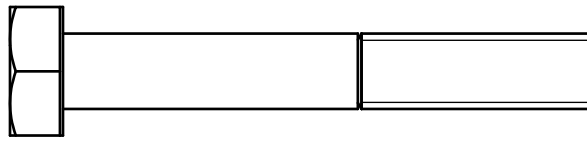
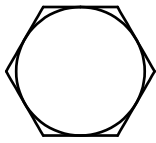


(A21)ELASTIC BELT (F920003) QTY.3

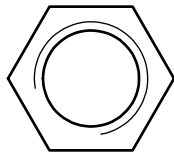
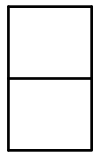


MG3000 ASSEMBLY INSTRUCTIONS

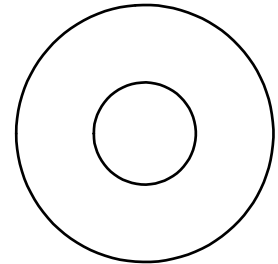
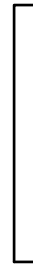
HARDWARE ILLUSTRATION



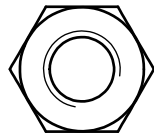
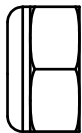
(A22)HEX BOLT M10X70L PARTIALTHREAD QTY.1



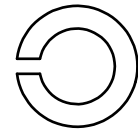
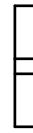
(B1)NUT 1/2"X13 UNC QTY.6



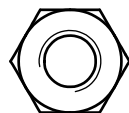
(C1)M12(I.D.)FLAT WASHER Ø34 QTY.12



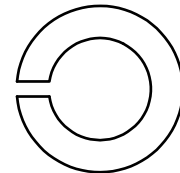
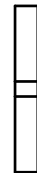
(B2)NYLON LOCK NUT M10 QTY.20



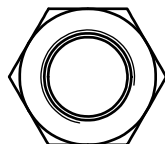
(C2)SPRING WASHER 3/8" QTY.3



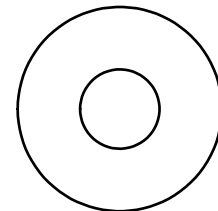
(B3)NYLON LOCK NUT M8 QTY.2



(C3)SPRING WASHER 1/2" QTY.6



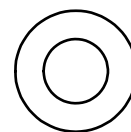
(B4)NYLON LOCK NUT M12 QTY.7



(C4)M10(I.D.)FLAT WASHER Ø27 QTY.35



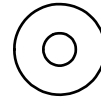
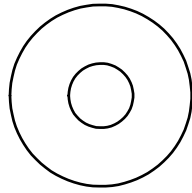
(B5)NUT M4 QTY.4



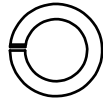
(C5)M8(I.D.)FLAT WASHER Ø16 QTY.4

MG3000 ASSEMBLY INSTRUCTIONS

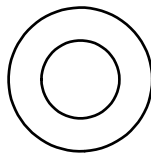
HARDWARE ILLUSTRATION



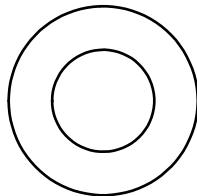
(C6)M8(I.D.)FLAT WASHER Ø24 QTY.23 (C12)M4(I.D.)FLAT WASHER Ø12 QTY.8



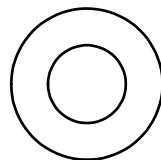
(C7)SPRING WASHER M8 QTY.24



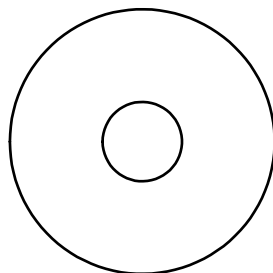
(C8)M10(I.D.)FLAT WASHER Ø19 QTY.6



(C9)M12(I.D.)FLAT WASHER Ø25 QTY.8



(C10)M10(I.D.)FLAT WASHER Ø20 QTY.2



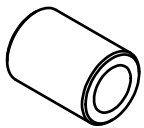
(C11)M10(I.D.)FLAT WASHER Ø35 QTY.1

MG3000 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

- D1. Ø5/8"X22.5L STEEL BUSHIING (8110-011) ----- [2PCS]
D2. Ø3/4XØ13.5X8L STEEL BUSHIING(8110-014) ----- [4PCS]
D3. Ø13X1TX33L COMPRESSED SPRING(8840-007) ----[2PCS]
D4. Ø50 End Cap (8130-131) ----- [2PCS]
D5. Ø76 End Cap (8130-236) ----- [2PCS]
D6. Ø1"X70L STEEL BUSHIING (8220-244) ----- [2PCS]
D7. Ø10x16.5L STEEL BUSHIING (8530-009) ----- [2PCS]
D8. Ø10X20X19.5 STEEL BUSHIING (8530-015) ----- [2PCS]
D9. Ø8 Spring Snap Link (8810-001) ----- [2PCS]
D10. □45 End Cap (9211-004) ----- [1PCS]
D11. 20X40 End Cap (9211-008) ----- [4PCS]
D12. 60X50 Nylon Bushing (9211-033) ----- [4PCS]
D13. Ø3/4" SHAFT COLLAR (9211-046) ----- [6PCS]
D14. 45X60 Nylon Bushing (9211-047) ----- [2PCS]

D1



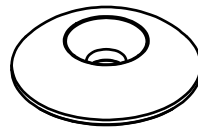
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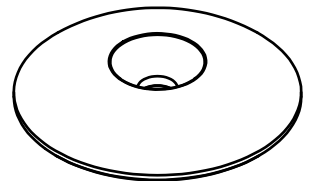
D3



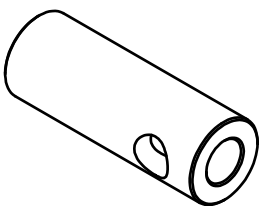
D4



D5



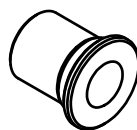
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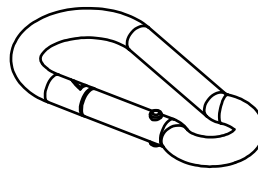
D7



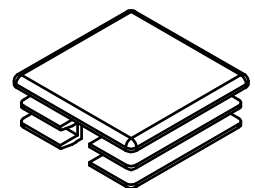
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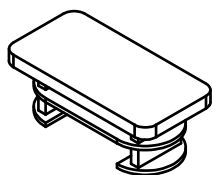
D9



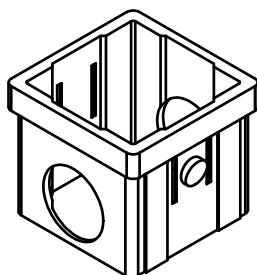
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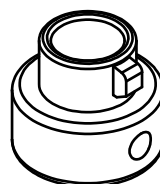
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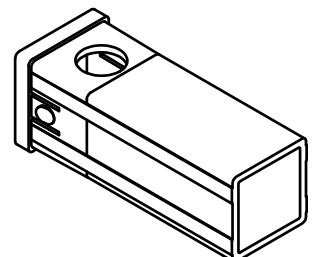
D12



D13



D14



MG3000 ASSEMBLY INSTRUCTIONS

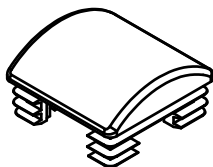
HARDWARE ILLUSTRATION

D15.	25.4X50.8 End Cap (9211-086)	-----	[1PCS]
D16.	□50X50 End Cap (9211-087)	-----	[2PCS]
D17.	Ø115X14.5 PLATE CAP (9211-173)	-----	[13PCS]
D18.	Ø40XØ19.5X170L SHAFT COLLAR(9211-204)	-----	[2PCS]
D19.	50X50 Rubber Dount (9212-010)	-----	[2PCS]
D20.	50X4tX50L RUBBER PAD(9214-002)	-----	[6PCS]
D21.	Ø75X3TXØ26 NYLON WASHER(9214-008)	-----	[4PCS]
D22.	Ø60X42H DECK BUFFER (9214-037)	-----	[2PCS]
D23.	Ø120XØ51X3t NYLON WASHER(9214-039)	-----	[4PCS]
D24.	Ø65 Rubber Dount (9310-049)	-----	[6PCS]
D25.	108X263 RUBBER PAD (9310-075)	-----	[1PCS]
D26.	Ø4 1/4" PULLEY (9213-002B)	-----	[18PCS]
D27.	BOTTLE BRACKET(8388-025)	-----	[2PCS]
D28.	BOTTLE RACK(9260-086)	-----	[2PCS]
D29.	BOTTLE (9260-123)	-----	[2PCS]

D15



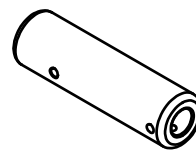
D16



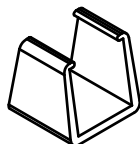
D17



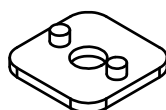
D18



D19



D20



D21



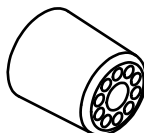
D22



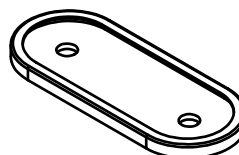
D23



D24



D25



D26



D27



D28



D29

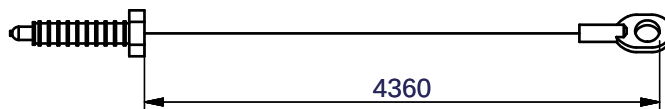


MG3000 ASSEMBLY INSTRUCTIONS

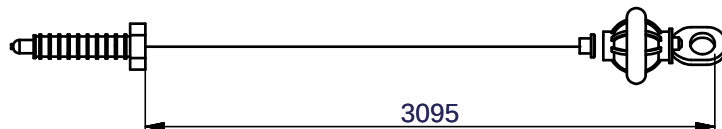
HARDWARE ILLUSTRATION

D30.4360mm STEEL CABLE (FMG3000A)	----- [1PCS]
D31.3095mm STEEL CABLE (FMG3000B)	----- [1PCS]
D32.4430mm STEEL CABLE (FMG3000C)	----- [1PCS]
D33.1600mm STEEL CABLE (FMG3000D)	----- [1PCS]
D34.3925mm STEEL CABLE (FMG3000E)	----- [1PCS]

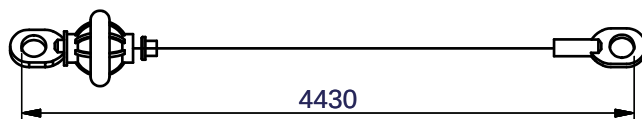
D30



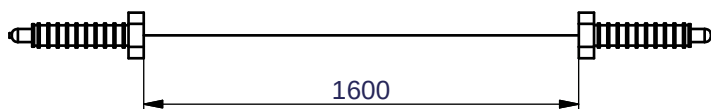
D31



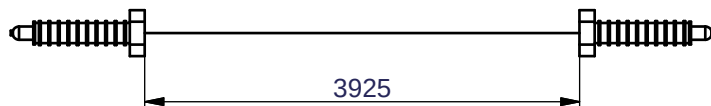
D32



D33



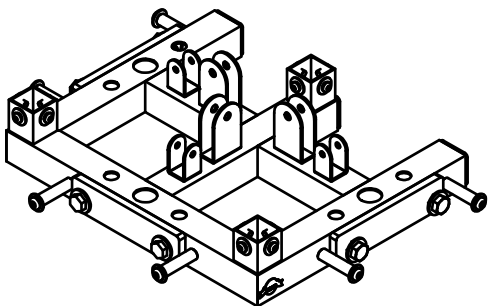
D34



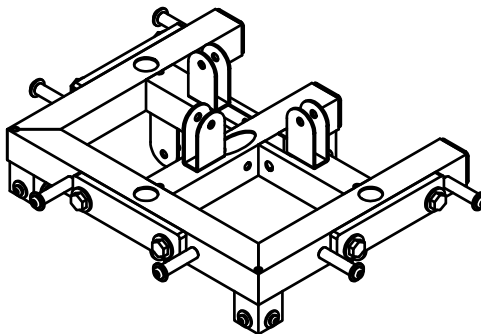
MG3000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

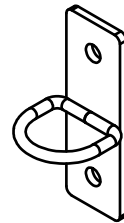
A 【1PCS】



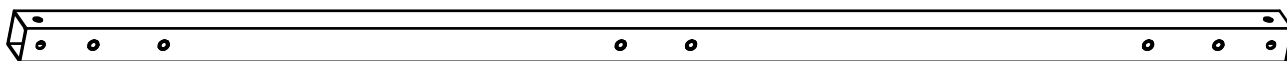
B 【1PCS】



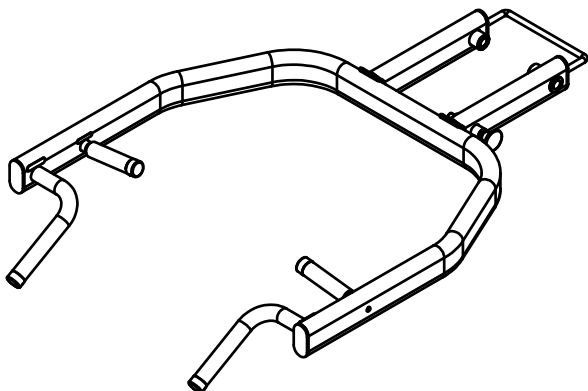
C 【1PCS】



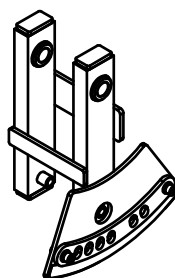
D 【1PCS】



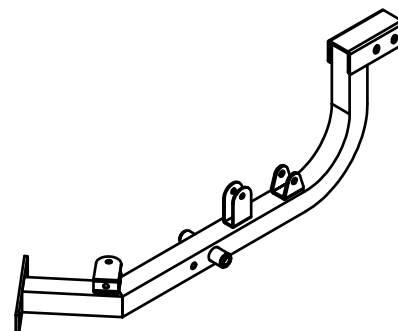
E 【1PCS】



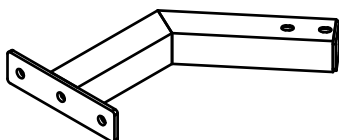
F 【1PCS】



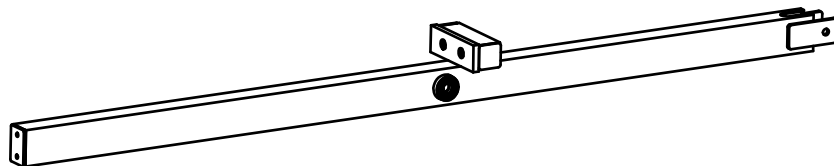
G 【1PCS】



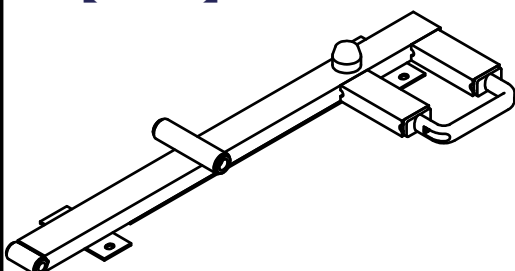
H 【1PCS】



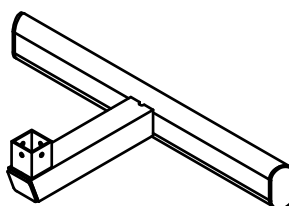
I 【1PCS】



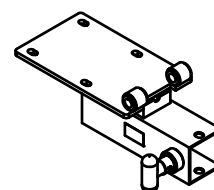
J 【1PCS】



K 【1PCS】



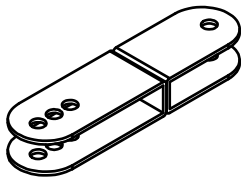
L 【1PCS】



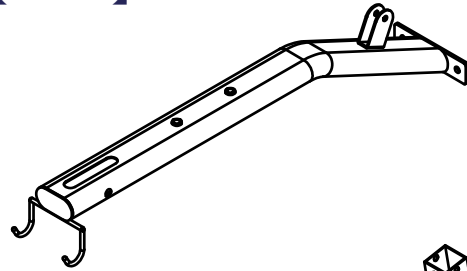
MG3000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

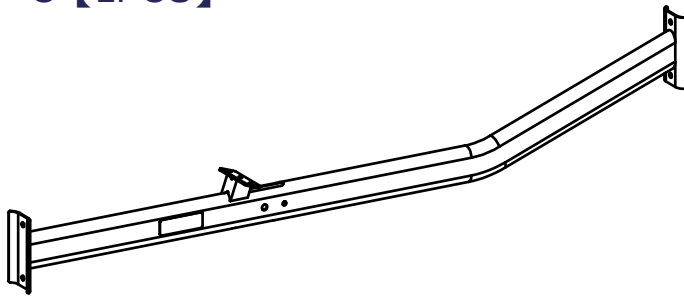
M 【1PCS】



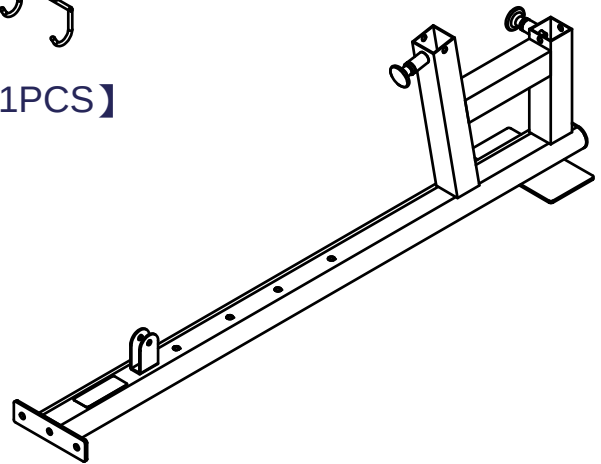
N 【1PCS】



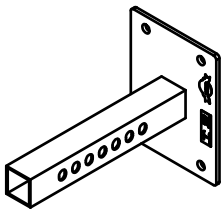
O 【1PCS】



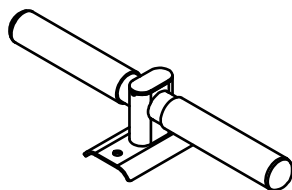
P 【1PCS】



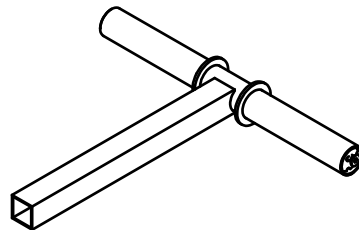
Q 【1PCS】



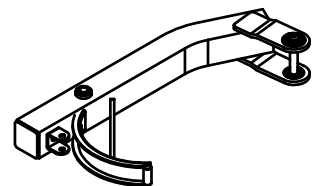
R 【1PCS】



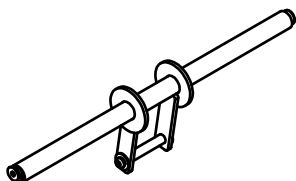
S 【1PCS】



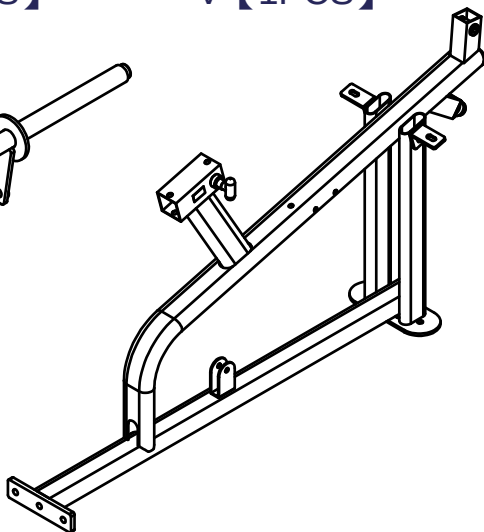
T 【1PCS】



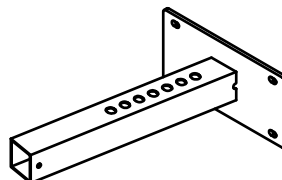
U 【1PCS】



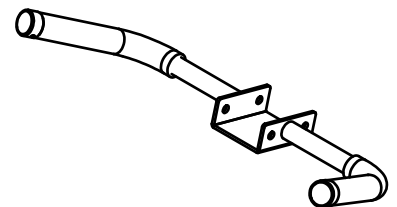
V 【1PCS】



W 【1PCS】

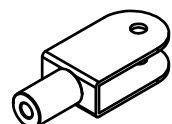


X 【1PCS】



Y 【1PCS】

6640-019

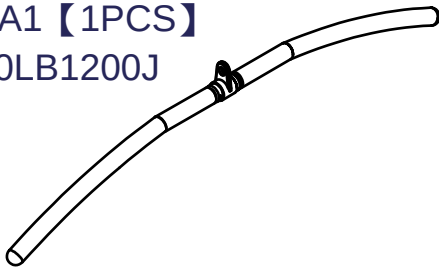


MG3000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

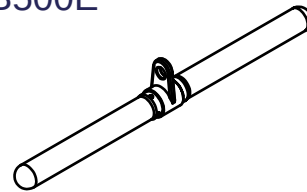
AA1 【1PCS】

20LB1200J



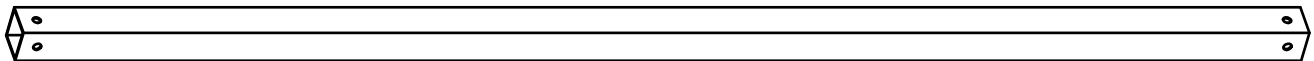
AB1 【1PCS】

20LB500E



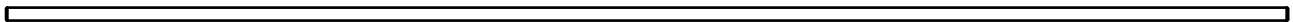
AC 【2PCS】

10MG3000-47 (□50X1.8TX1800L)



AD 【6PCS】

8280-049 (Ø3/4"X1865L)



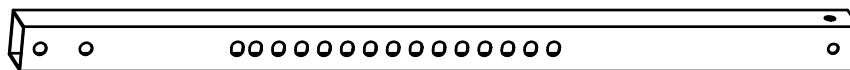
AE 【3PCS】

8210-042 (Ø3/4"X596L)



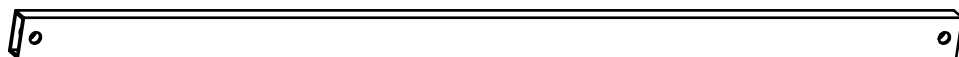
AF 【1PCS】

260548 (□50X1.8TX910L)



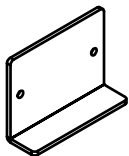
AG 【2PCS】

10MG3000-18 (20X40X2TX955L)



AH 【1PCS】

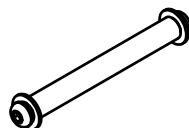
280251



AI 【1PCS】

8210-232

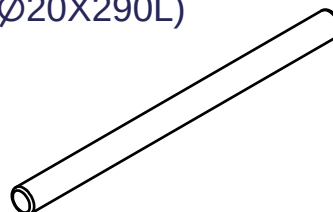
(Ø12.7X108.5L)



AJ 【1PCS】

8210-233

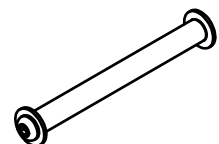
(Ø20X290L)



AK 【2PCS】

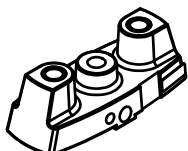
8210-234

(Ø5/8"X156L)



AL 【3PCS】

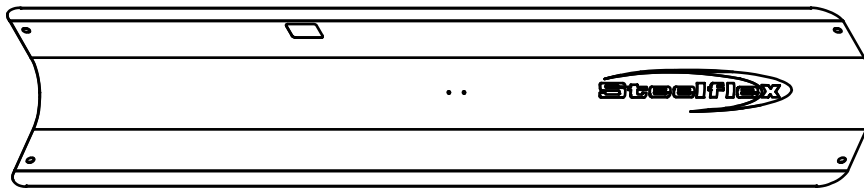
8400-006



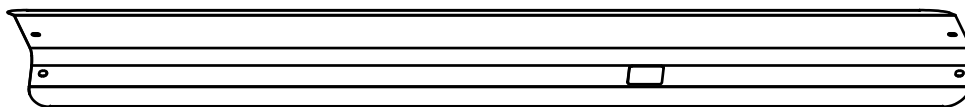
MG3000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

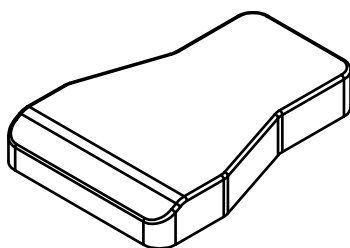
AM 【2PCS】
8380-079



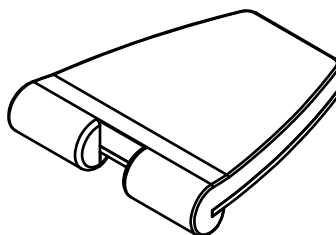
AN 【2PCS】
8380-080



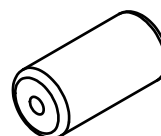
AO 【1PCS】
9111-101



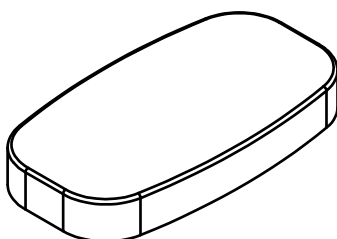
AP 【1PCS】
9121-091



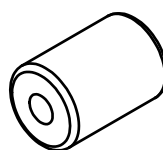
AQ 【2PCS】
9161-077



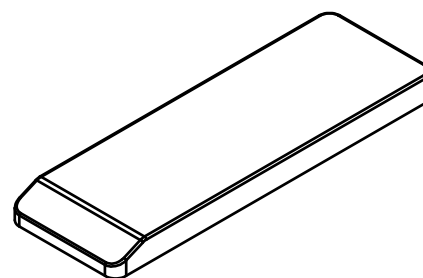
AR 【1PCS】
9121-106



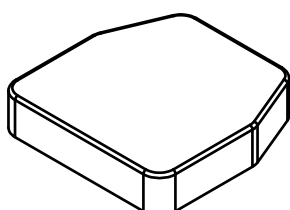
AS 【2PCS】
9161-078



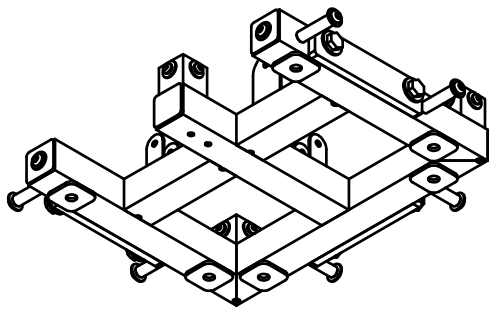
AT 【1PCS】
9111-102



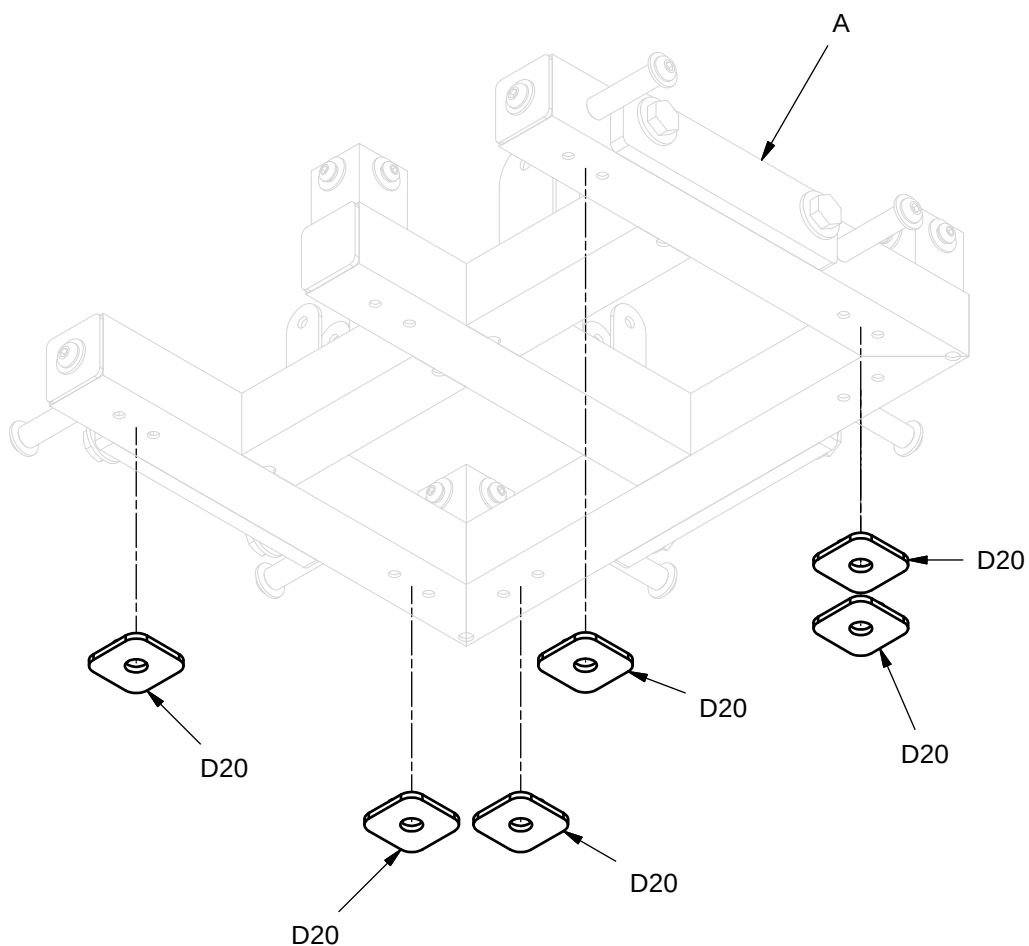
AU 【1PCS】
9121-113



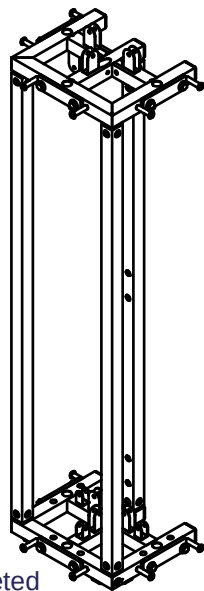
MG3000 ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



MG3000 ASSEMBLY INSTRUCTIONS

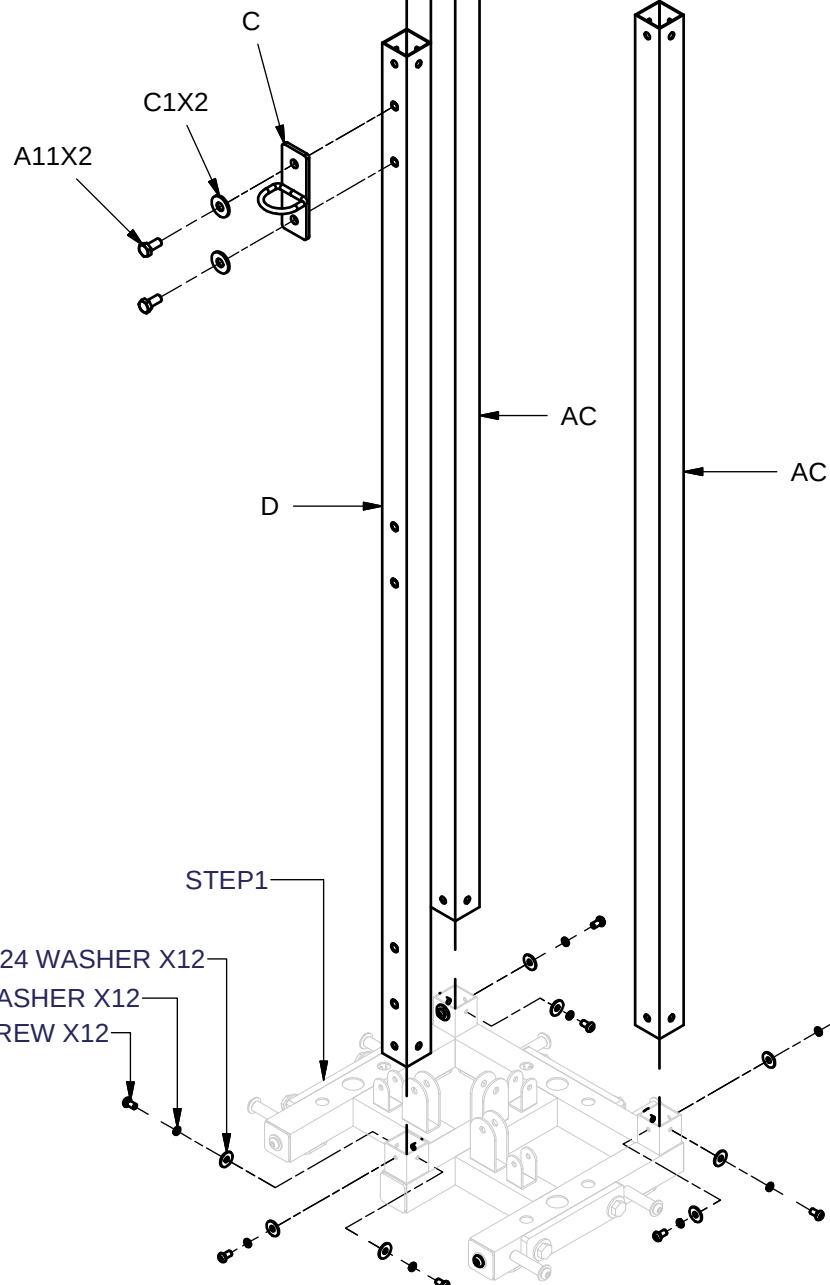
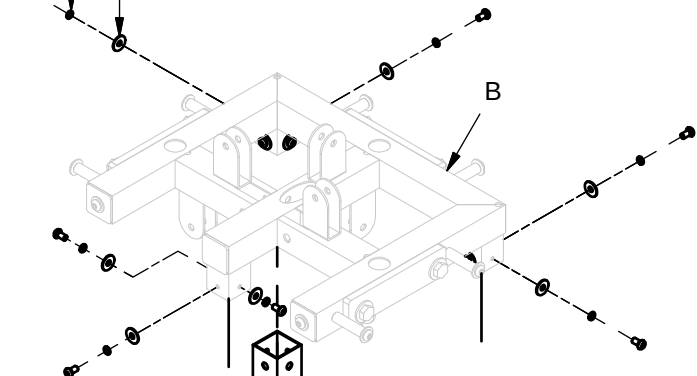


Above shows STEP 2
assembled and completed

M8X15L ROUND INNER HEX SCREW X12

M8 SPRING WASHER X12

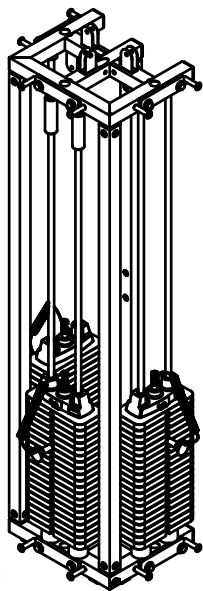
M8-Ø24 WASHER X12



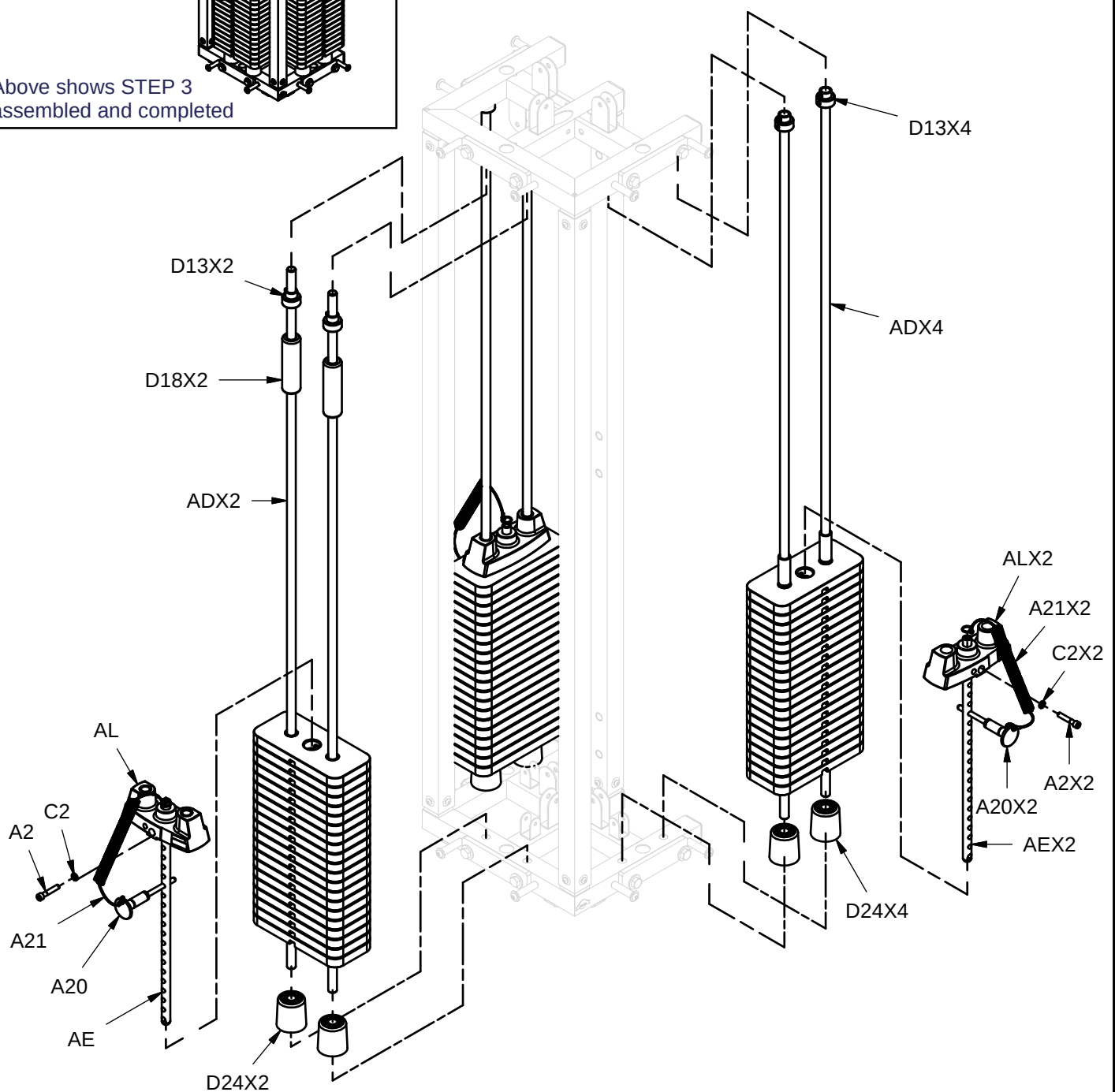
M8-Ø24 WASHER X12
M8 SPRING WASHER X12
M8X15L ROUND INNER HEX SCREW X12

STEP1

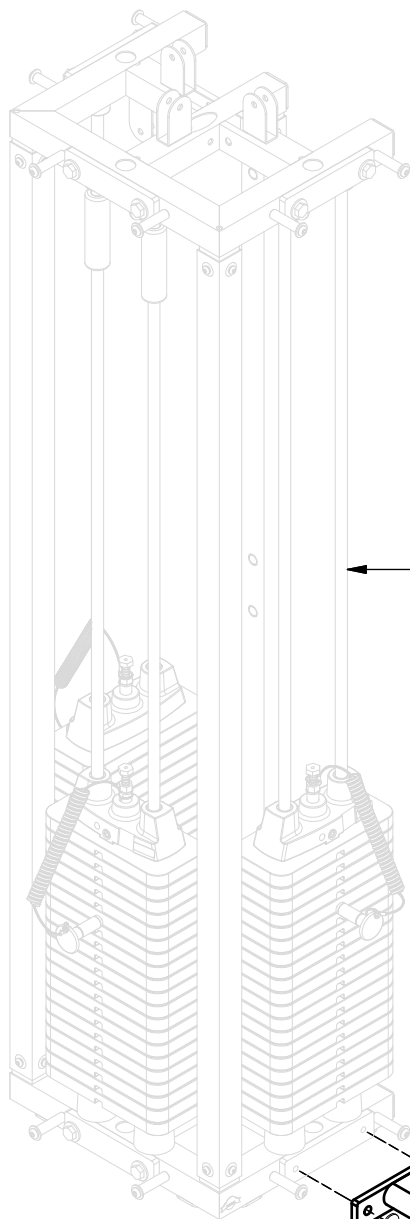
MG3000 ASSEMBLY INSTRUCTIONS



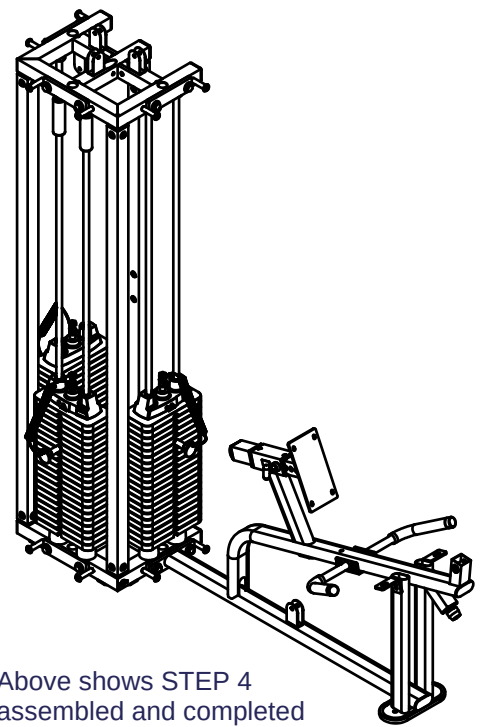
Above shows STEP 3
assembled and completed



MG3000 ASSEMBLY INSTRUCTIONS

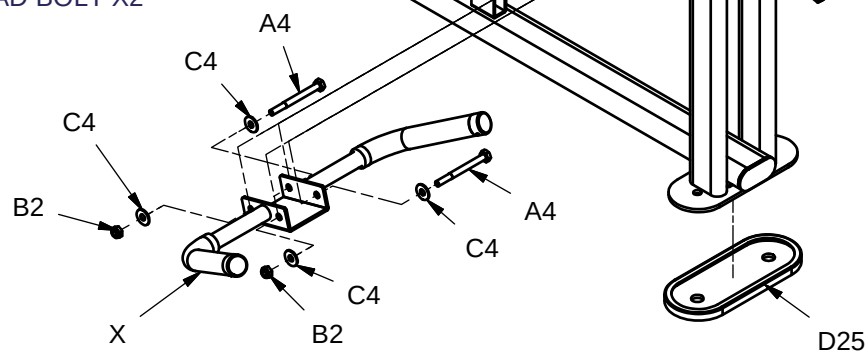
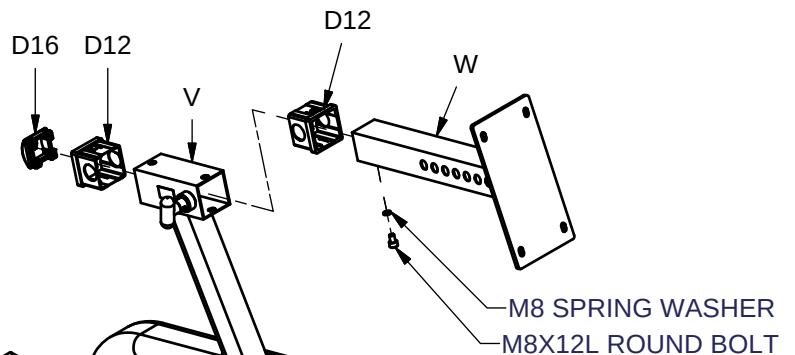


STEP 3

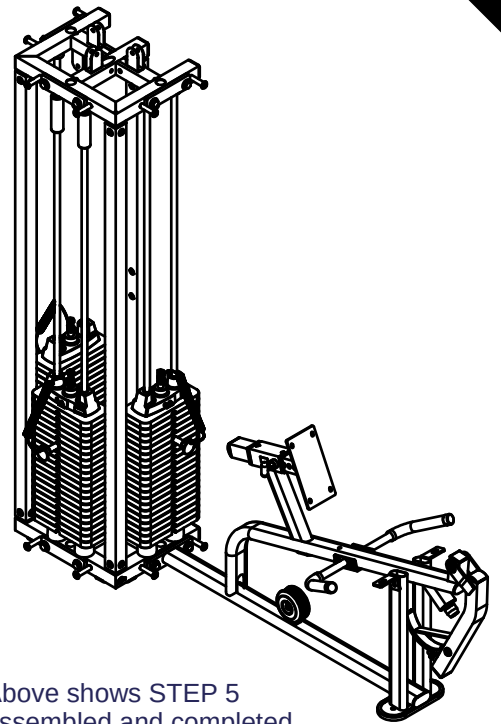
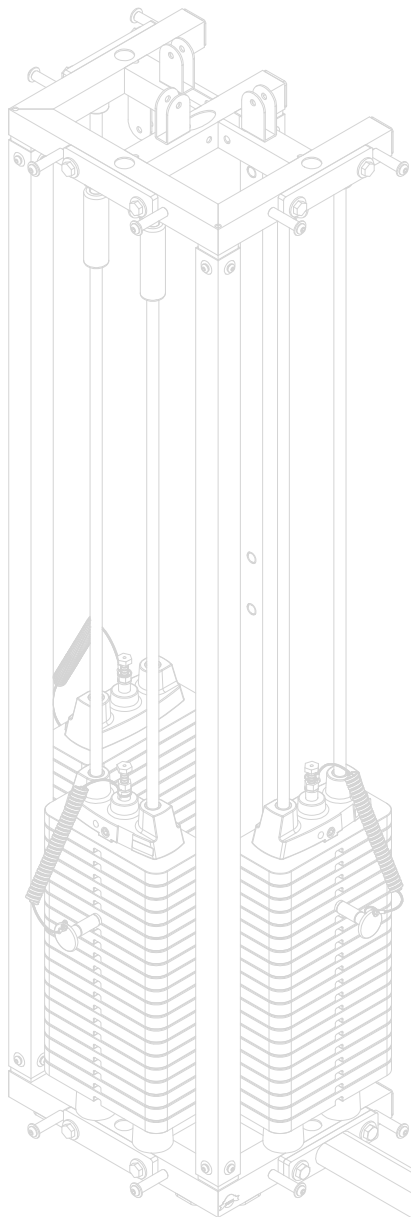


Leg Extension

1/2"-Ø34 WASHRR X2
1/2"X1-1/4" HEX HEAD BOLT X2

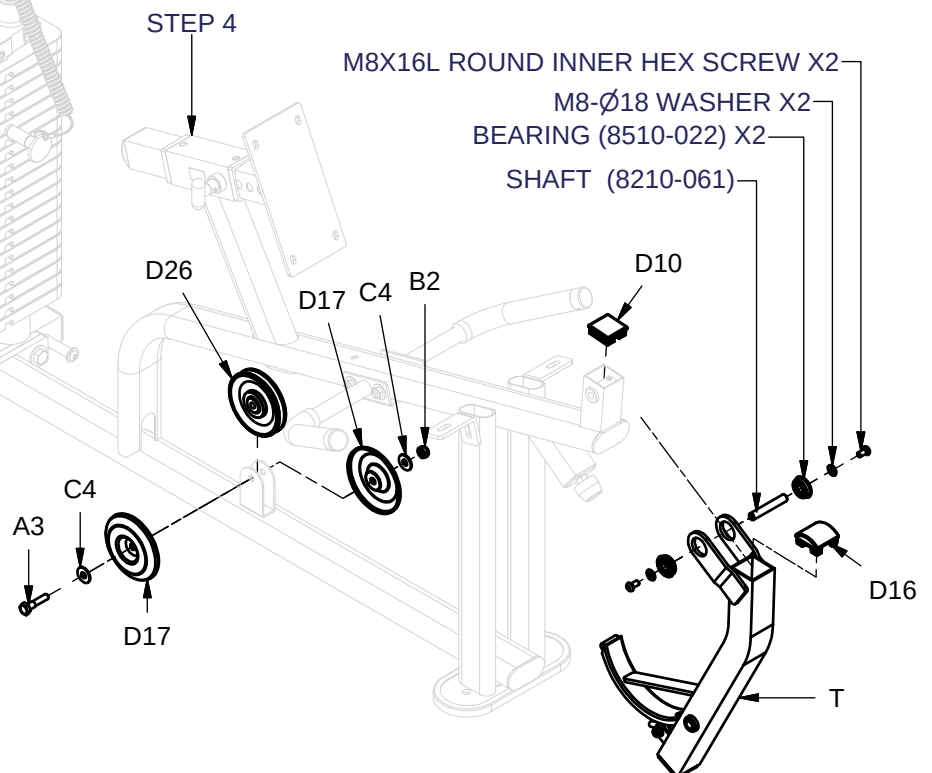


MG3000 ASSEMBLY INSTRUCTIONS

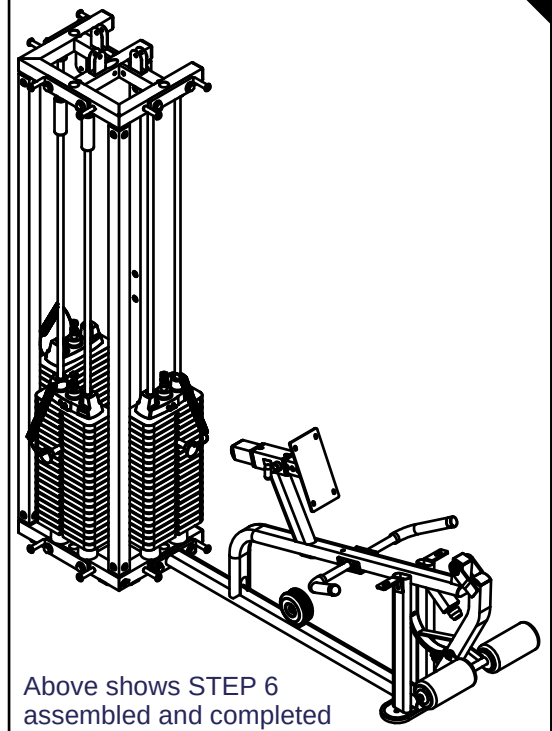


Above shows STEP 5
assembled and completed

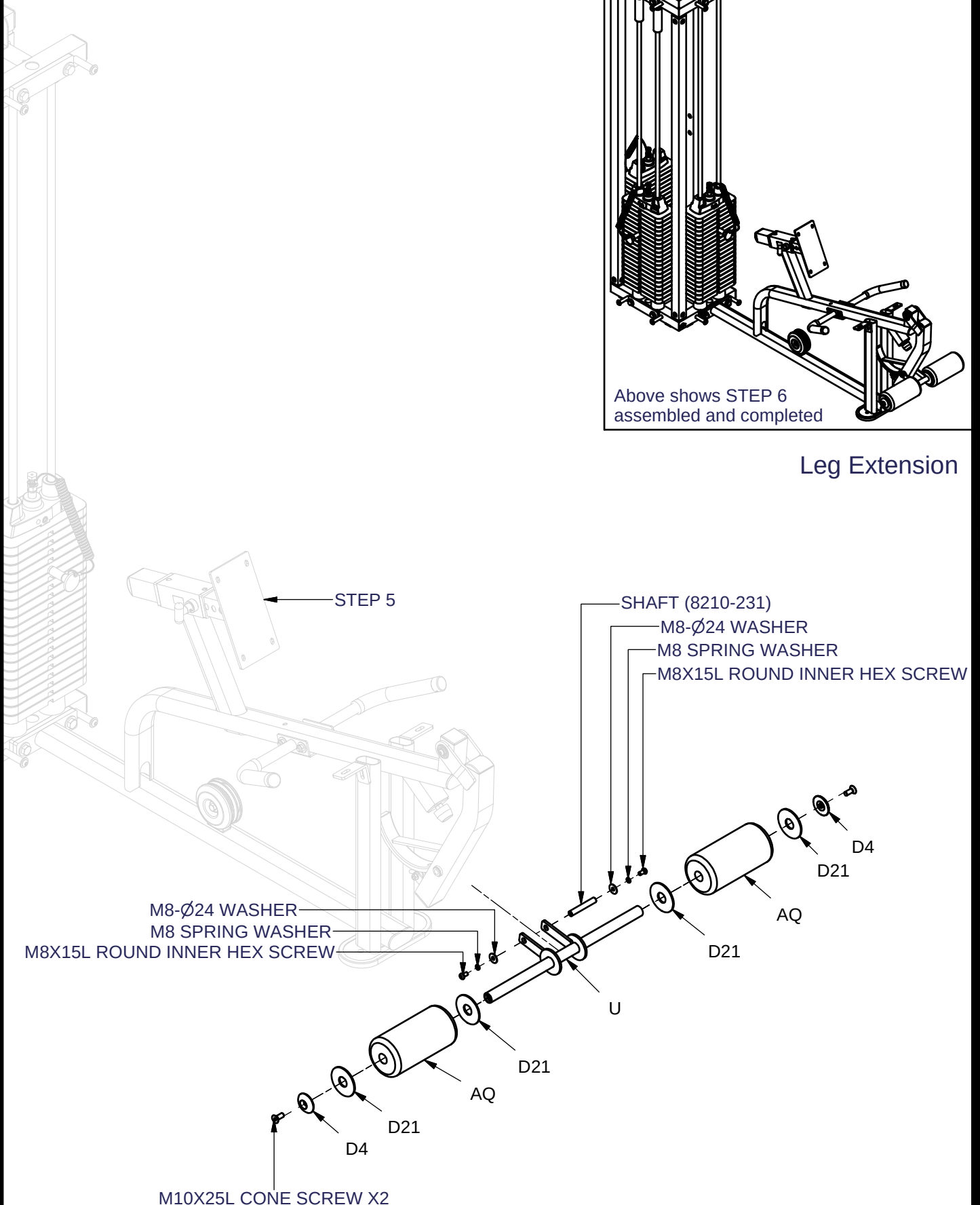
Leg Extension



MG3000 ASSEMBLY INSTRUCTIONS



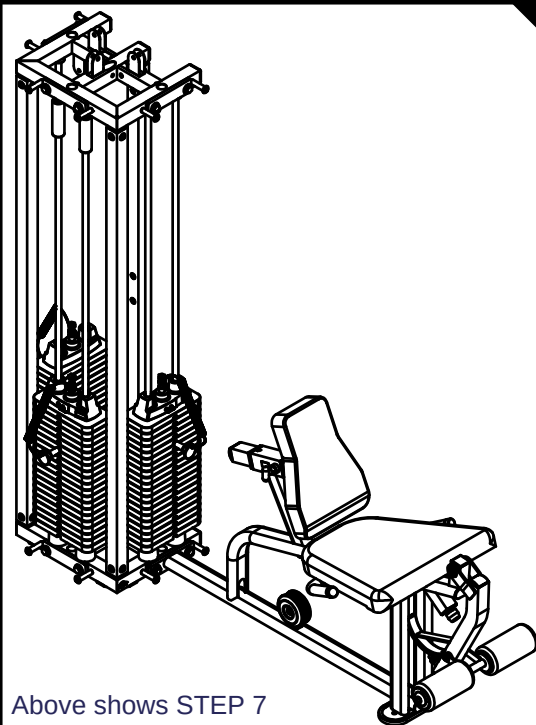
Leg Extension



MG3000 ASSEMBLY INSTRUCTIONS

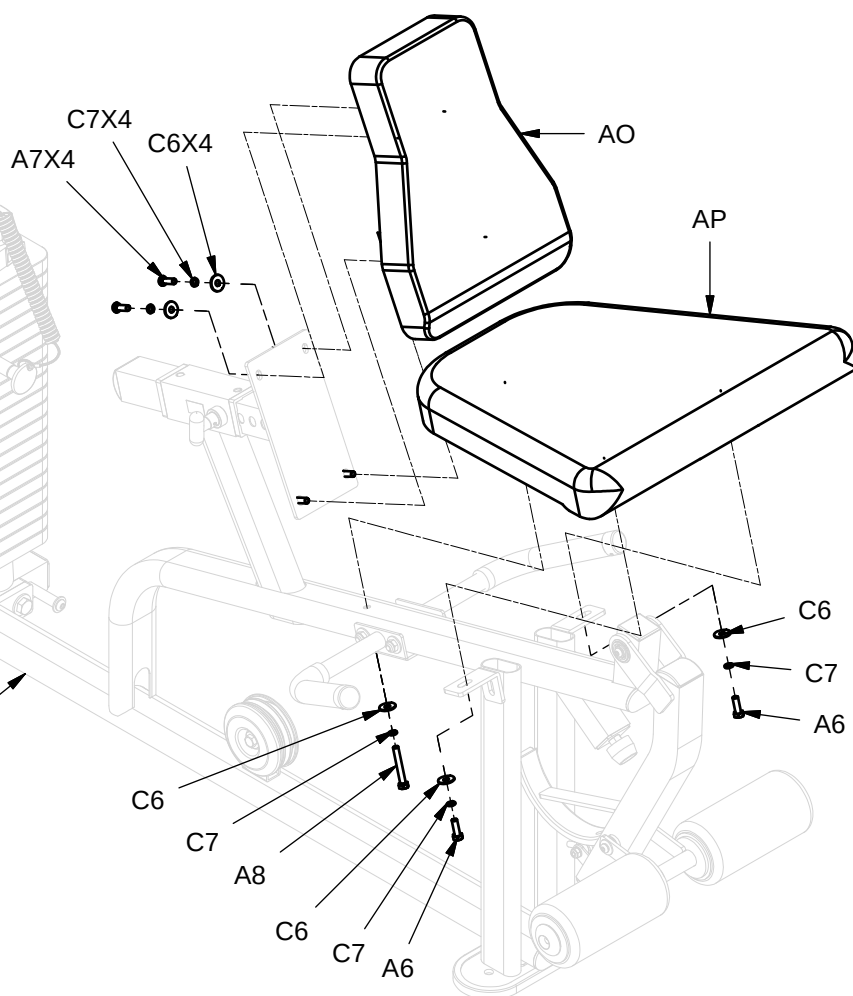


STEP 6

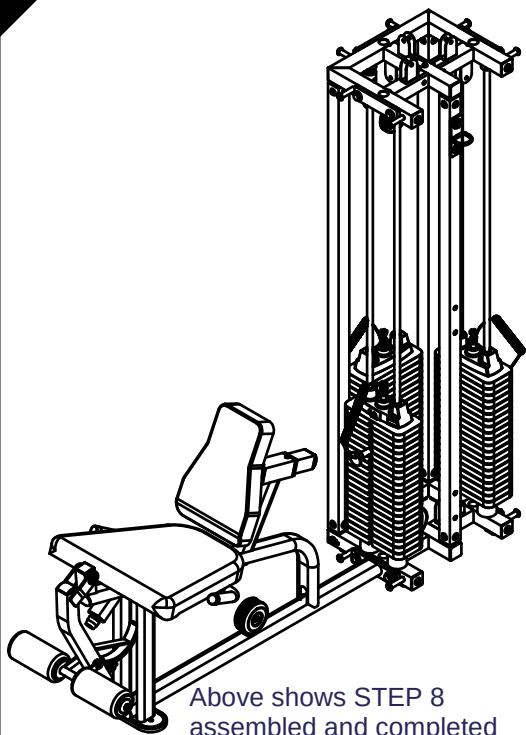


Above shows STEP 7
assembled and completed

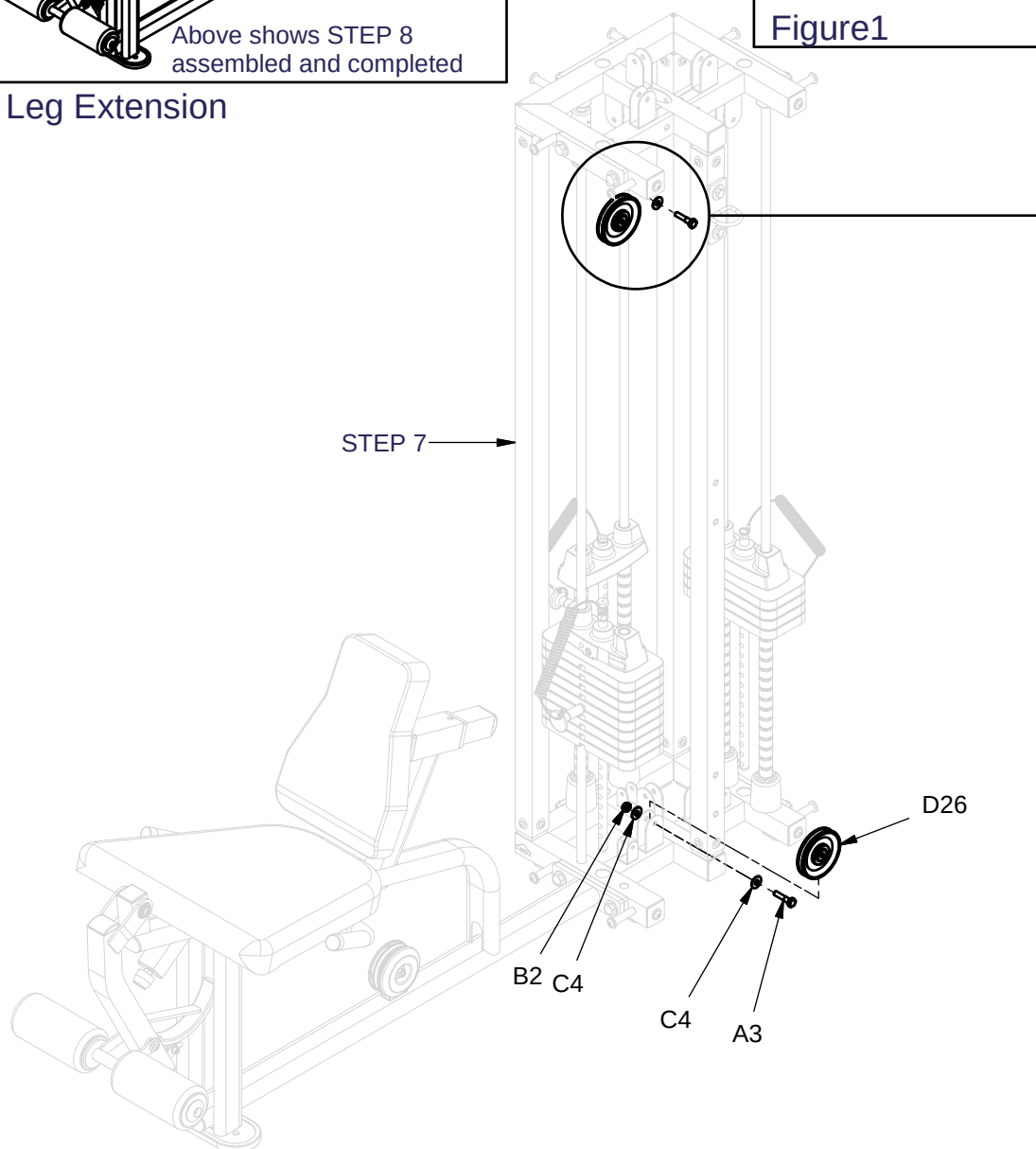
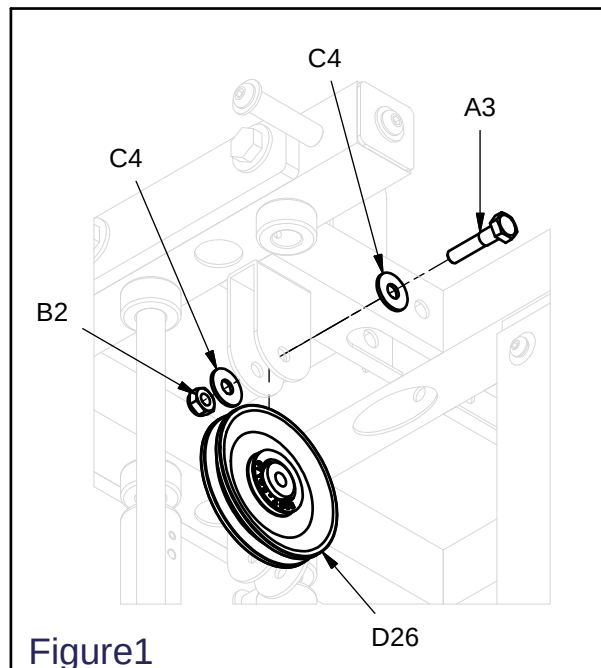
Leg Extension



MG3000 ASSEMBLY INSTRUCTIONS



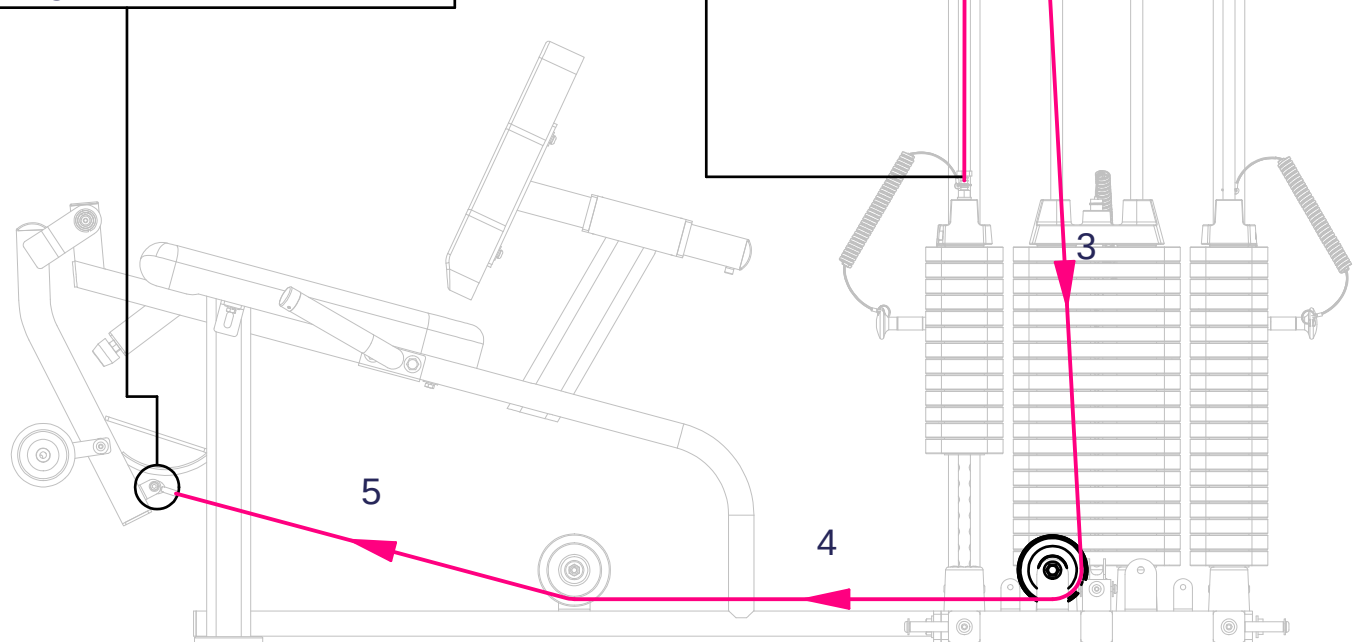
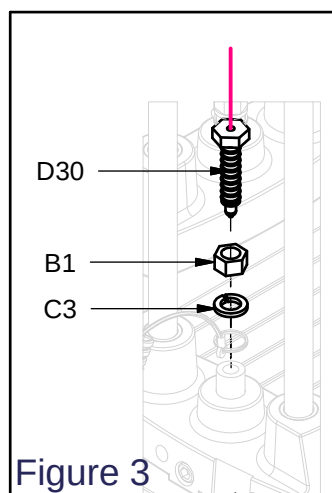
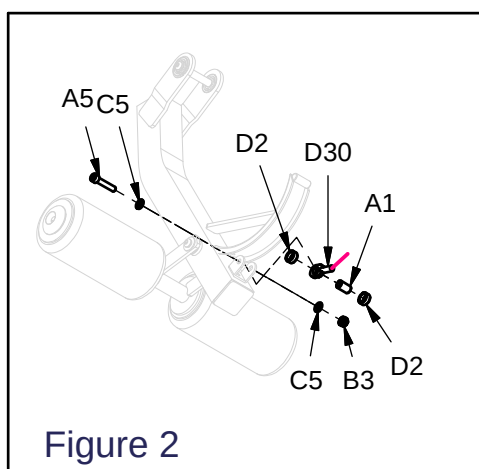
Leg Extension



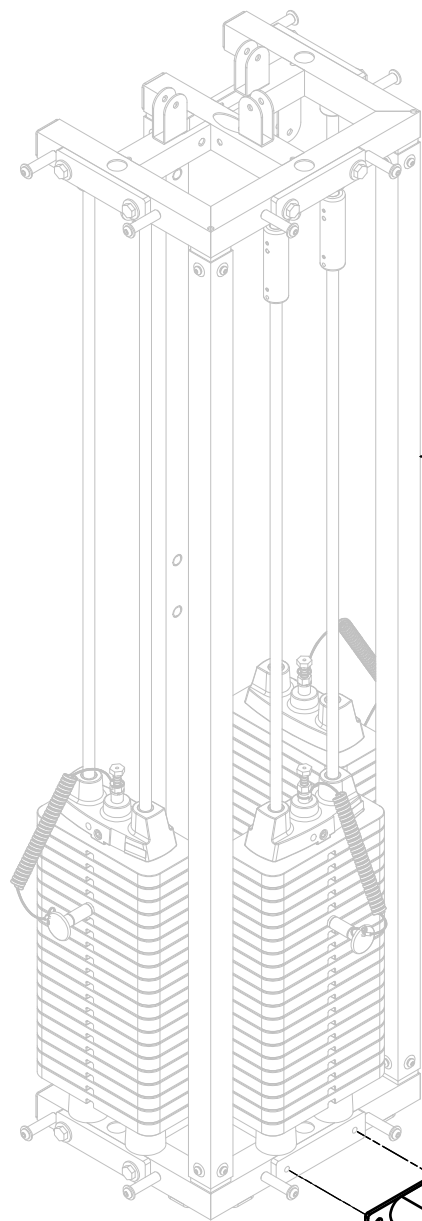
MG3000 ASSEMBLY INSTRUCTIONS

Leg Extension

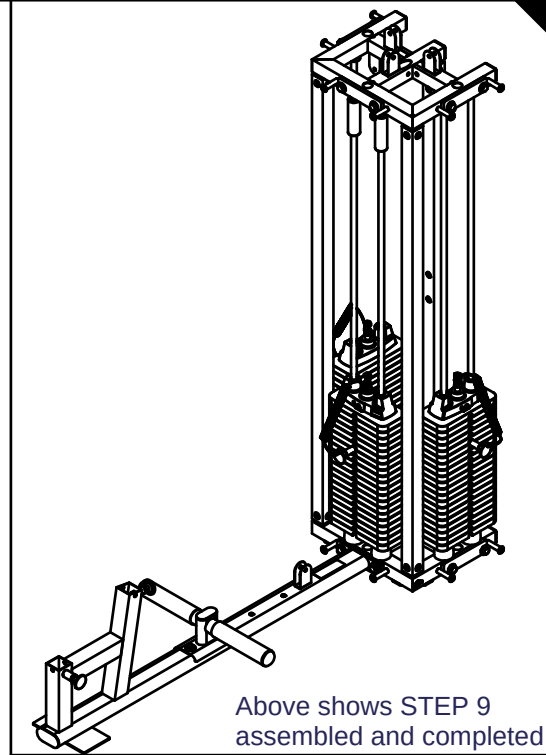
Cable Constitute illustration



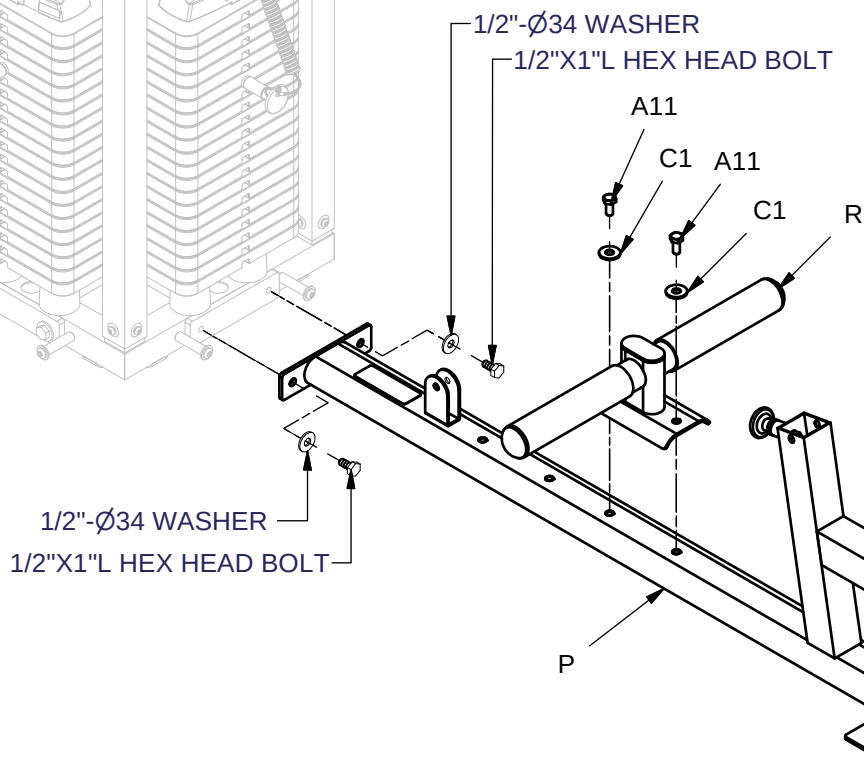
MG3000 ASSEMBLY INSTRUCTIONS



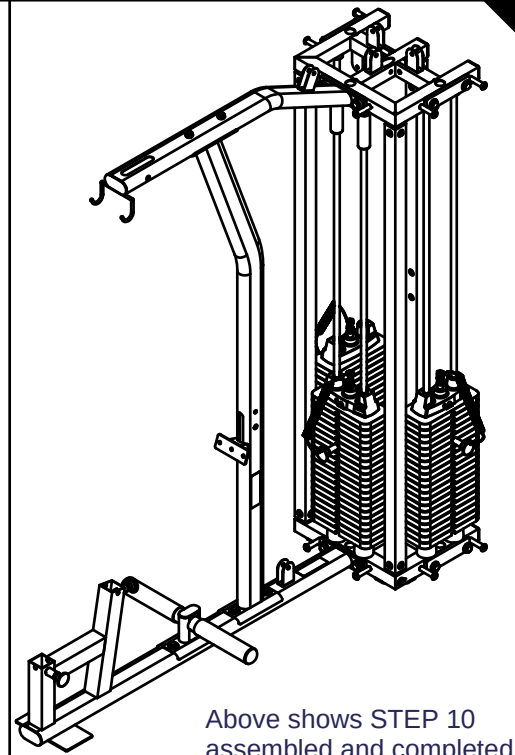
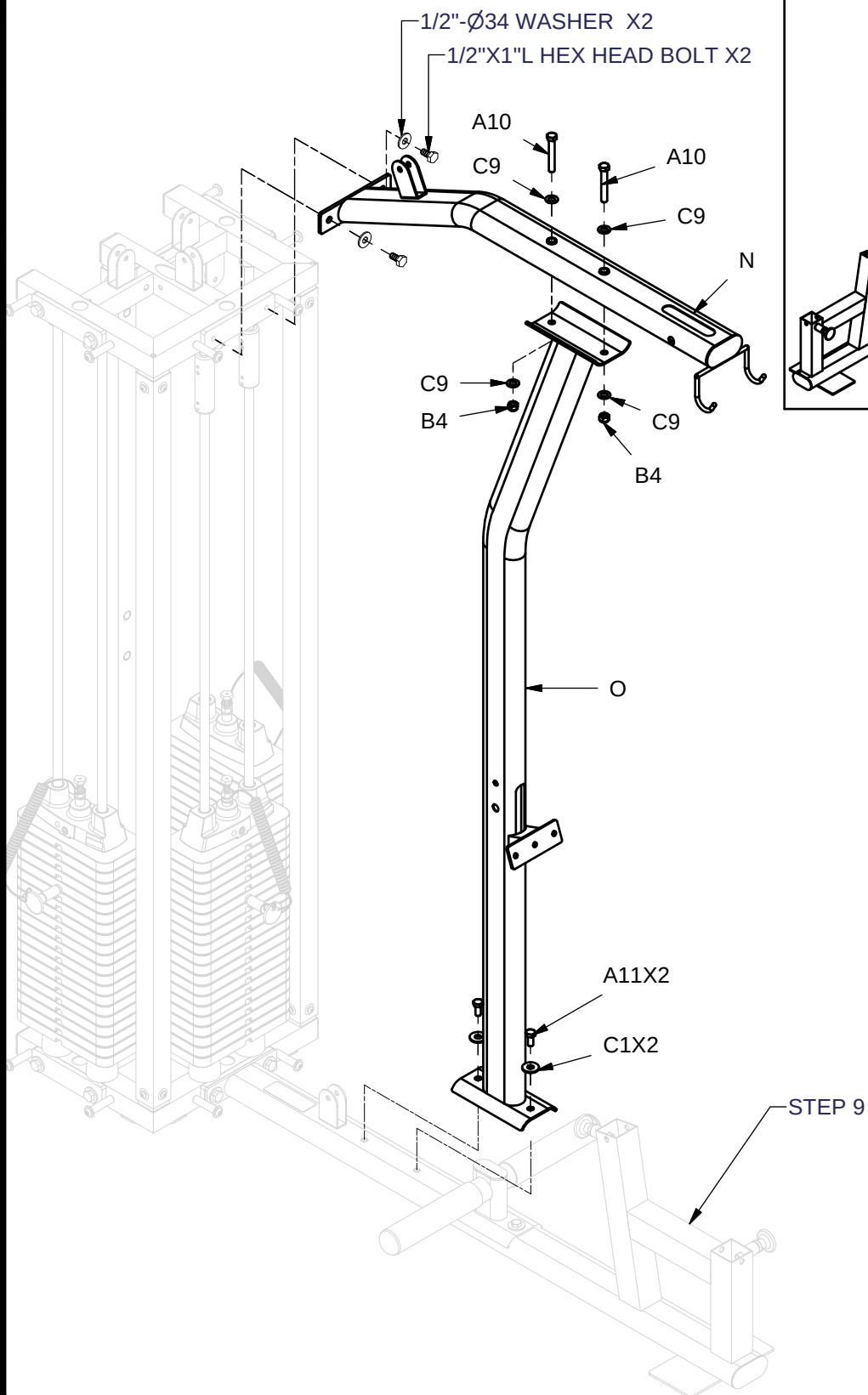
← STEP 8



Lat Pull-Down / Row

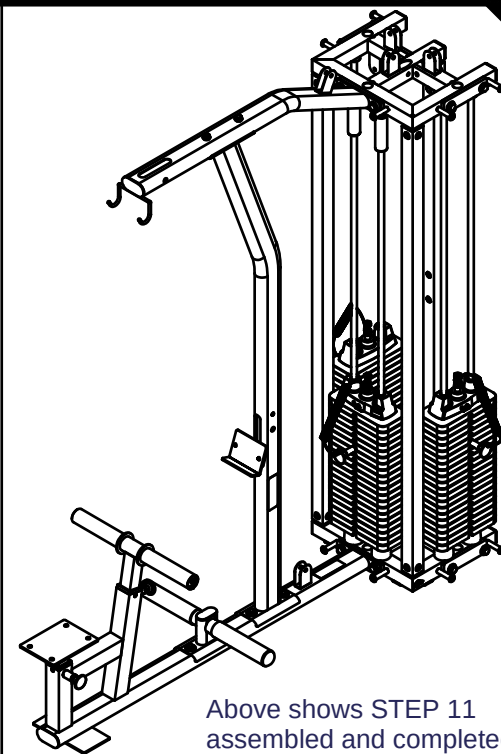


MG3000 ASSEMBLY INSTRUCTIONS

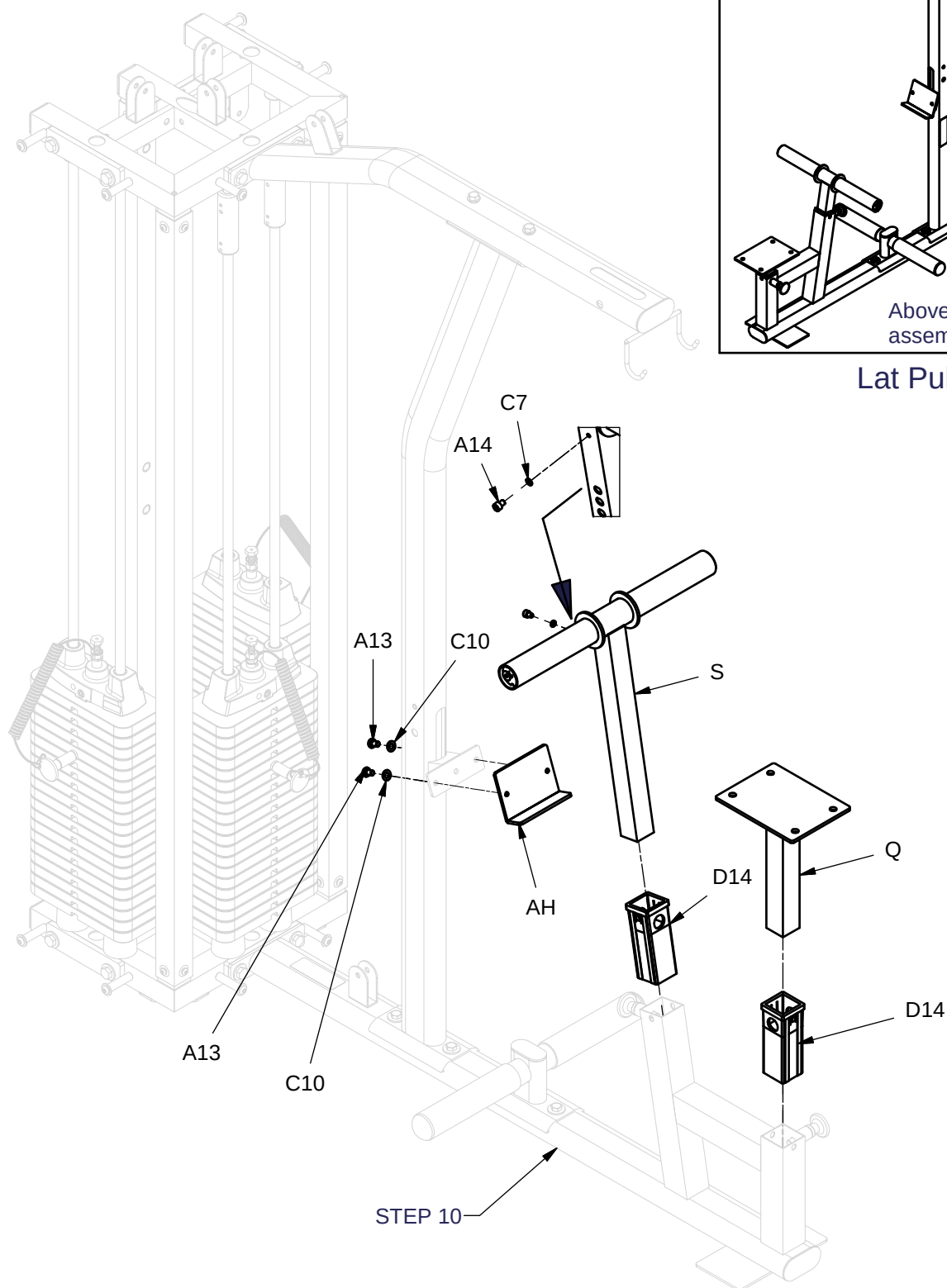


Lat Pull-Down / Row

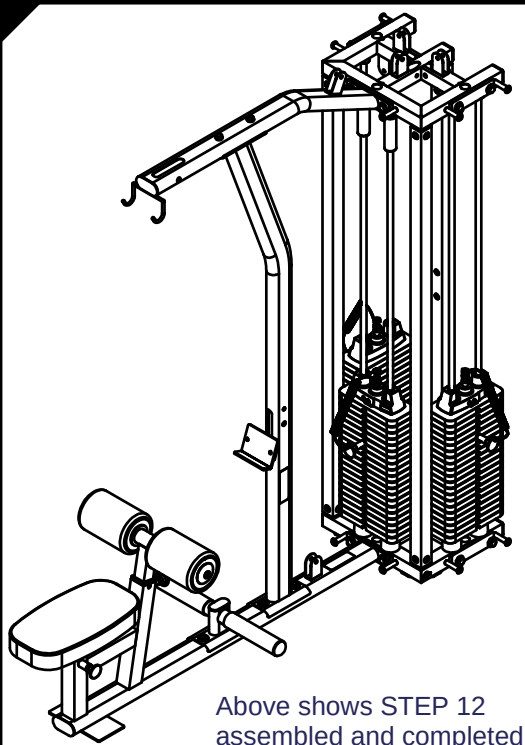
MG3000 ASSEMBLY INSTRUCTIONS



Lat Pull-Down / Row

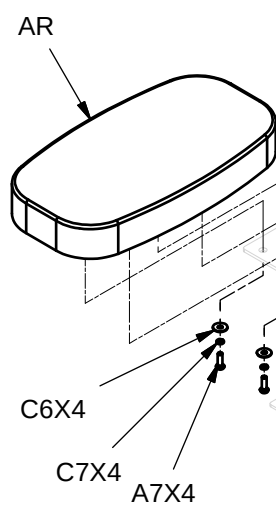
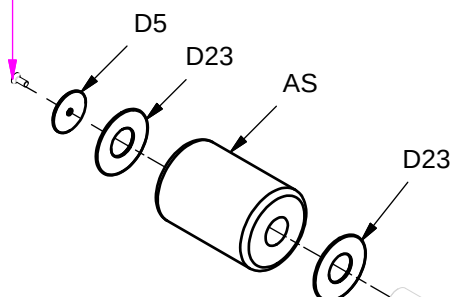


MG3000 ASSEMBLY INSTRUCTIONS

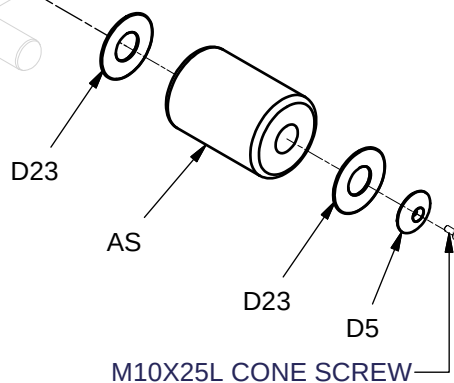
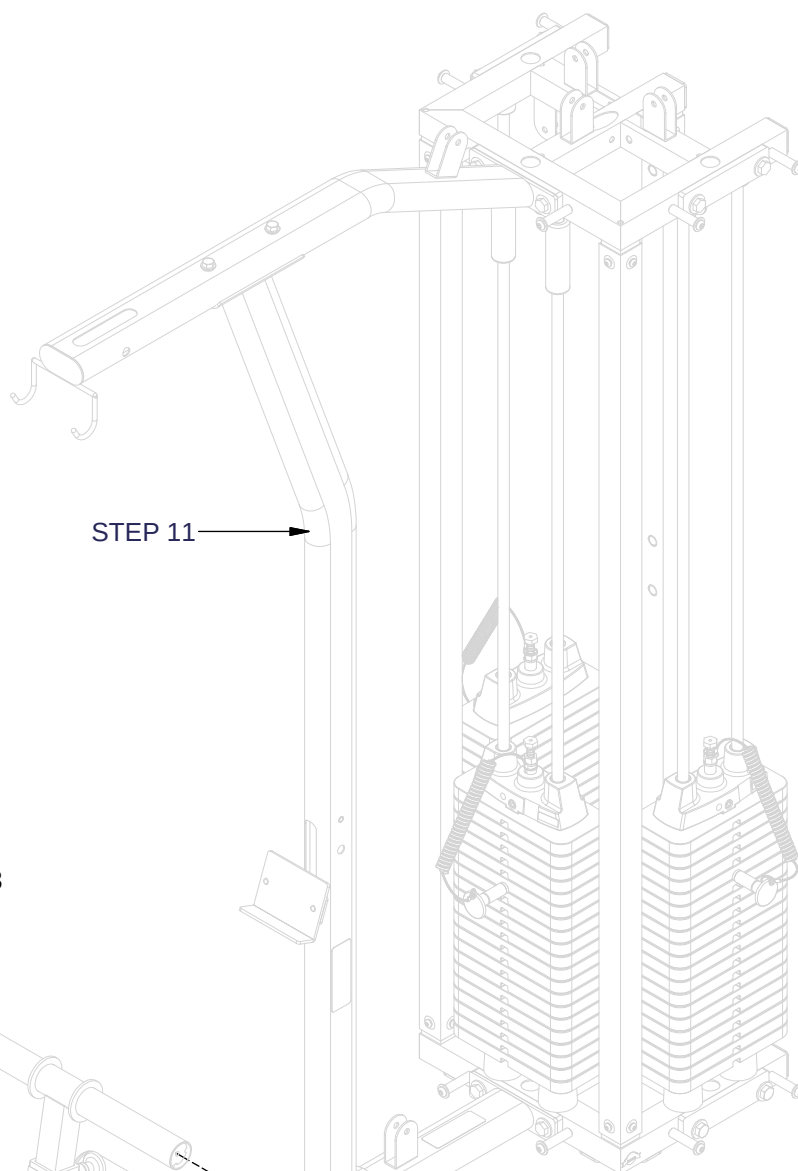


Lat Pull-Down / Row

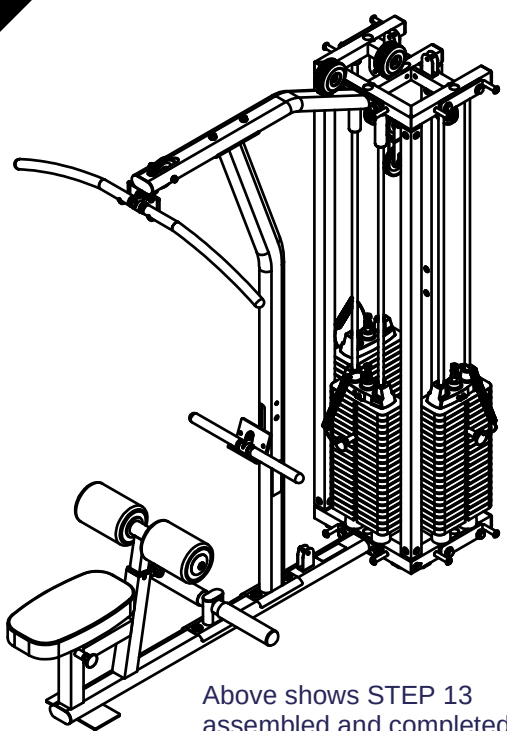
M10X25L CONE SCREW



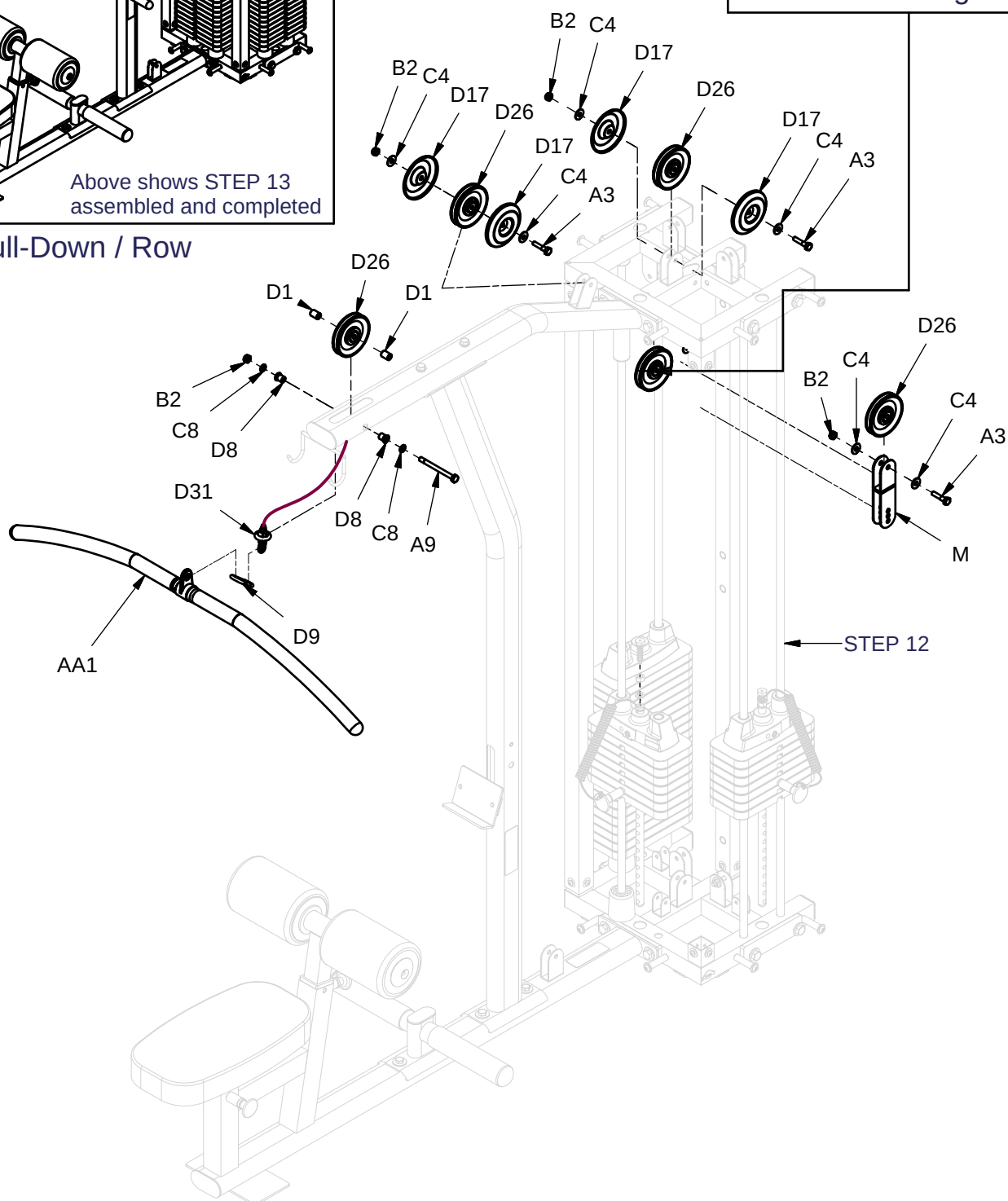
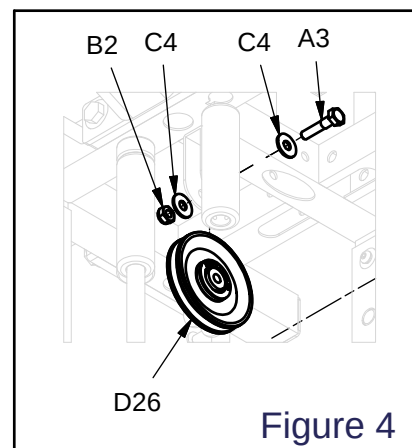
STEP 11



MG3000 ASSEMBLY INSTRUCTIONS

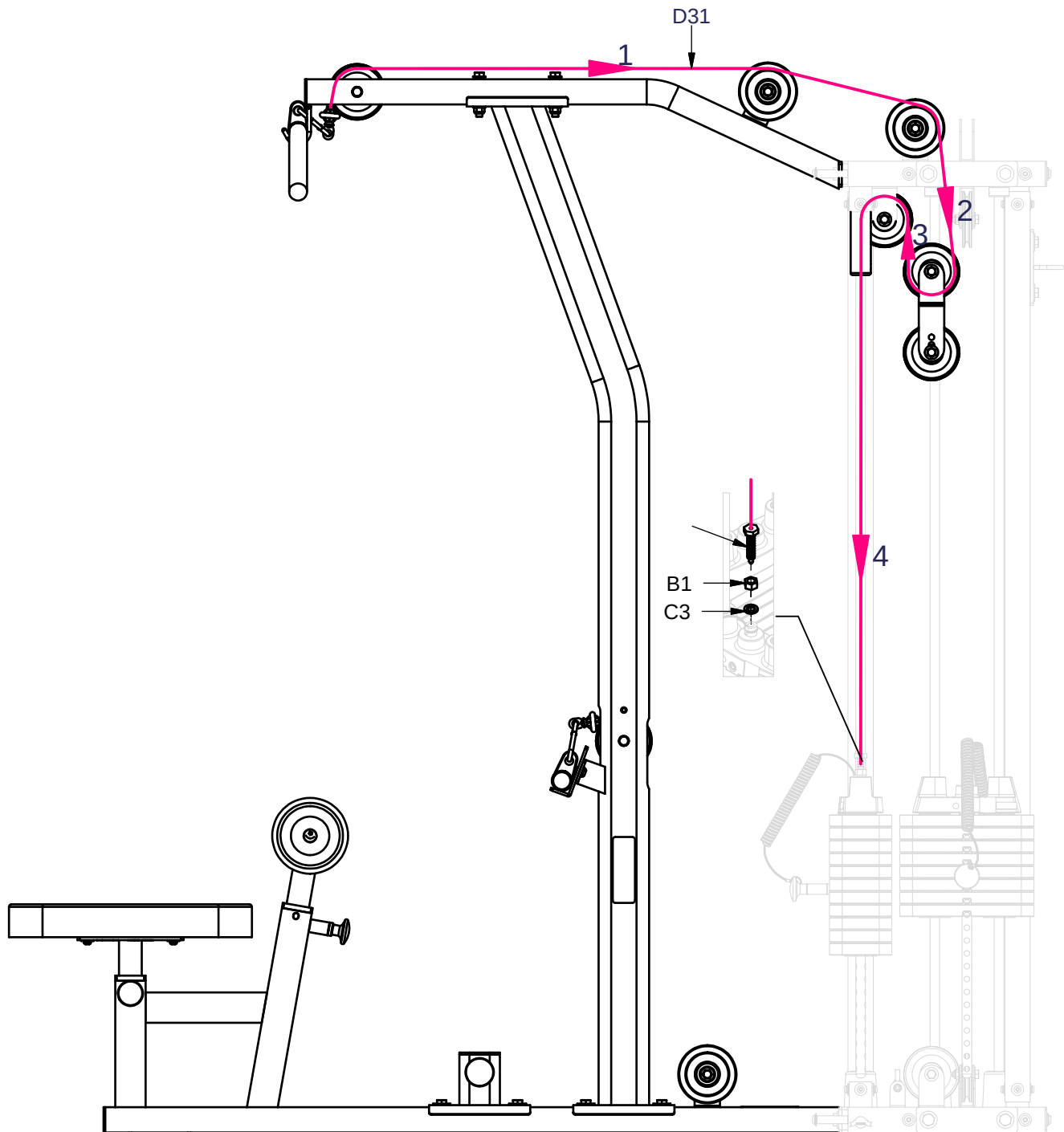


Lat Pull-Down / Row



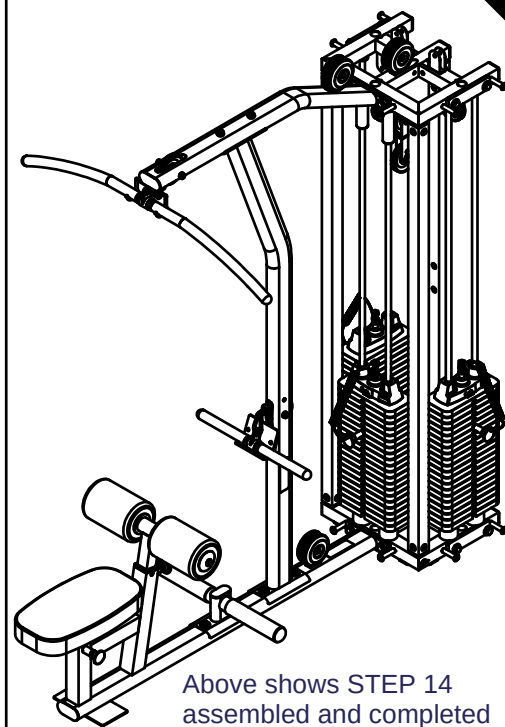
MG3000 ASSEMBLY INSTRUCTIONS

Cable Constitute illustration

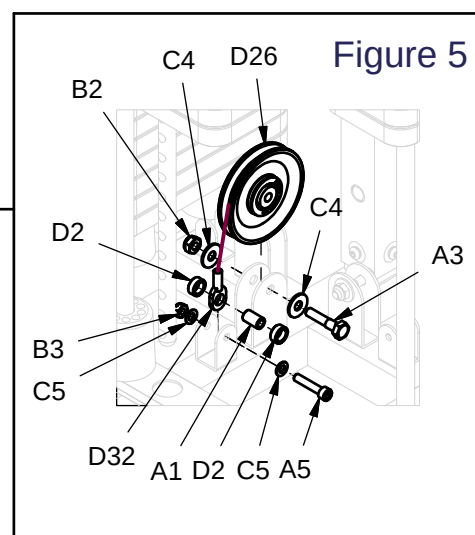
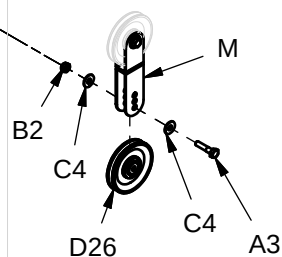
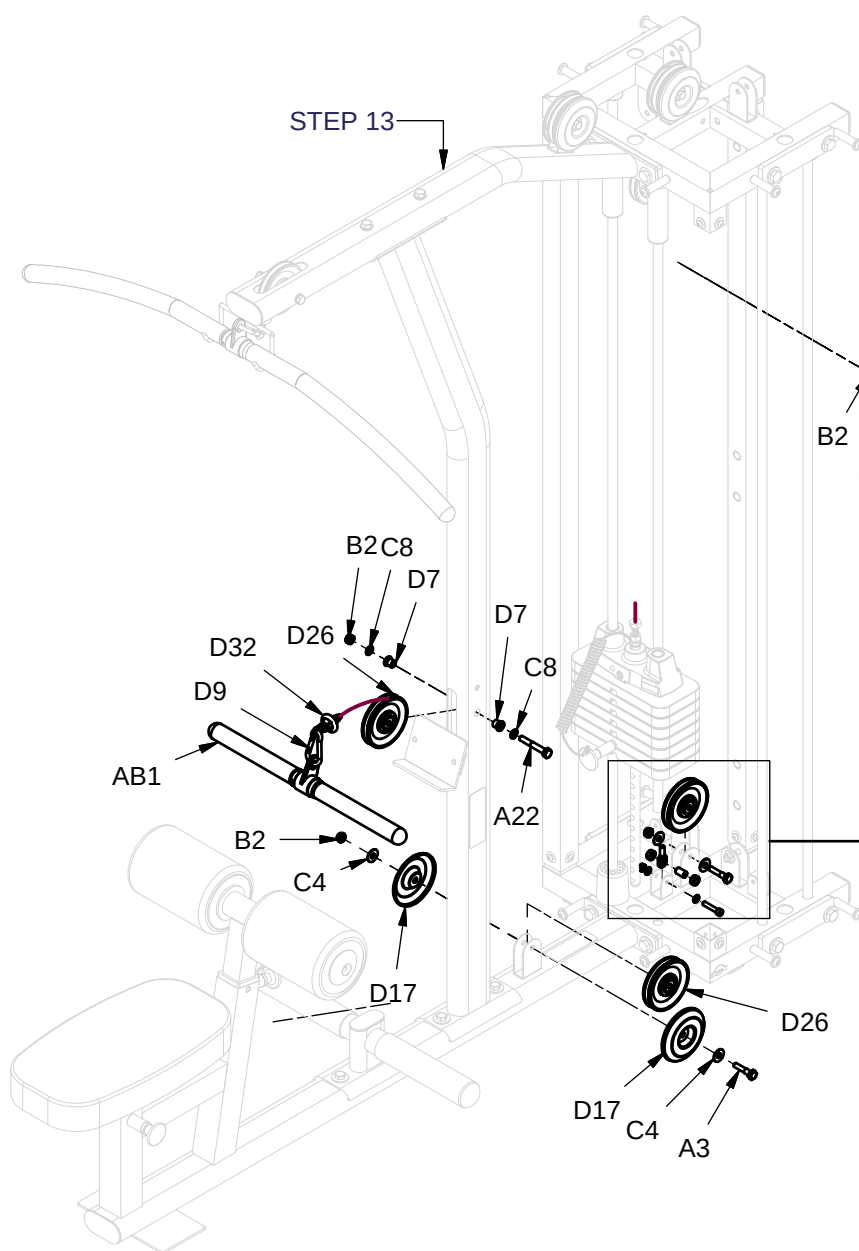


MG3000 ASSEMBLY INSTRUCTIONS

STEP 13

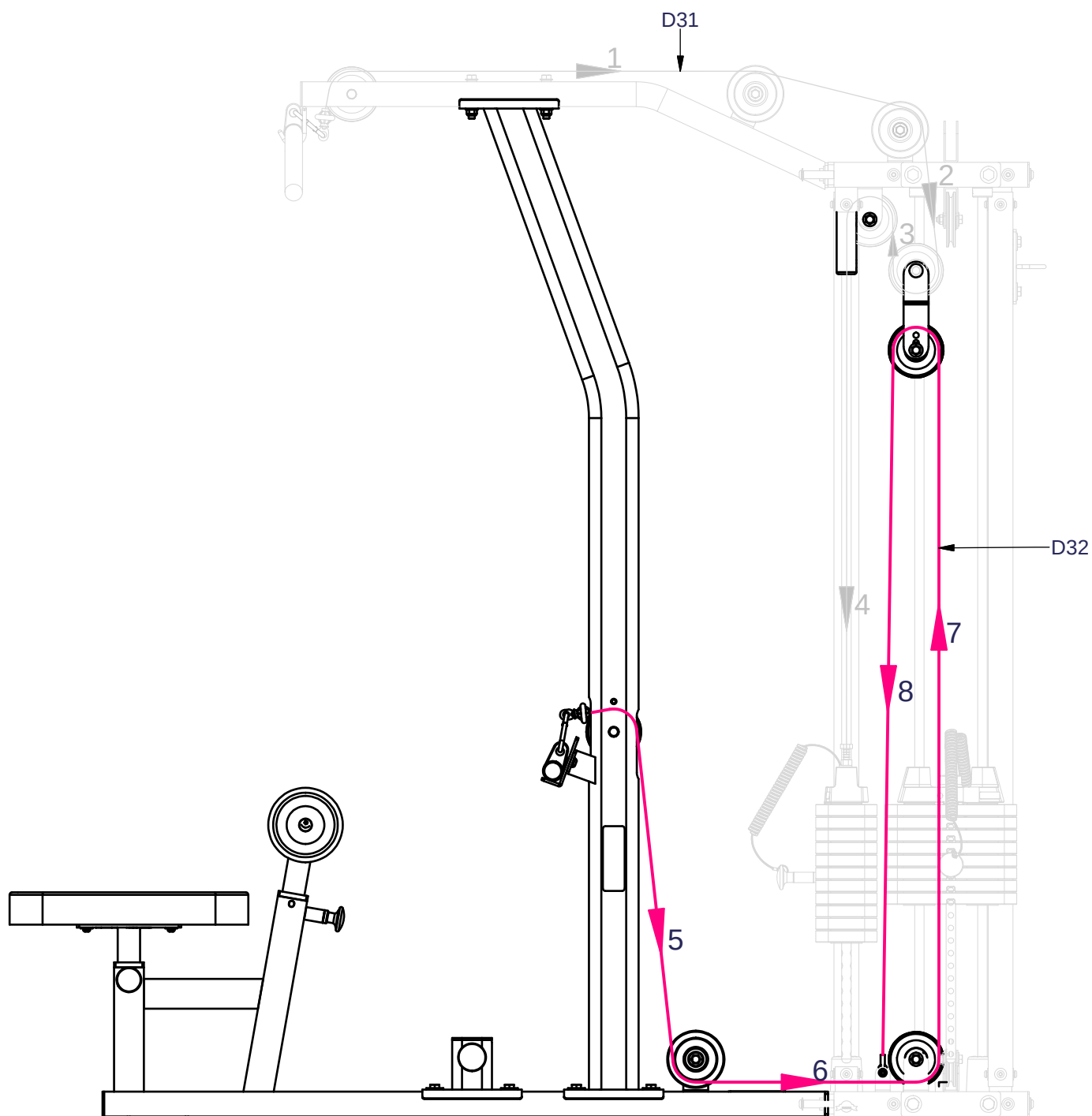


Lat Pull-Down / Row

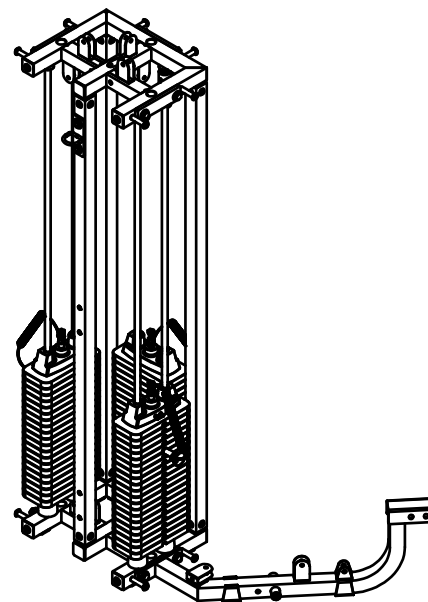
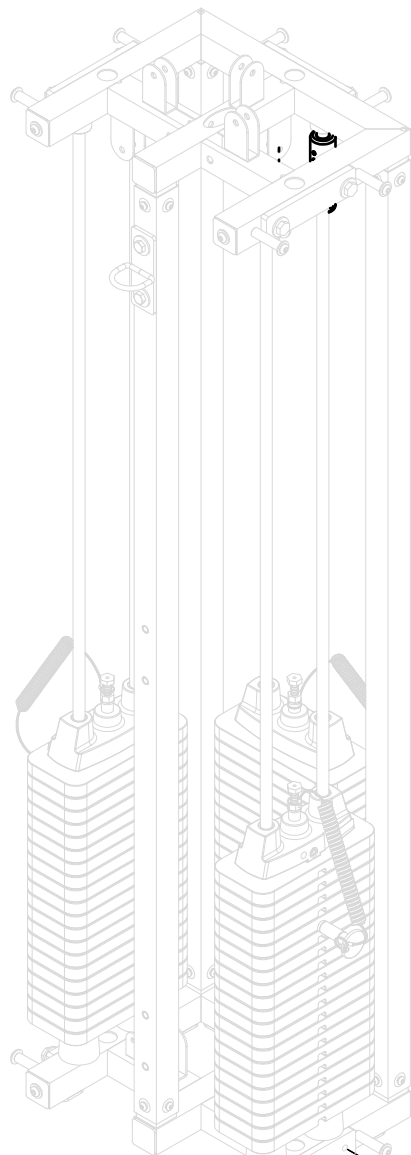


MG3000 ASSEMBLY INSTRUCTIONS

Cable Constitute illustration

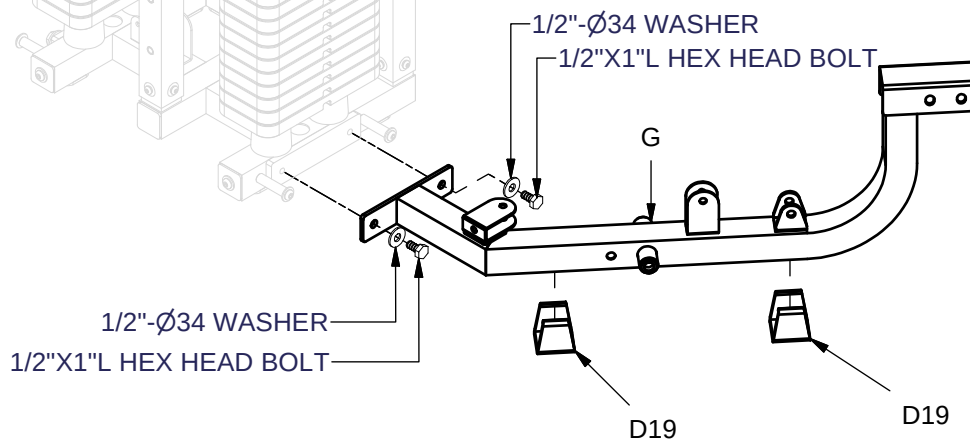


MG3000 ASSEMBLY INSTRUCTIONS



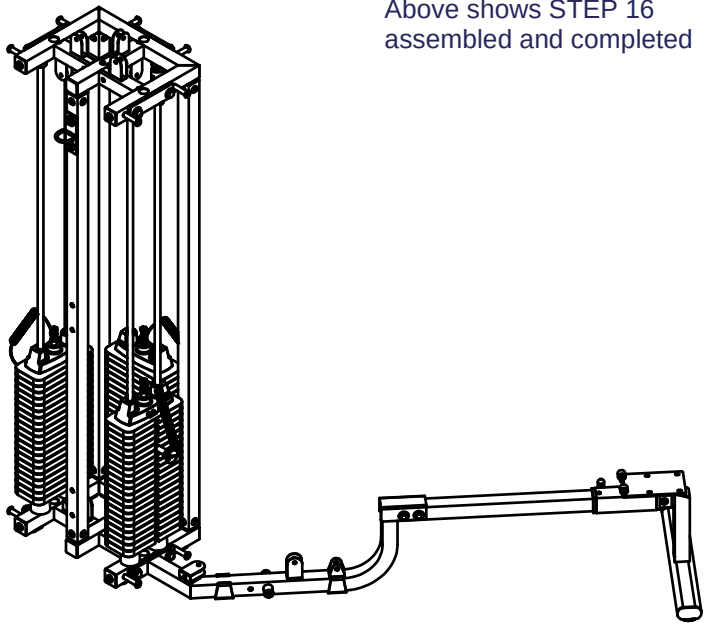
Above shows STEP 15
assembled and completed

Multi Press



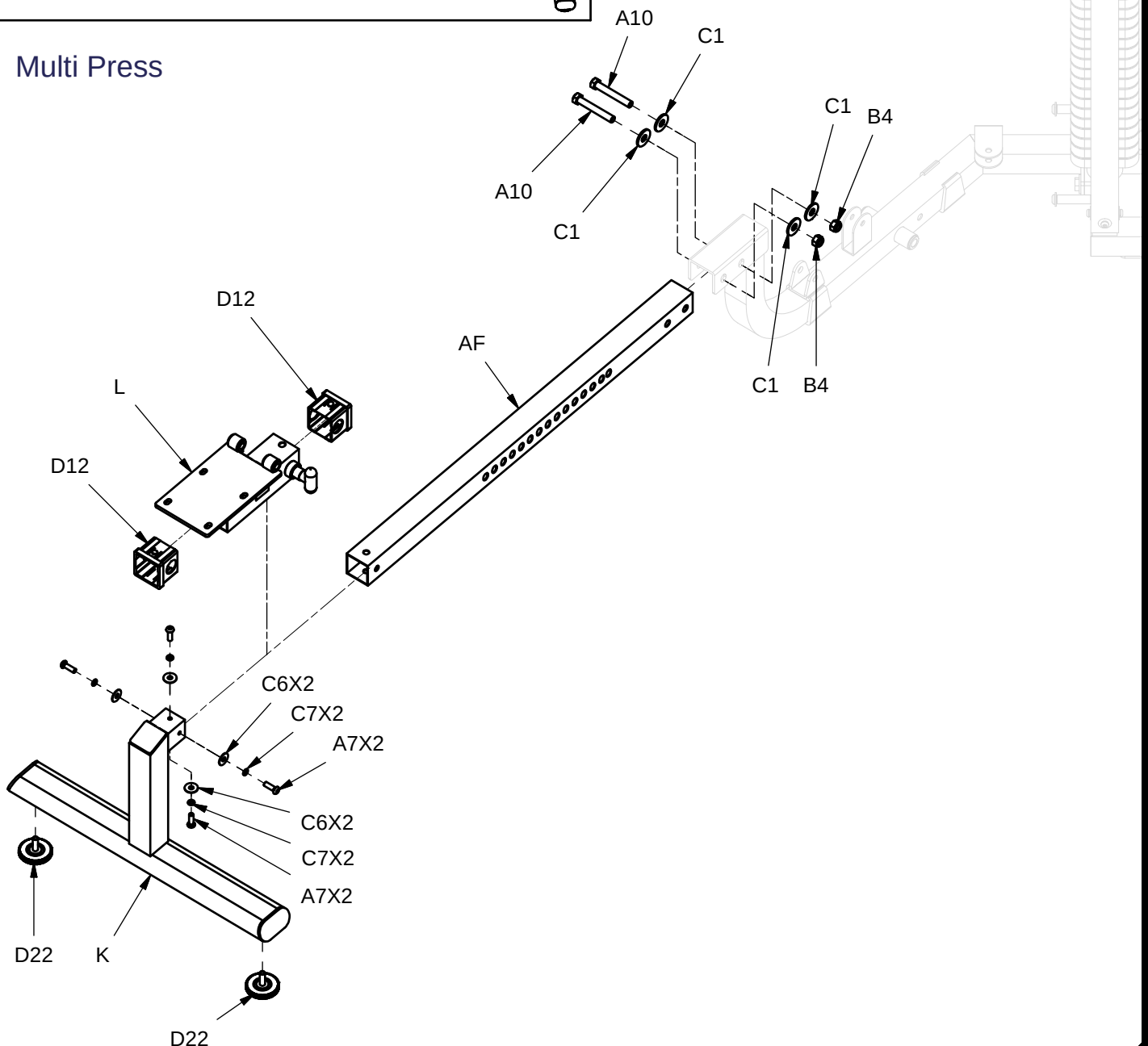
MG3000 ASSEMBLY INSTRUCTIONS

Above shows STEP 16
assembled and completed

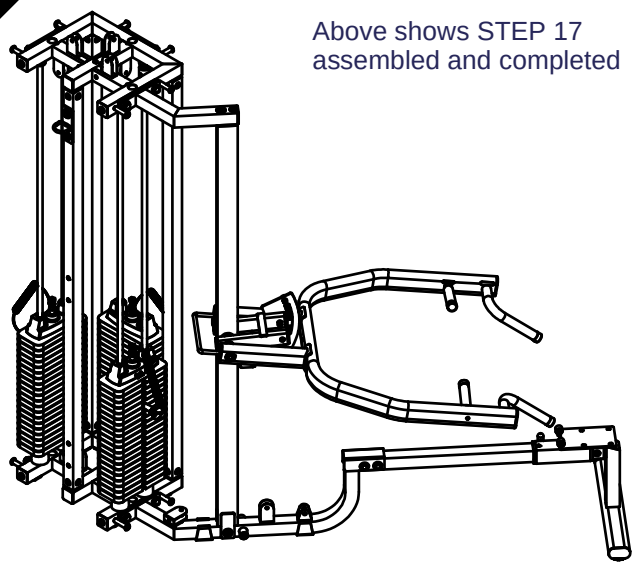


STEP 15 →

Multi Press

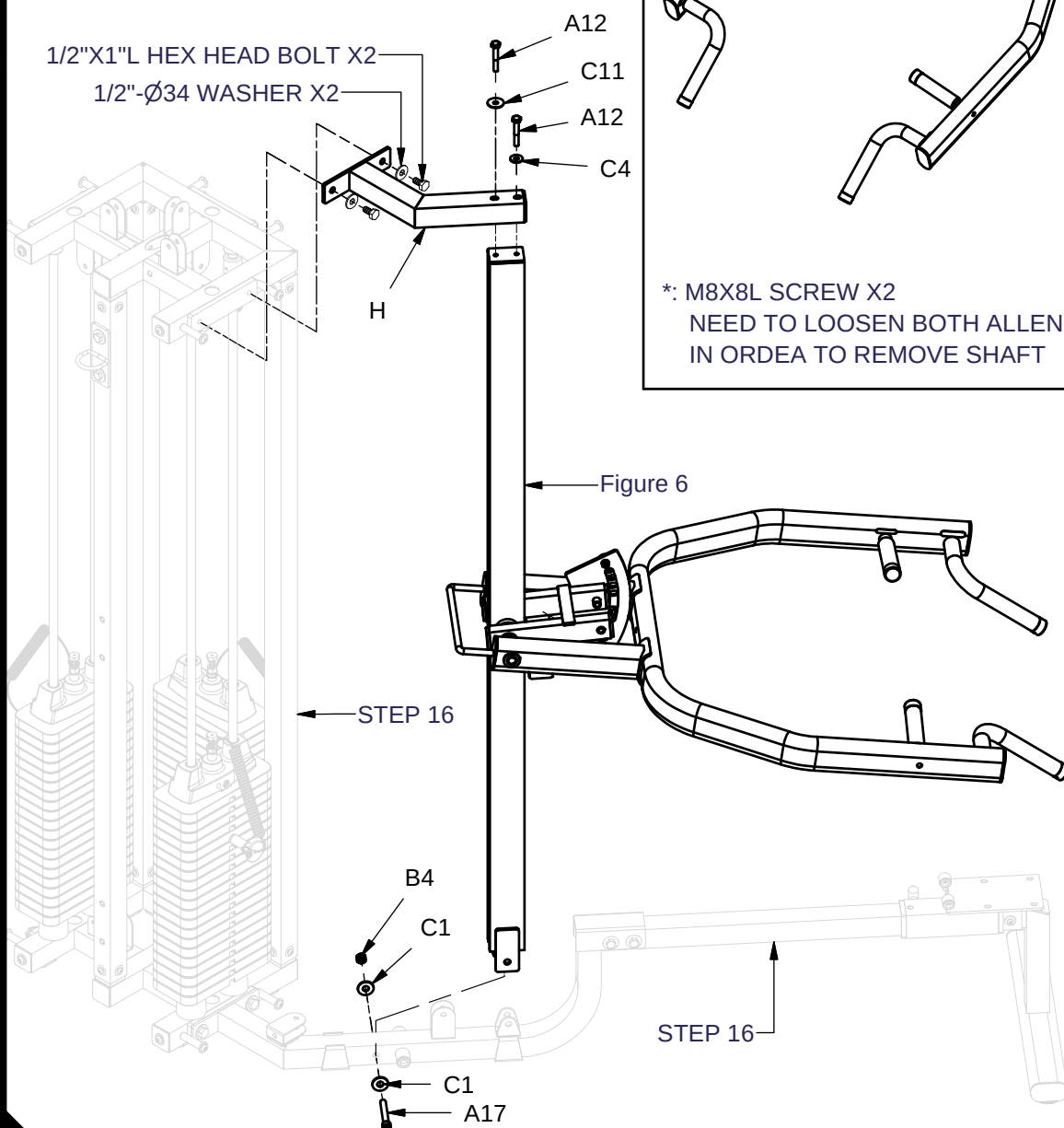
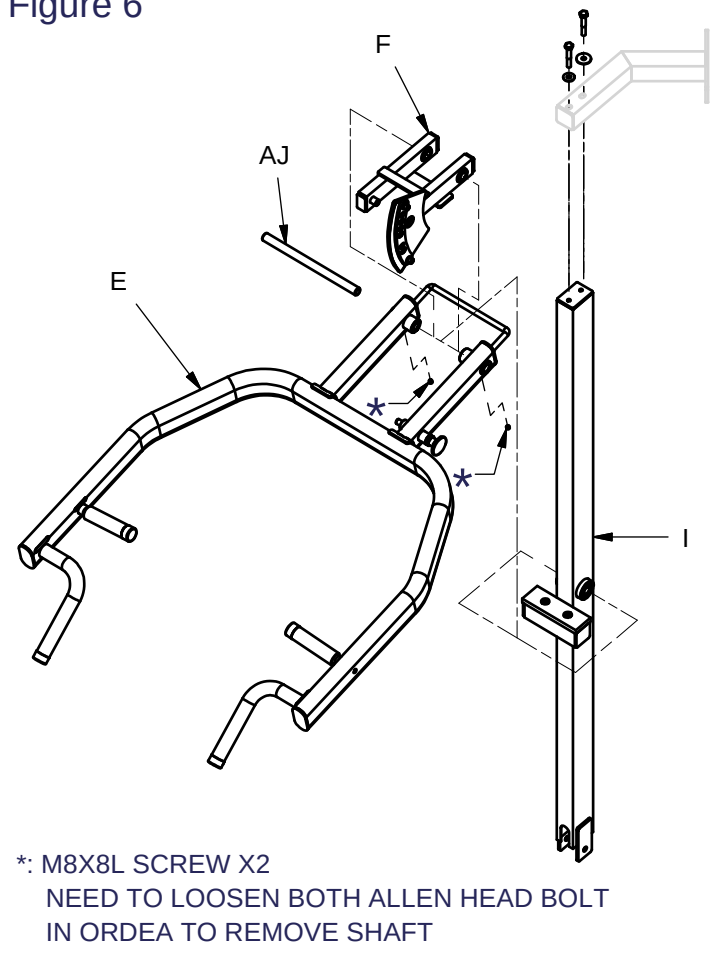


MG3000 ASSEMBLY INSTRUCTIONS

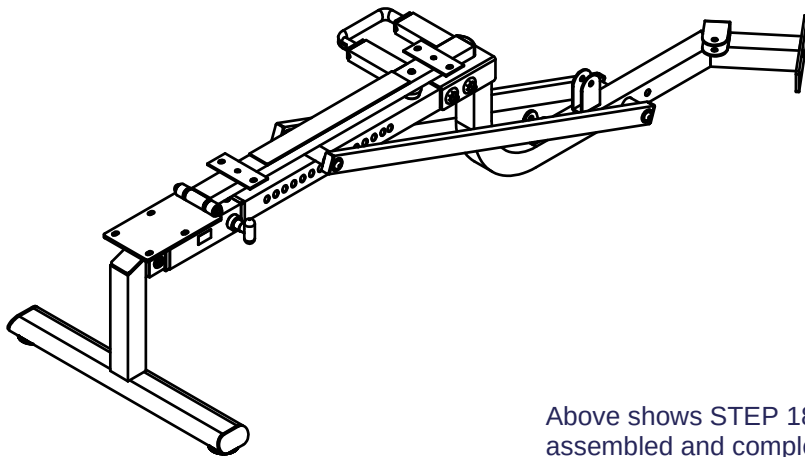


Multi Press

Figure 6

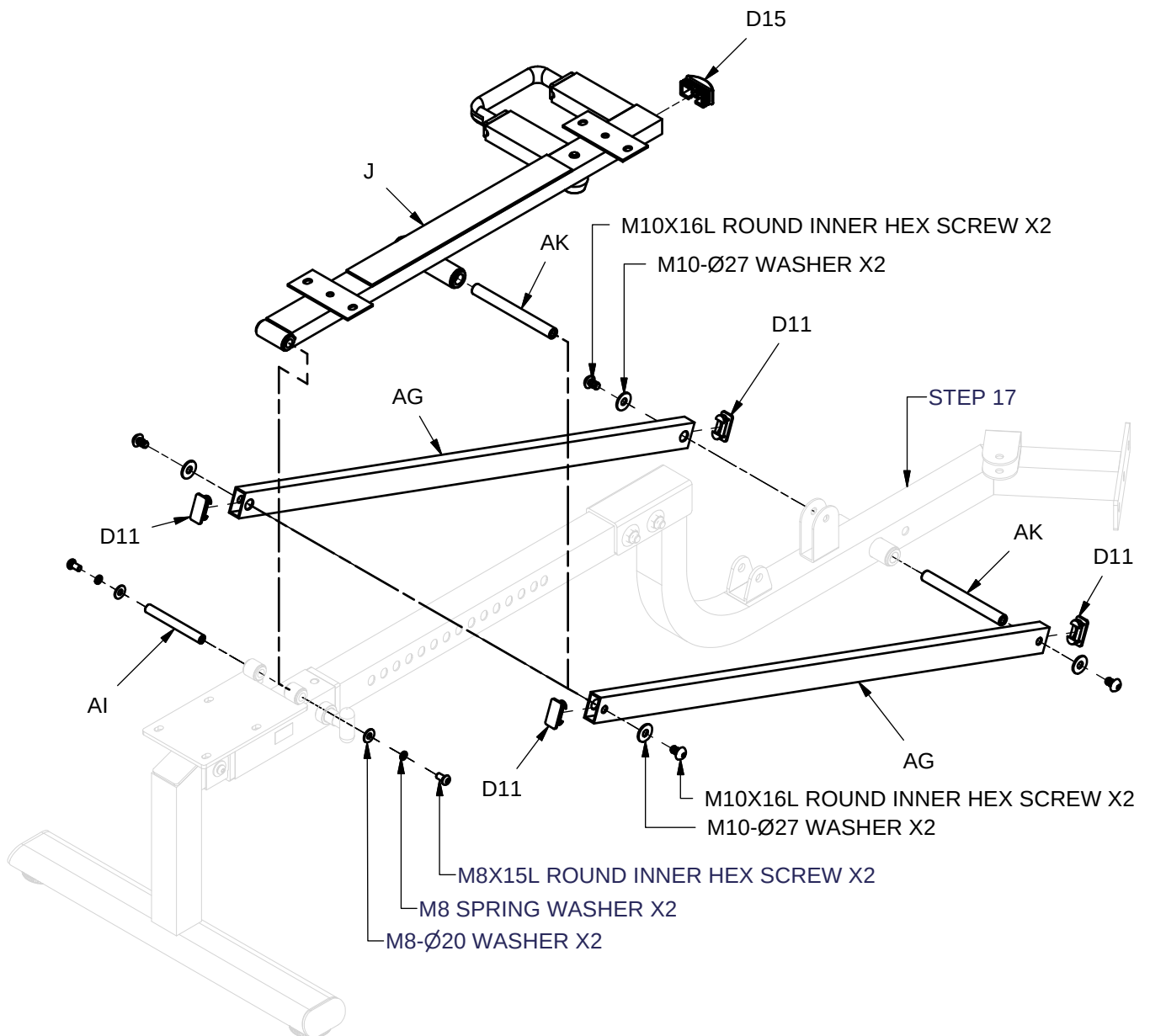


MG3000 ASSEMBLY INSTRUCTIONS

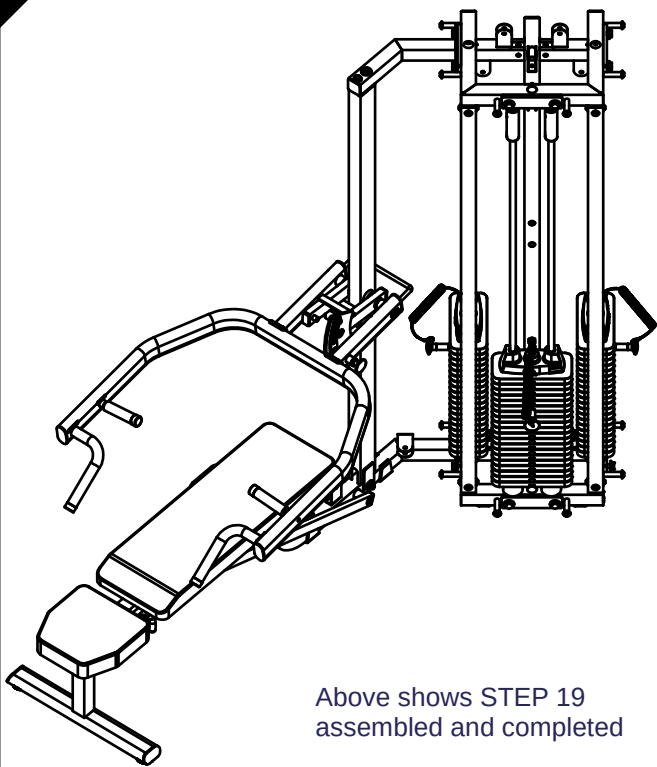


Above shows STEP 18
assembled and completed

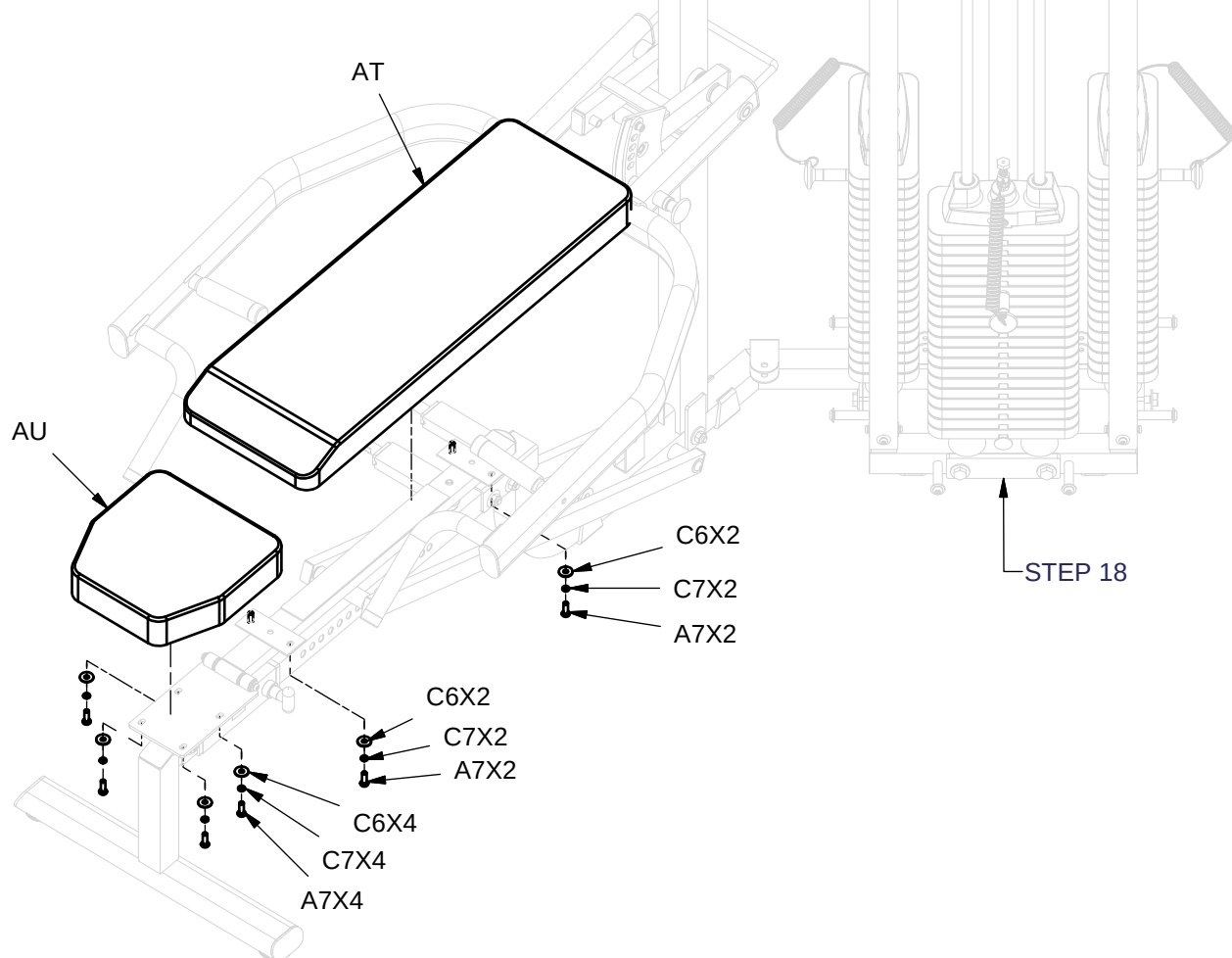
Multi Press



MG3000 ASSEMBLY INSTRUCTIONS

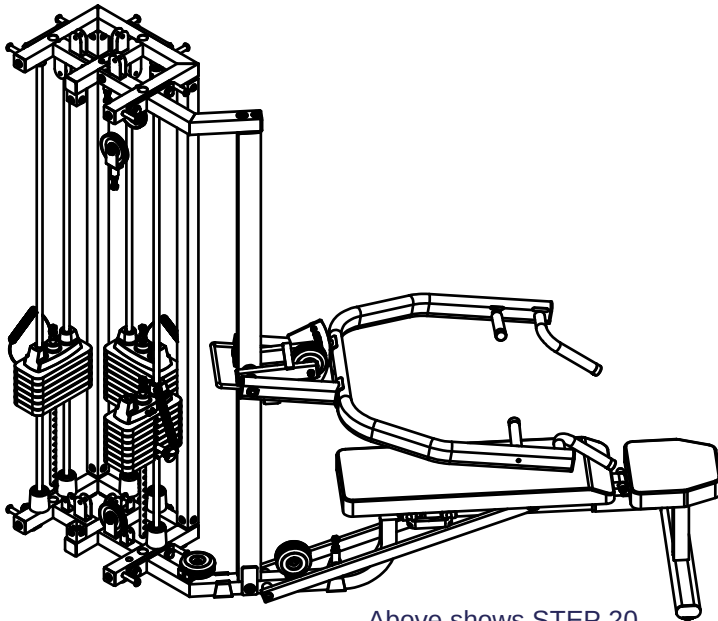


Multi Press

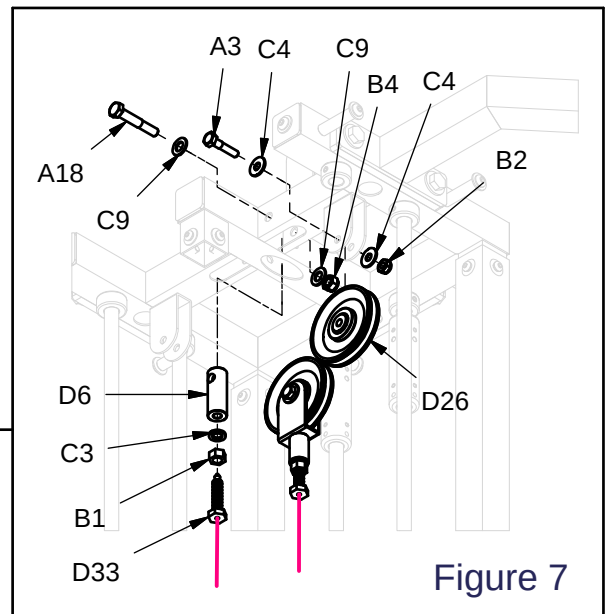


MG3000 ASSEMBLY INSTRUCTIONS

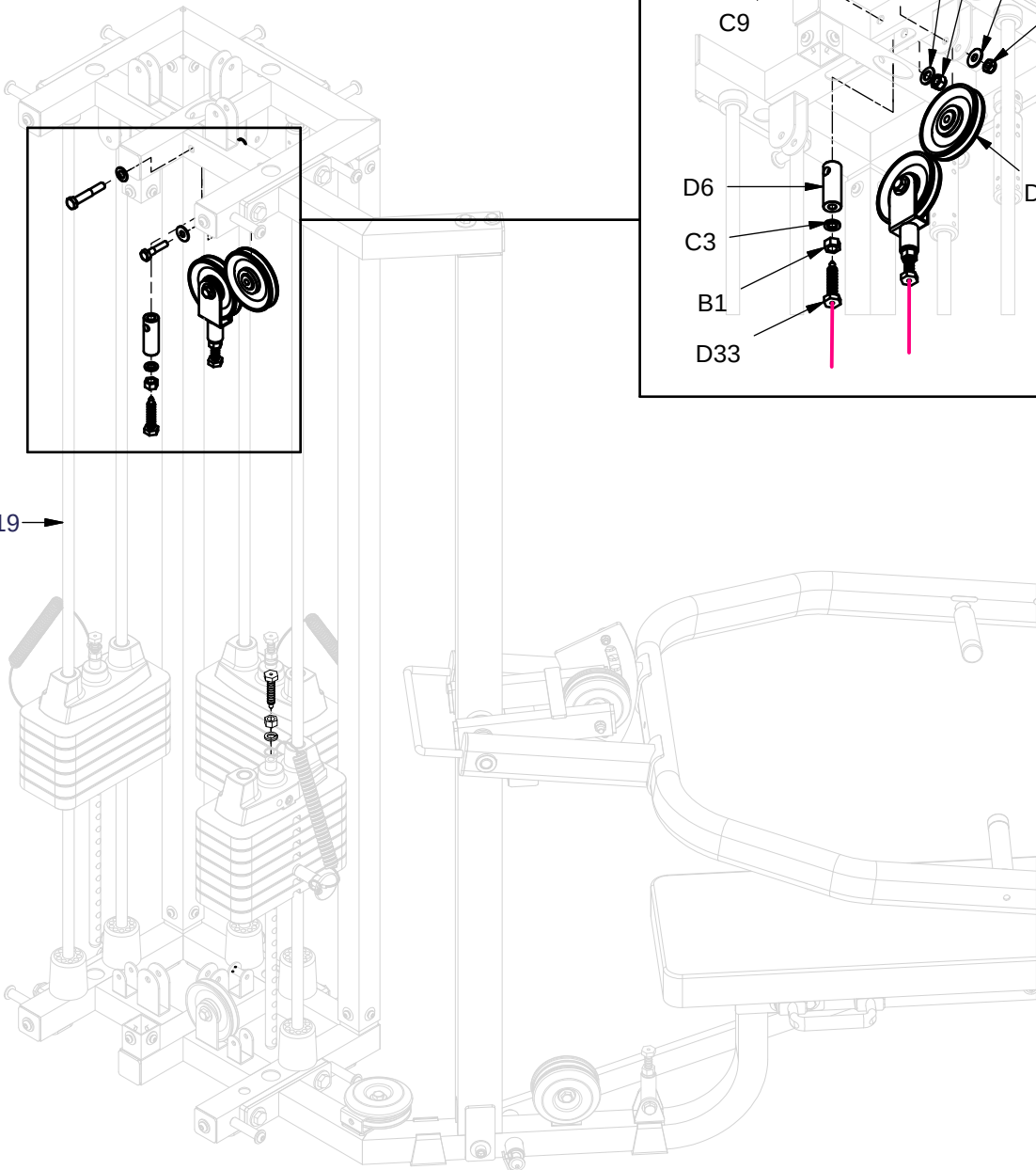
Multi Press



Above shows STEP 20
assembled and completed



STEP 19 →



MG3000 ASSEMBLY INSTRUCTIONS

Cable Constitute illustration

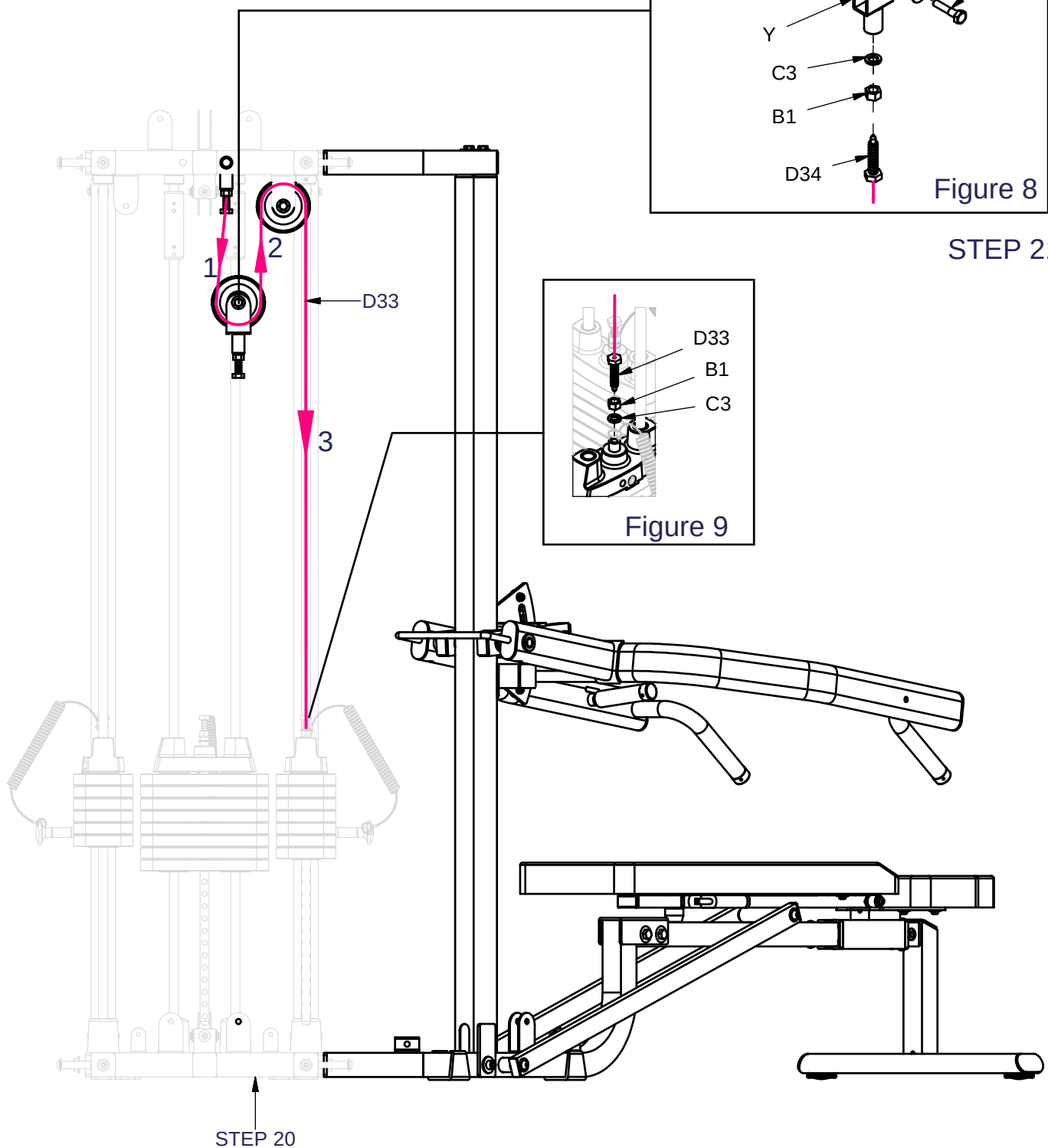
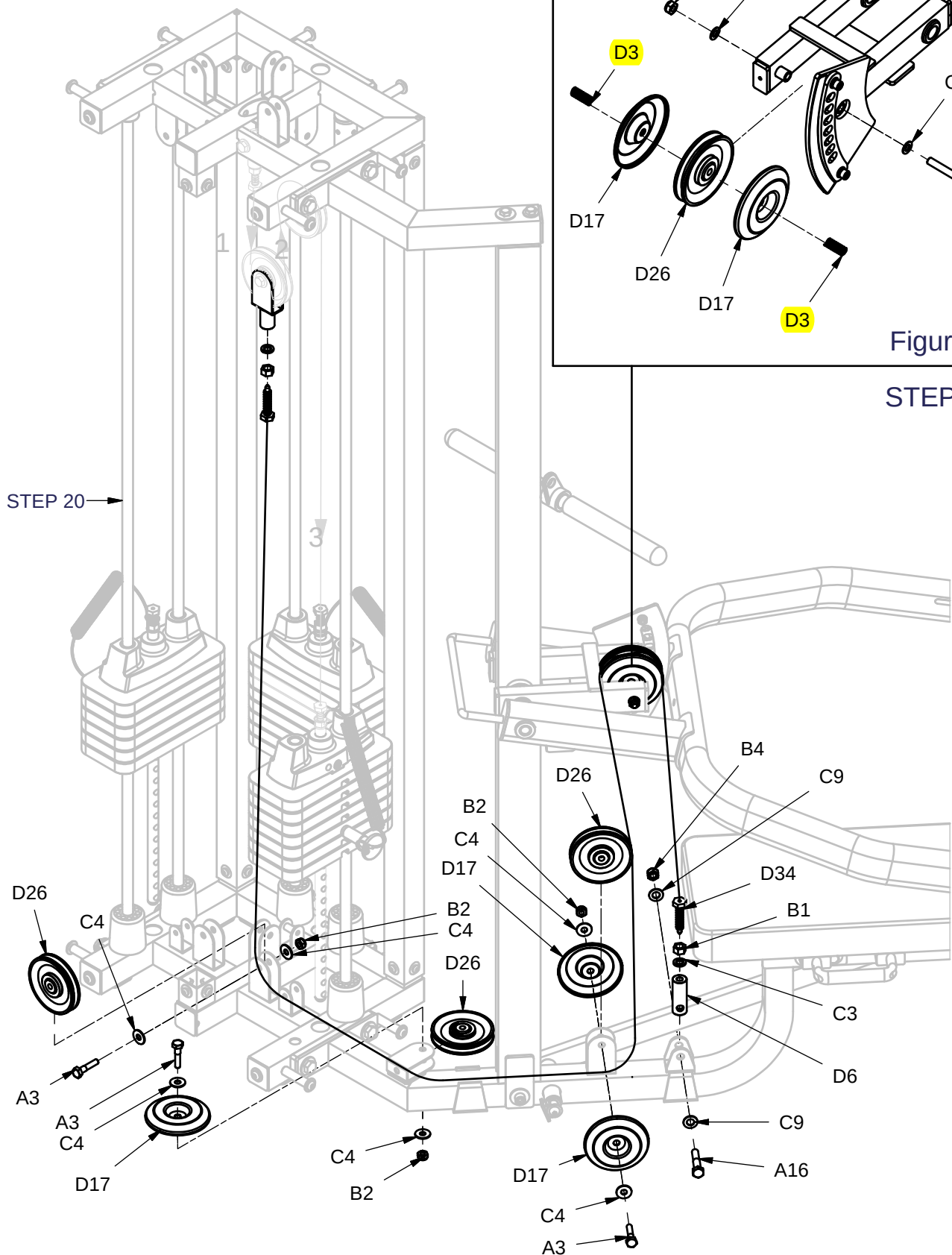


Figure 8

STEP 21

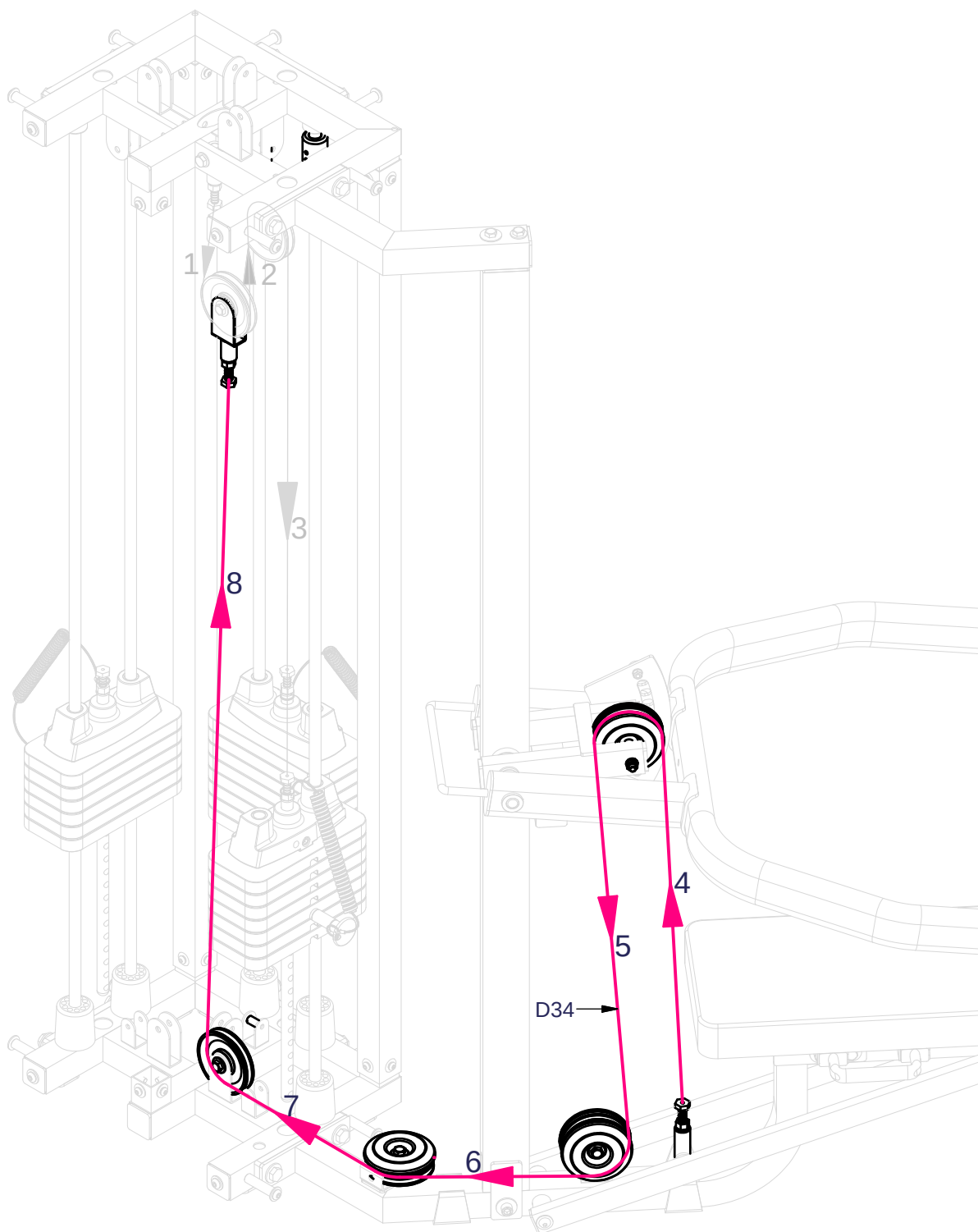
Figure 9

MG3000 ASSEMBLY INSTRUCTIONS

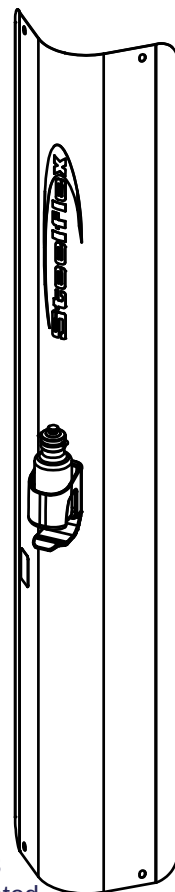
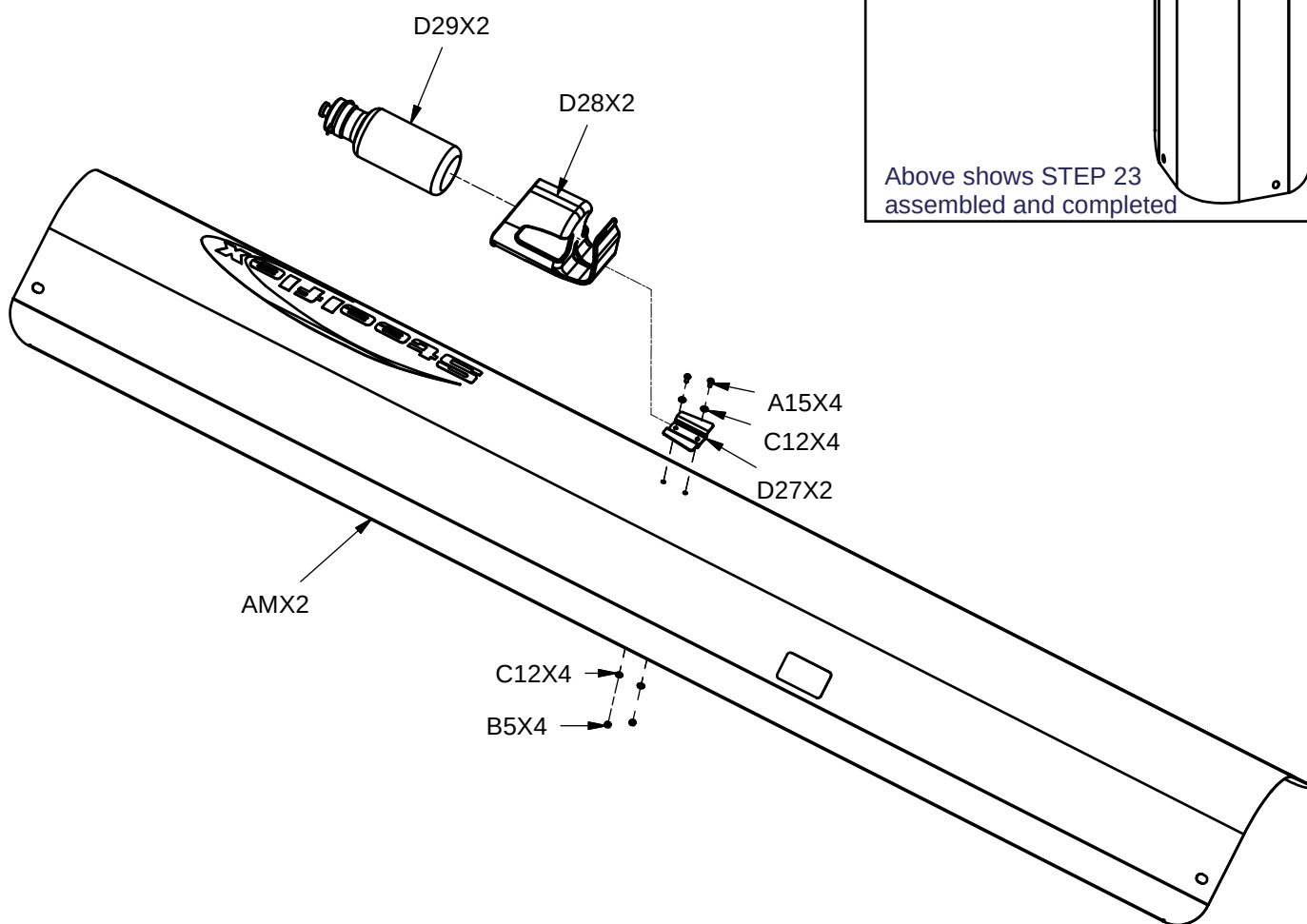


MG3000 ASSEMBLY INSTRUCTIONS

Cable Constitute illustration



MG3000 ASSEMBLY INSTRUCTIONS



Above shows STEP 23
assembled and completed

MG3000 ASSEMBLY INSTRUCTIONS

