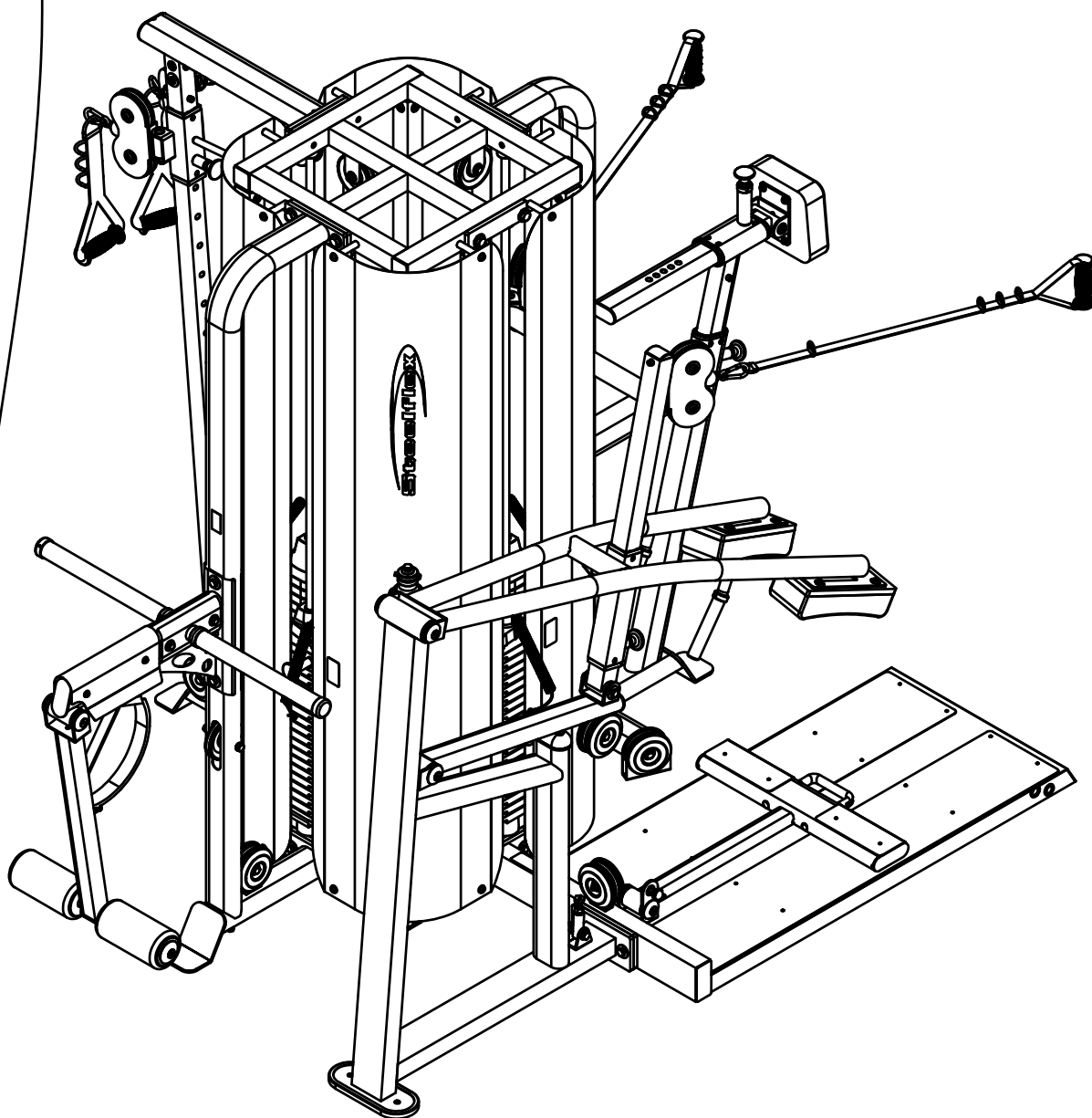


MEGA POWER



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

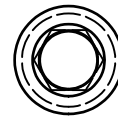
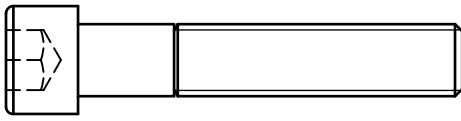
Fax: 886-2-27229750

www.steelflexfitness.com

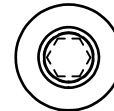
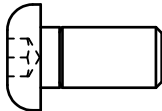
MTSG OWNER'S MANUAL

MTSG ASSEMBLY INSTRUCTIONS

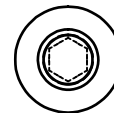
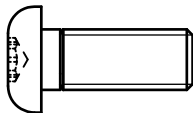
HARDWARE ILLUSTRATION



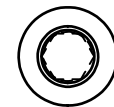
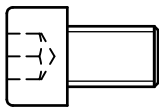
(A1)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.4



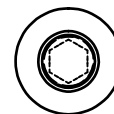
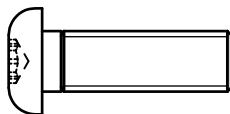
(A2)ROUND ALLEN HEAD M8X16L PARTIAL THREAD QTY.40



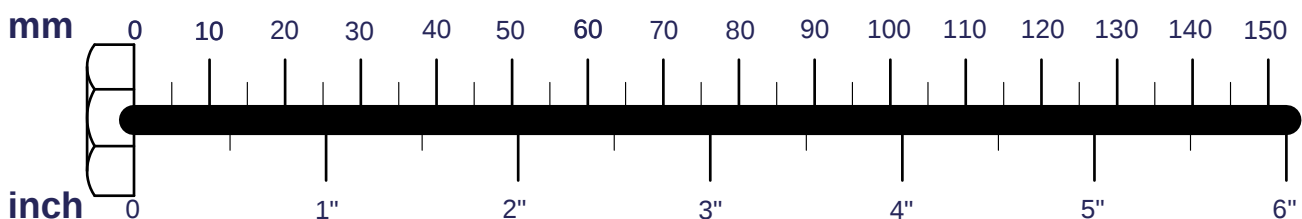
(A3)ROUND ALLEN HEAD M8X20L PARTIAL THREAD QTY.4



(A4)ROUND ALLEN HEAD M8X12L PARTIAL THREAD QTY.2

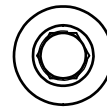
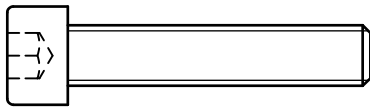


(A5)ROUND ALLEN HEAD M8X25L PARTIAL THREAD QTY.12

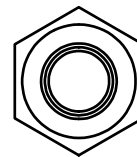
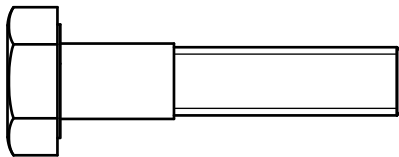


MTSG ASSEMBLY INSTRUCTIONS

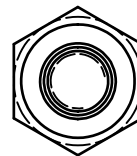
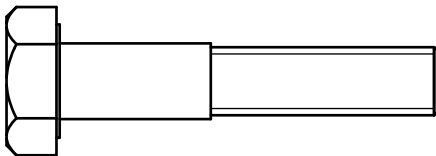
HARDWARE ILLUSTRATION



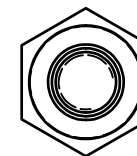
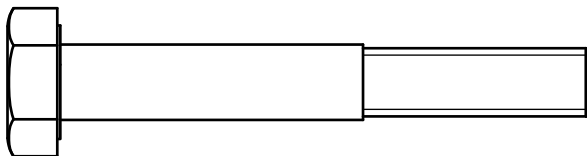
(A6)ROUND ALLEN HEAD M8X40L PARTIAL THREAD QTY.2



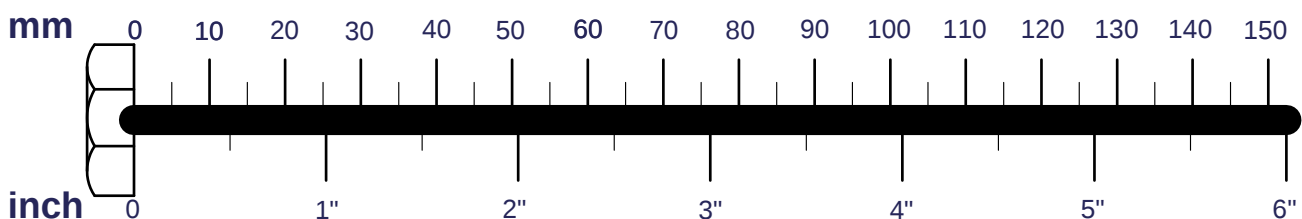
(A8)HEX BOLT M10X45L PARTIAL THREAD QTY.15



(A9)HEX BOLT M10X50L PARTIAL THREAD QTY.3

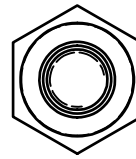
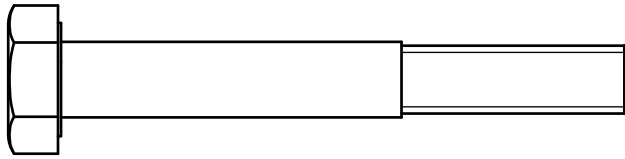


(A10)HEX BOLT M10X70L PARTIAL THREAD QTY.8

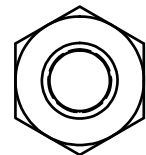
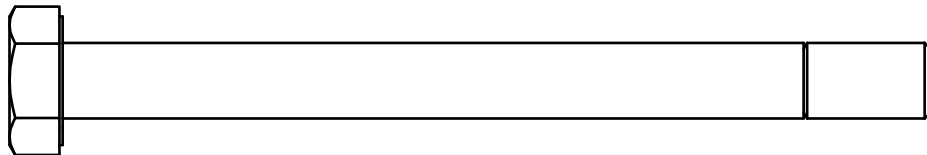


MTSG ASSEMBLY INSTRUCTIONS

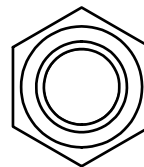
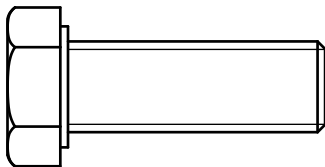
HARDWARE ILLUSTRATION



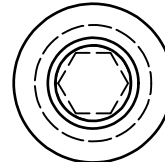
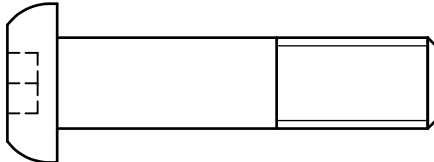
(A11)HEX BOLT M10X75L PARTIAL THREAD QTY.2



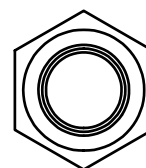
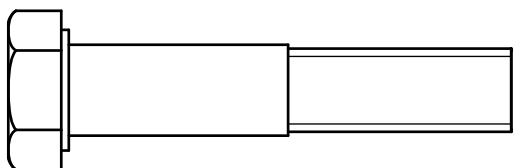
(A12)HEX BOLT M10X115L PARTIAL THREAD QTY.3



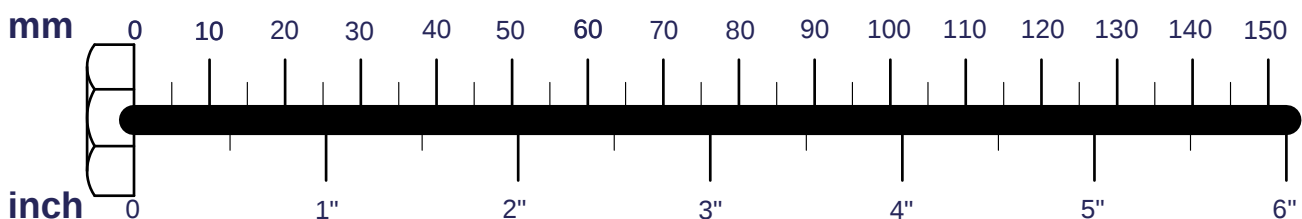
(A13)HEX BOLT M12X35L PARTIAL THREAD QTY.2



(A14)ROUND ALLEN HEAD M12X50L PARTIAL THREAD QTY.8

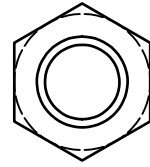
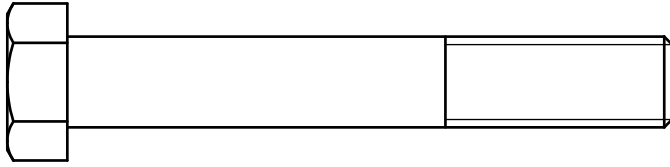


(A15)HEX BOLT M12X60L PARTIAL THREAD QTY.1

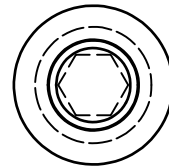
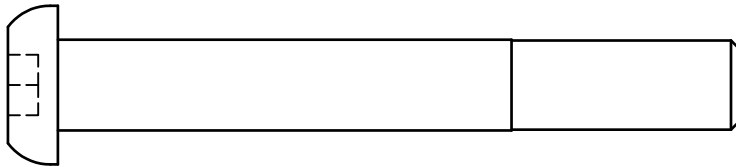


MTSG ASSEMBLY INSTRUCTIONS

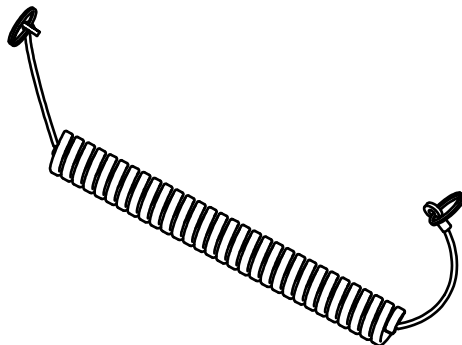
HARDWARE ILLUSTRATION



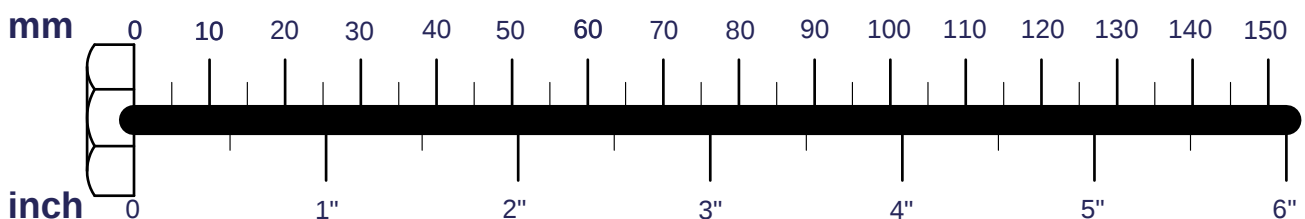
(A16)HEX BOLT M12X80L PARTIAL THREAD QTY.2



(A18)ROUND ALLEN HEAD M12X90L PARTIAL THREAD QTY.4

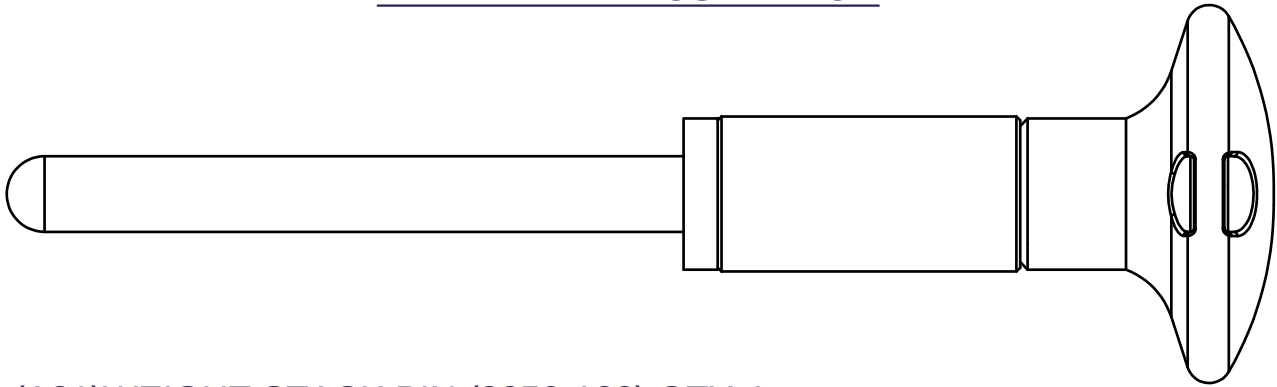


(A19)ELASTIC BELT (F920003) QTY.4

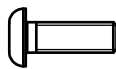


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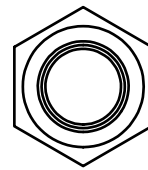
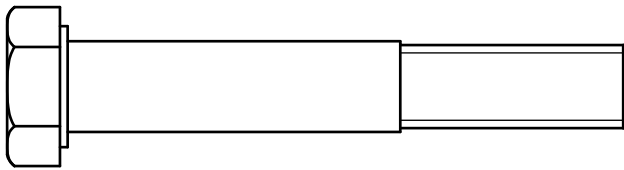
HARDWARE ILLUSTRATION



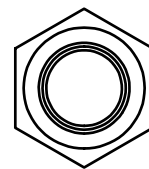
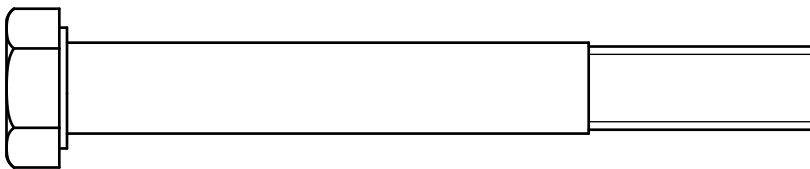
(A21)WEIGHT STACK PIN (8250-128) QTY 4



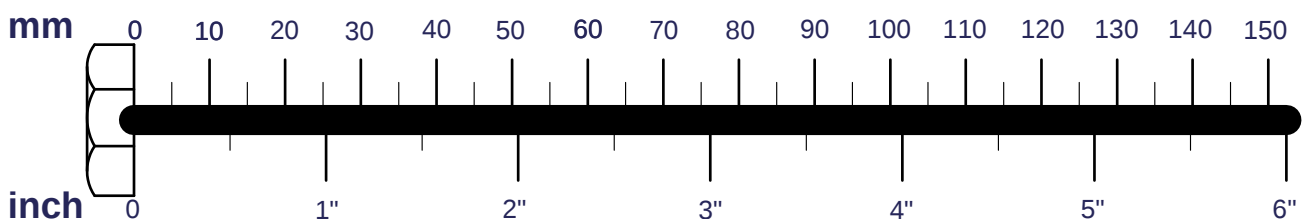
(A22)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4



(A23)HEX BOLT M12X75L PARTIAL THREAD QTY.1

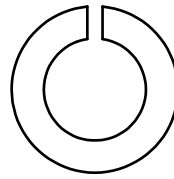
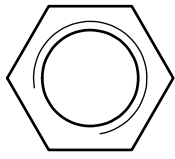


(A24)HEX BOLT M12X100L PARTIAL THREAD QTY.1



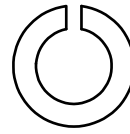
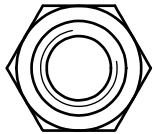
MTSG ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION



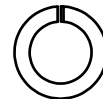
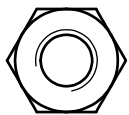
(B1)NUT 1/2"X13 UNC QTY.7

(C1)1/2" SPRING WASHER QTY.7



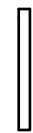
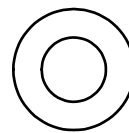
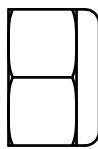
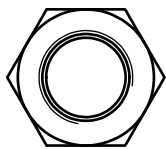
(B2)NYLON LOCK NUT M10 QTY.19

(C2)3/8" SPRING WASHER QTY.4



(B3)NYLON LOCK NUT M8 QTY.2

(C3)M8 SPRING WASHER QTY.14

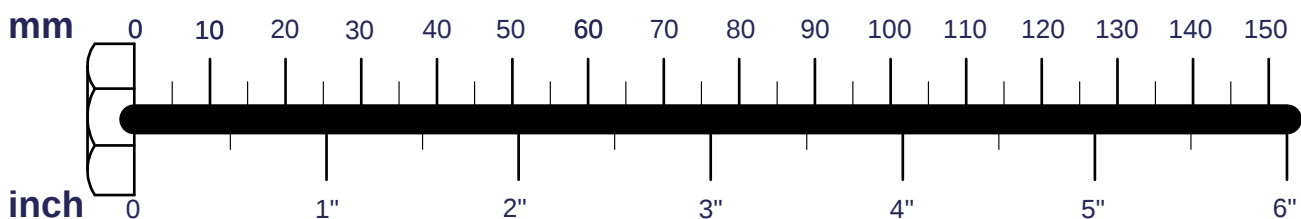


(B4)NYLON LOCK NUT M12 QTY.16

(C5)M8(I.D.)FLAT WASHER Ø16 QTY.8

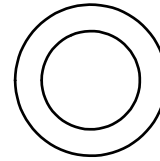
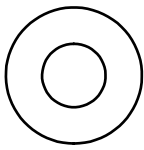


(B5)NUT M4 QTY.4



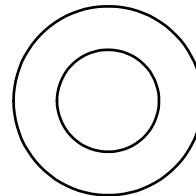
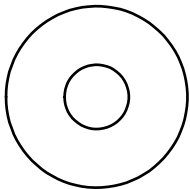
MTSG ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION



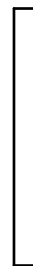
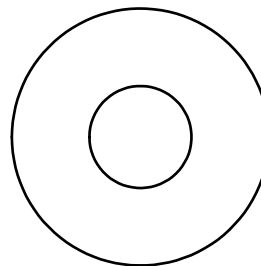
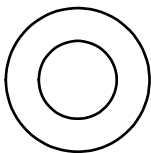
(C6)M8(I.D.)FLAT WASHER Ø18 QTY.4

(C11)M12(I.D.)FLAT WASHER Ø20 QTY.8

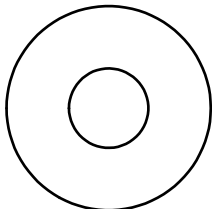


(C7)M8(I.D.)FLAT WASHER Ø24 QTY.48

(C12)M12(I.D.)FLAT WASHER Ø25 QTY.4

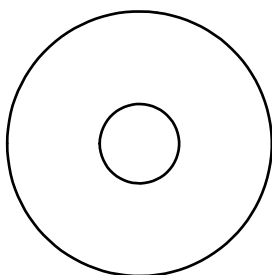
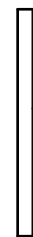
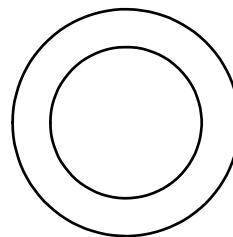


(C8)M10(I.D.)FLAT WASHER Ø19 QTY.8



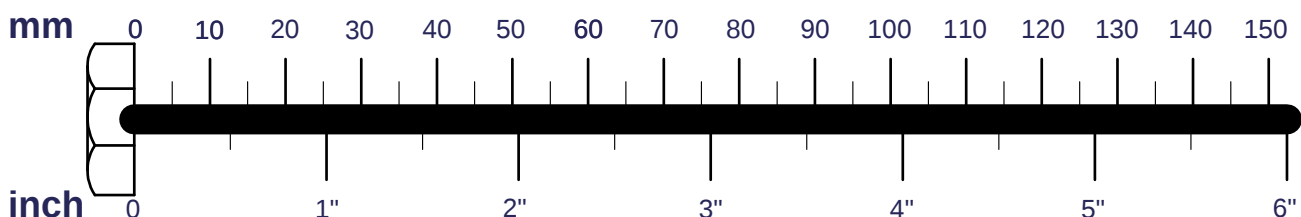
(C13)M12(I.D.)FLAT WASHER Ø34 QTY.24

(C9)M10(I.D.)FLAT WASHER Ø27 QTY.40



(C14)M20(I.D.)FLAT WASHER Ø30 QTY.6

(C10)M10(I.D.)FLAT WASHER Ø35 QTY.2

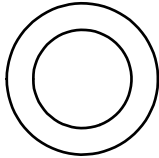


MTSG ASSEMBLY INSTRUCTIONS

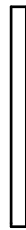
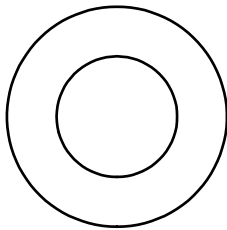
HARDWARE ILLUSTRATION



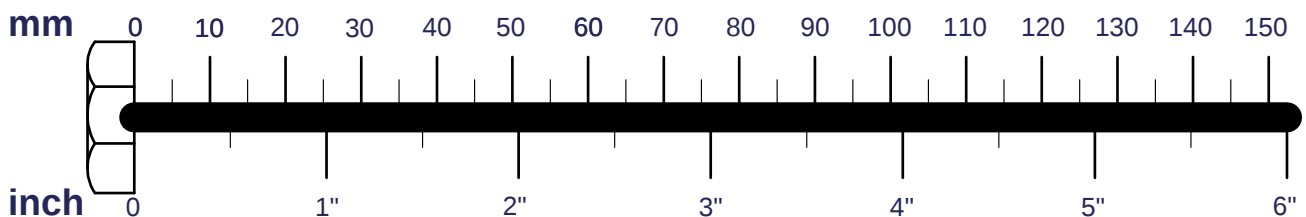
(C15)M4(I.D.)FLAT WASHER Ø10 QTY.8



(C16)M12(I.D.)FLAT WASHER Ø20 QTY.1



(C17)5/8"(I.D.)FLAT WASHER Ø29 QTY.2

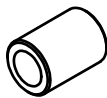


MTSG ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1. Ø5/8"x22.5L Steel Bushing (8110-011)-----	[2PCS]
D2. Ø3/4"X8L STEEL BUSHING (8110-014) -----	[4PCS]
D3. Ø1/2"X23L STEEL BUSHING (8110-062) -----	[2PCS]
D4.Ø15.9X11L STEEL BUSHING (8110-131) -----	[2PCS]
D5.Ø50 CAP COVER(8130-131)-----	[8PCS]
D6.Ø60 CAP COVER(8130-231)-----	[2PCS]
D7. Ø1X70L STEEL BUSHING (8220-244) -----	[1PCS]
D8. Ø10x19.5L Steel Bushing (8530-015)-----	[2PCS]
D9. Ø8 Spring Snap Link (8810-001)-----	[4PCS]
D10. Ø50 End Cap(9211-020) -----	[2PCS]
D11. 60x50 NYLON BUSHING(9211-033) -----	[4PCS]
D12. Ø3/4" Shaft Collar (9211-046)-----	[8PCS]
D14. 50x100(40x80) NYLON BUSHING(9211-107) -----	[3PCS]
D15.PLATE CAP (9211-173)-----	[12PCS]
D16. 3" Nylon Washer (9214-008)-----	[4PCS]
D36.□50x1.8T END CAP(9211-087)-----	[1PCS]

D1



D2



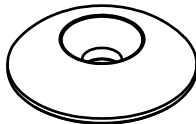
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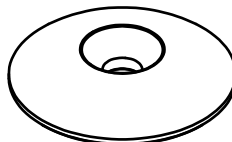
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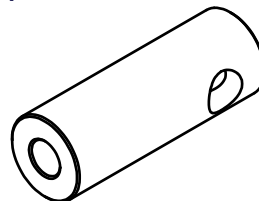
D5



D6



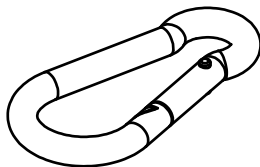
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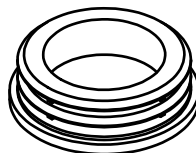
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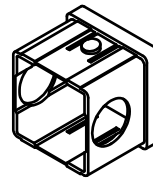
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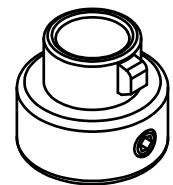
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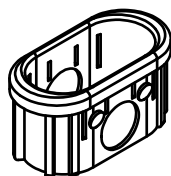
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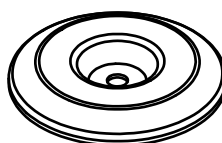
D12



D14



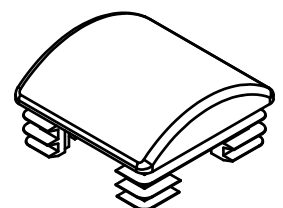
D15



D16



D36

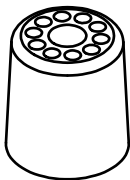


MTSG ASSEMBLY INSTRUCTIONS

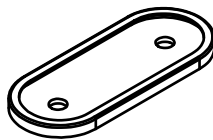
HARDWARE ILLUSTRATION

D17. Ø65XØ20X70L Rubber Dount(9310-049)-----	[8PCS]
D18.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D19. SHOULDER BELT(9630-221) -----	[2PCS]
D20. SHOULDER BELT(9630-286) -----	[2PCS]
D21. Ø110X22 PULLEY(9213-002B)-----	[19PCS]
D22. Ø4-1/2"X26 PULLEY(9213-010E)-----	[8PCS]
D23. Ø110X42 PULLEY(9213-022E)-----	[2PCS]
D24.BOTTLE BRACKET(8388-025)-----	[2PCS]
D25.BOTTLE RACK(9260-086)-----	[2PCS]
D26.BOTTLE(9260-123)-----	[2PCS]

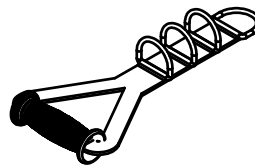
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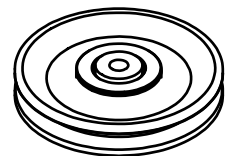
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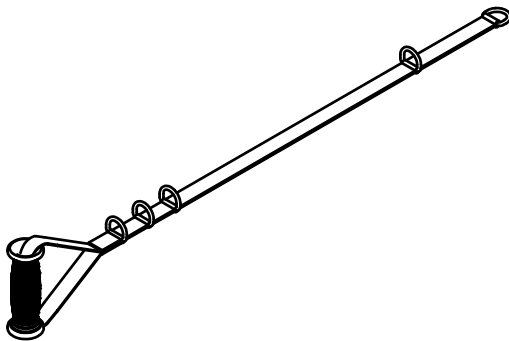
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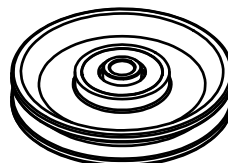
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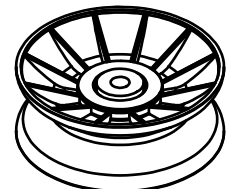
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D22



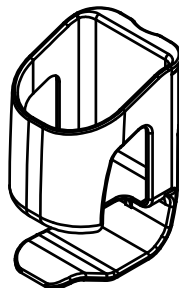
D23



D24



D25



D26

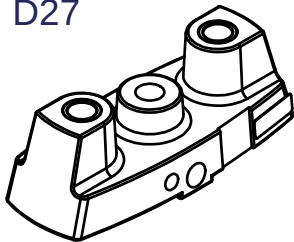


MTSG ASSEMBLY INSTRUCTIONS

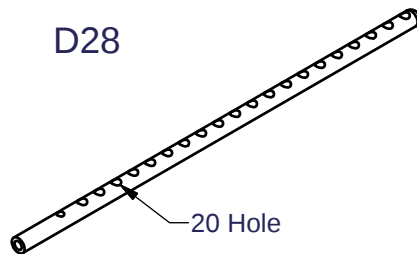
HARDWARE ILLUSTRATION

D27.TOP PLATE(8400-006)	-----[4PCS]
D28.Selector Rod(8210-042)	-----[4PCS]
D29. 1250mm STEEL CABLE (FMTSGA)	-----[1PCS]
D30. 4700mm STEEL CABLE (FMTSGB)	-----[1PCS]
D31. 1285mm STEEL CABLE (FMTSGC)	-----[1PCS]
D32. 6760mm STEEL CABLE (FMTSGD)	-----[1PCS]
D33. 7045mm STEEL CABLE (FMTSGE)	-----[1PCS]
D34. 4625mm STEEL CABLE (FMTSGF)	-----[1PCS]
D35. D2. Ø1" CU WASHER(8520-008)	-----[2PCS]

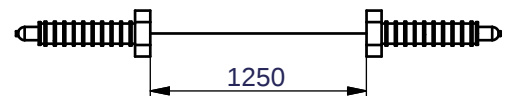
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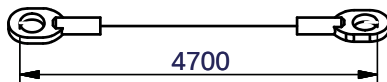
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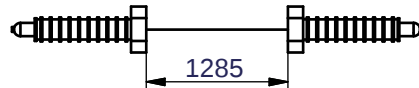
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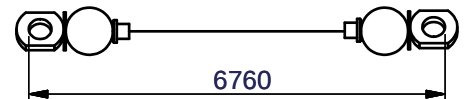
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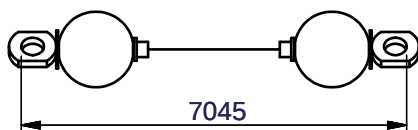
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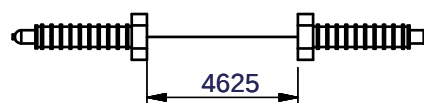
D32



D33



D34



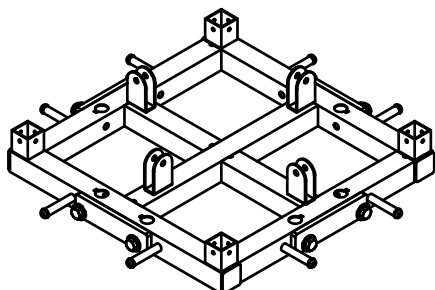
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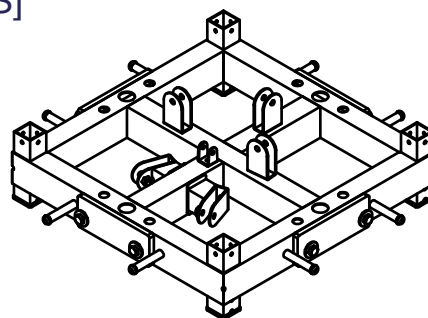
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

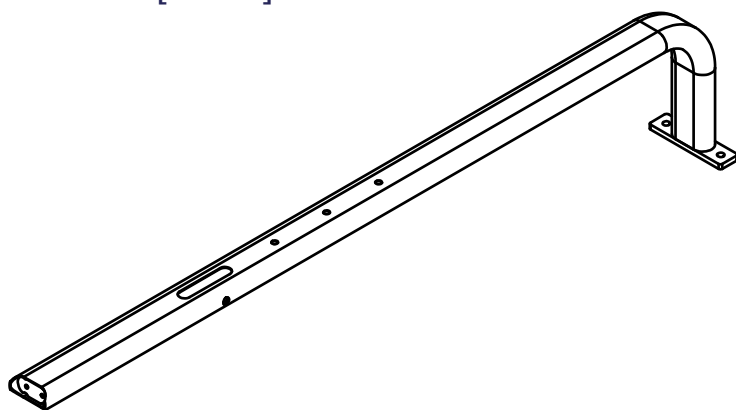
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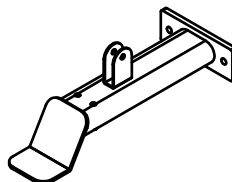
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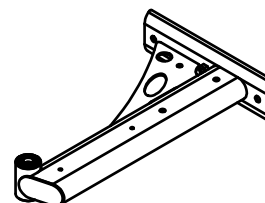
C[1PCS]



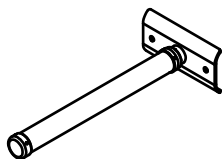
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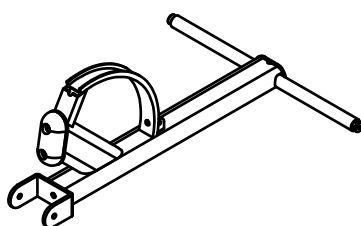
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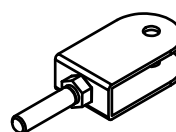
F[2PCS]



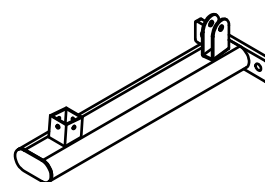
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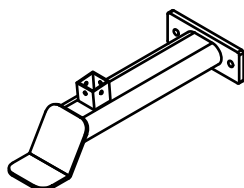
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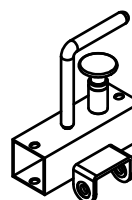
I[1PCS]



J[1PCS]



L[1PCS]



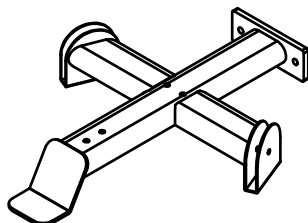
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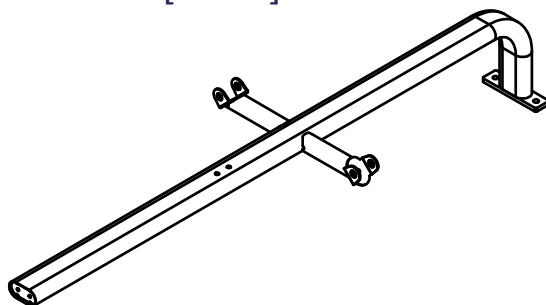
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

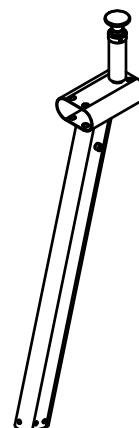
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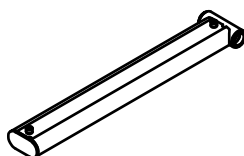
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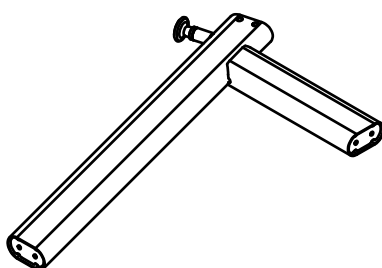
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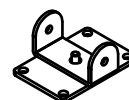
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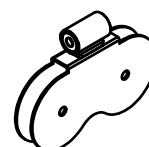
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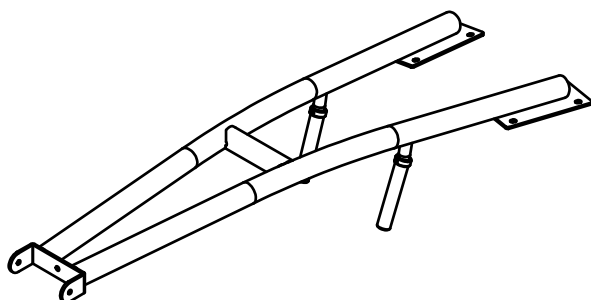
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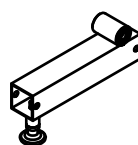
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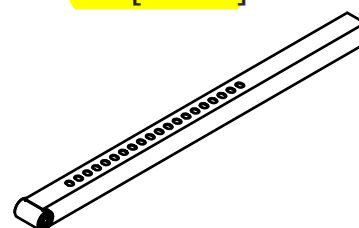
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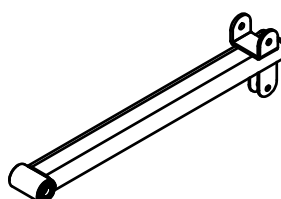
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W1[1PCS]



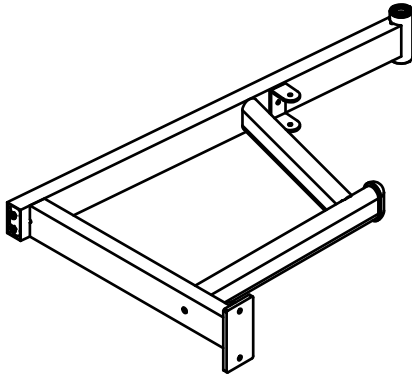
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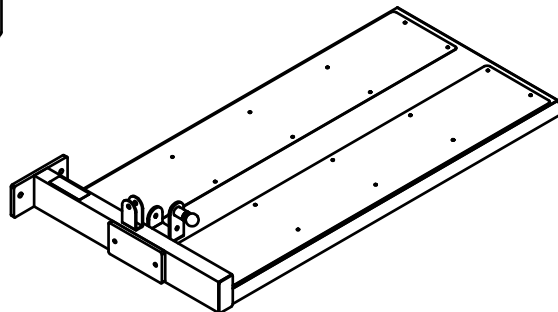
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

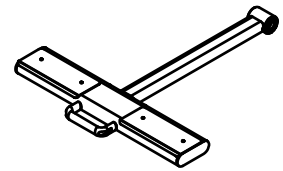
Y[1PCS]



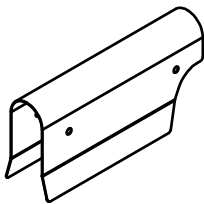
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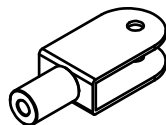
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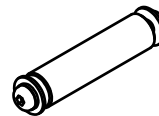
AB[1PCS]
28MTSGAB



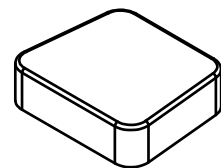
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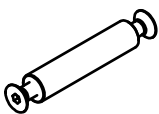
AD[1PCS]
8220-181
Ø25.4X98L



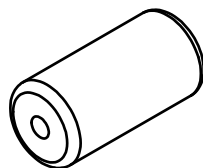
AE[1PCS]
9121-114



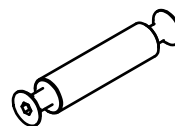
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8220-149
Ø20X89L



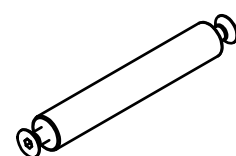
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9161-077



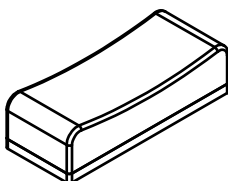
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Ø20X74L



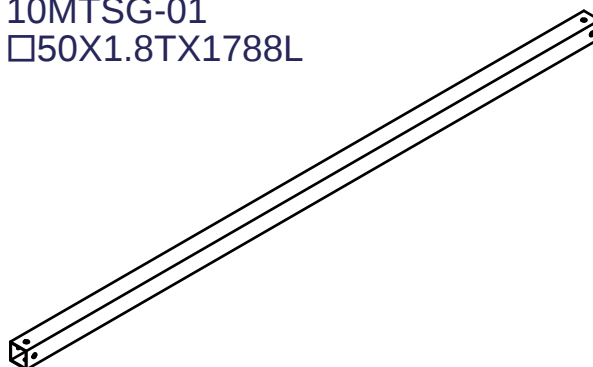
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9131-059



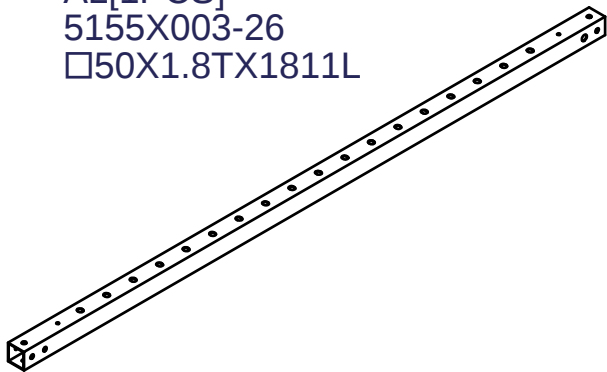
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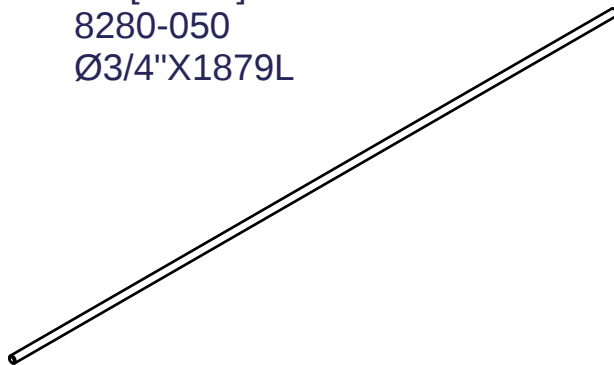
MTSG ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

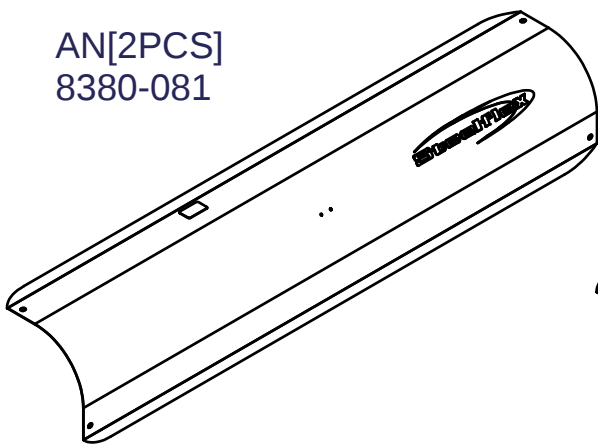
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□50X1.8TX1811L



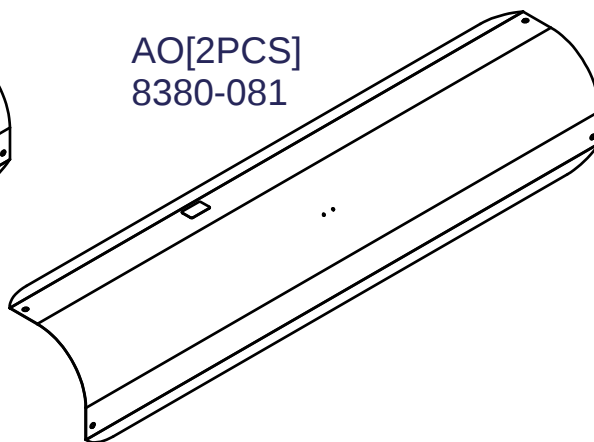
AM[8PCS]
8280-050
Ø3/4"X1879L



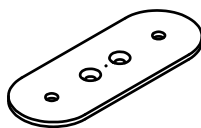
AN[2PCS]
8380-081



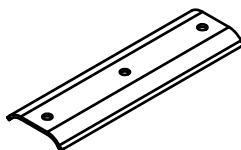
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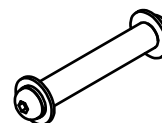
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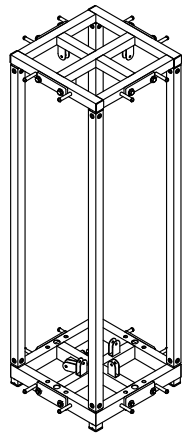
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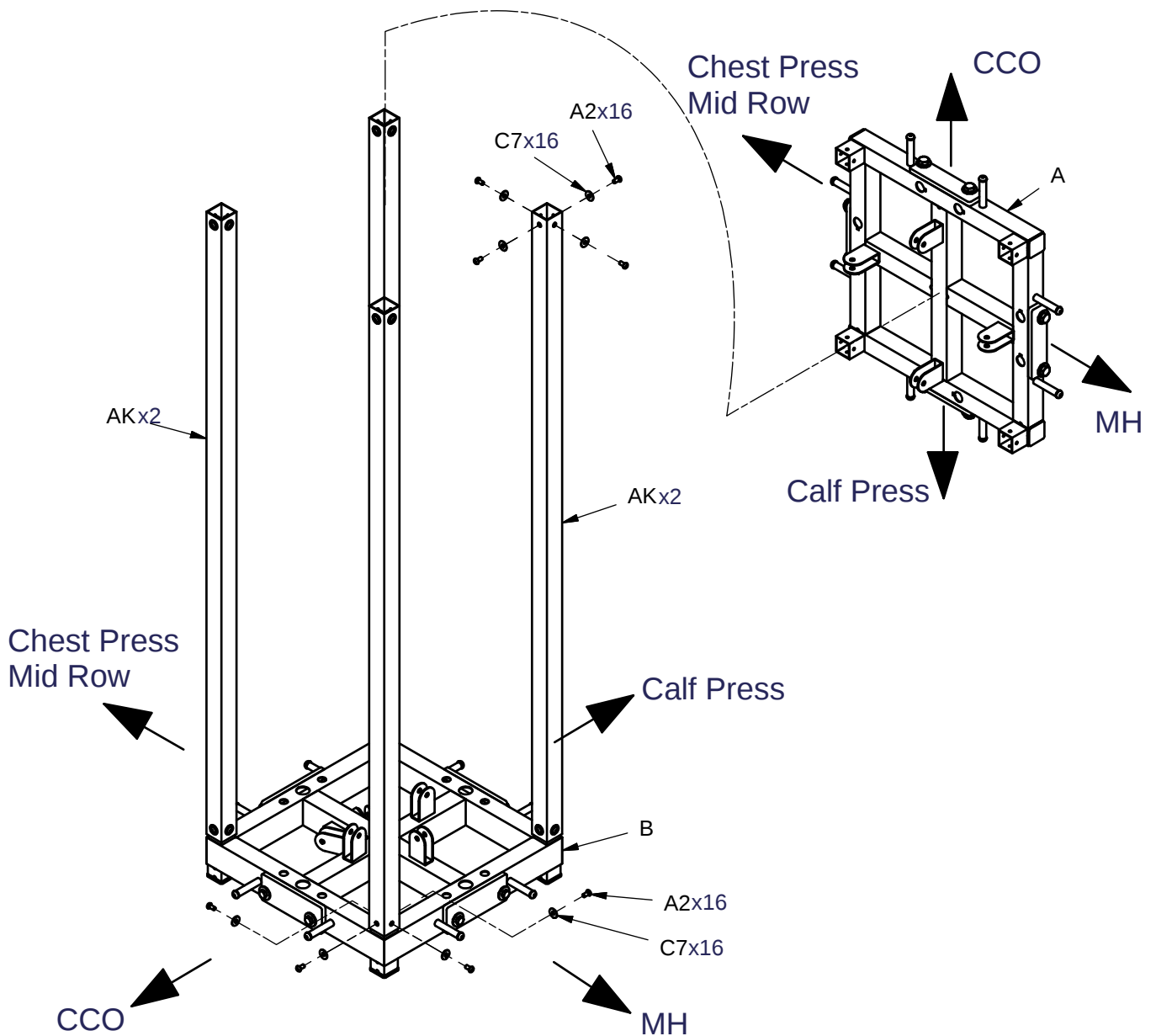
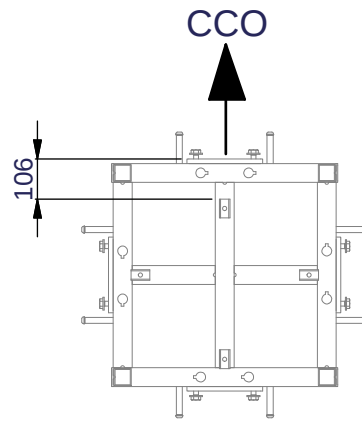
AR[1PCS]
8210-197
Ø15X84L



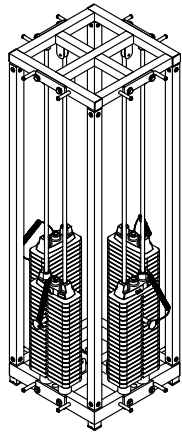
MTSG ASSEMBLY INSTRUCTIONS



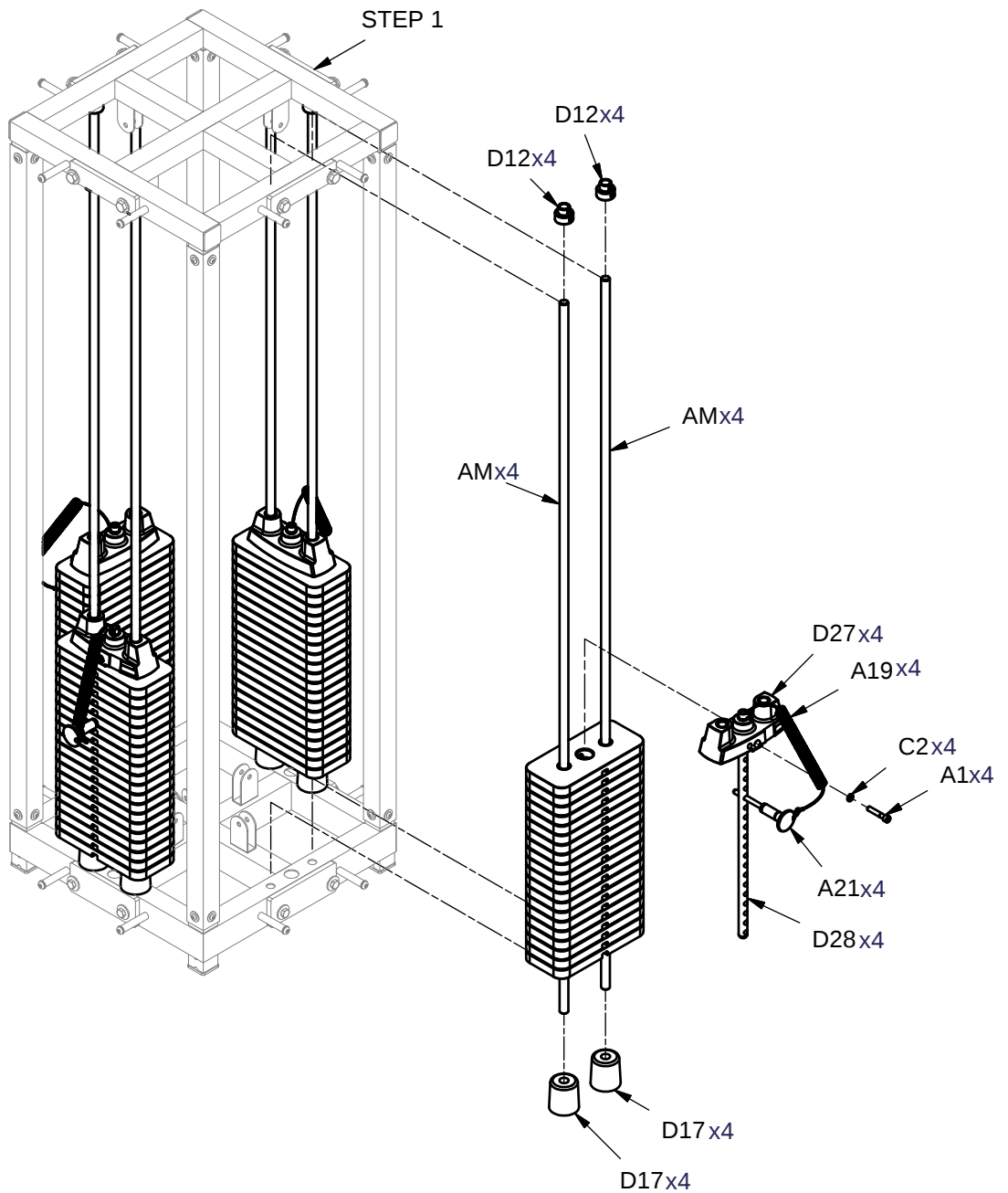
Above shows STEP 1
assembled and completed



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed



MTSG ASSEMBLY INSTRUCTIONS

Multi Hip

* : Please tighten the screw after all parts assembled.
or please tighten all screws after all parts joint together

Above shows STEP 3
assembled and completed

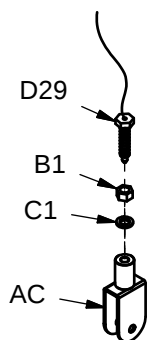
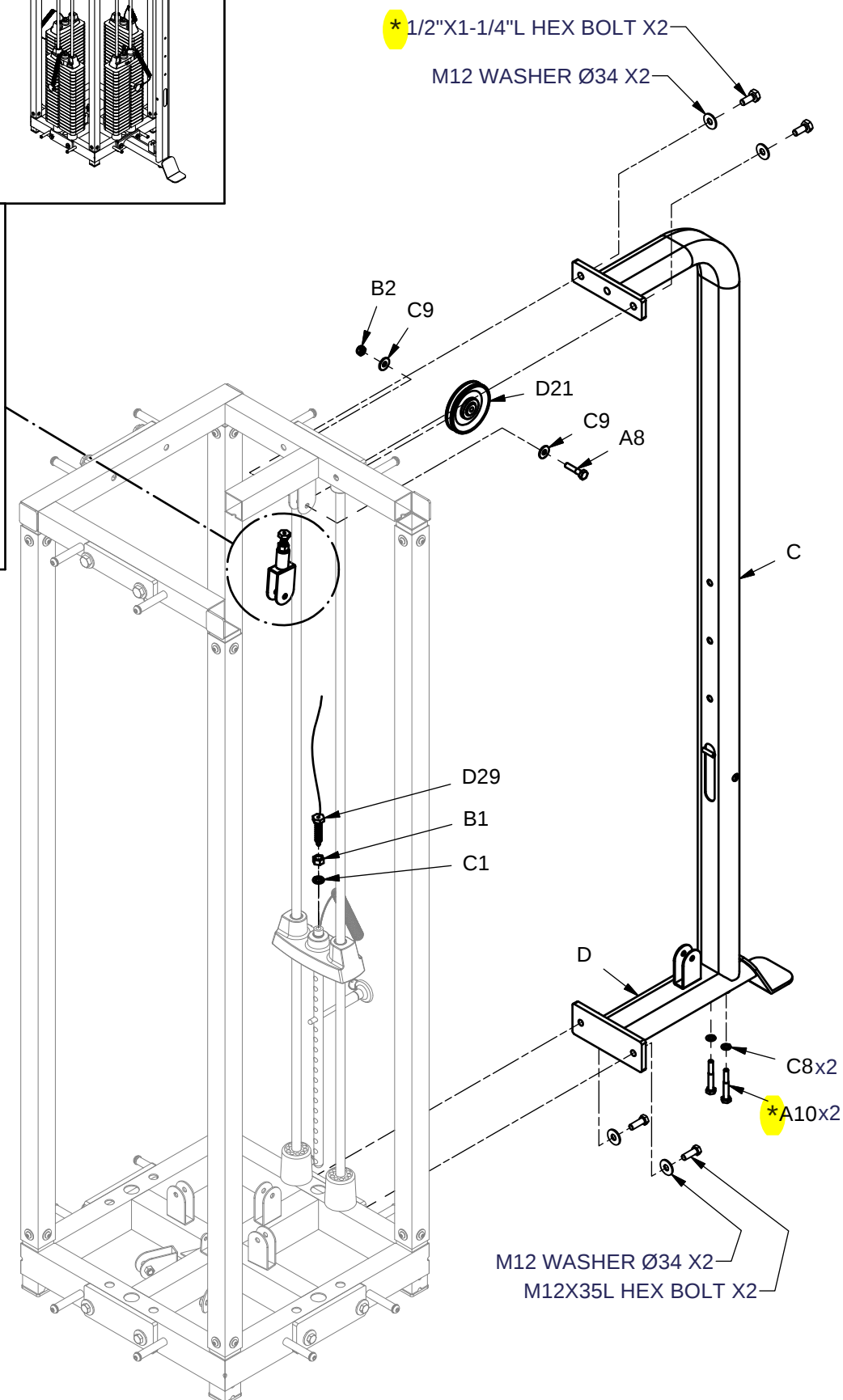


Figure 1

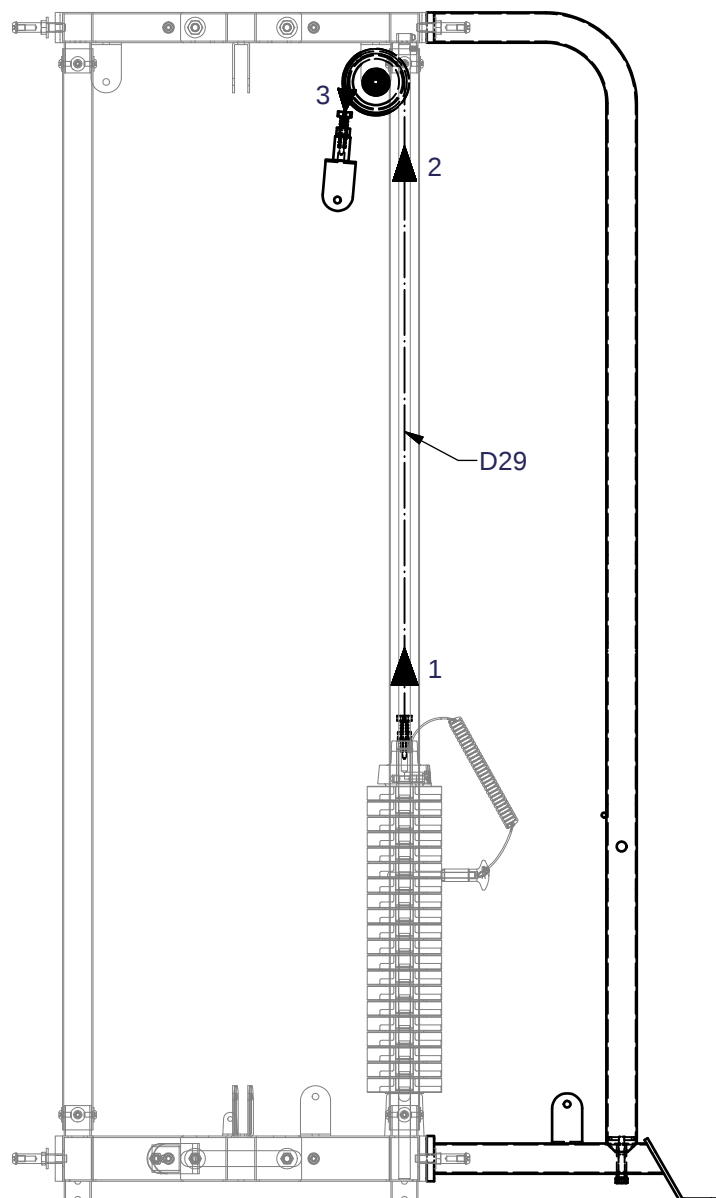
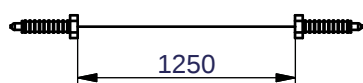


MTSG ASSEMBLY INSTRUCTIONS

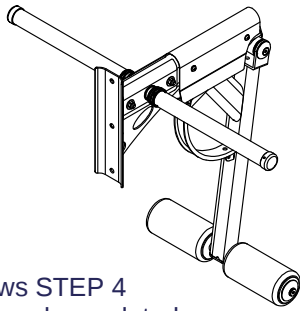
Cable Configuration Diagram

Multi Hip

D29

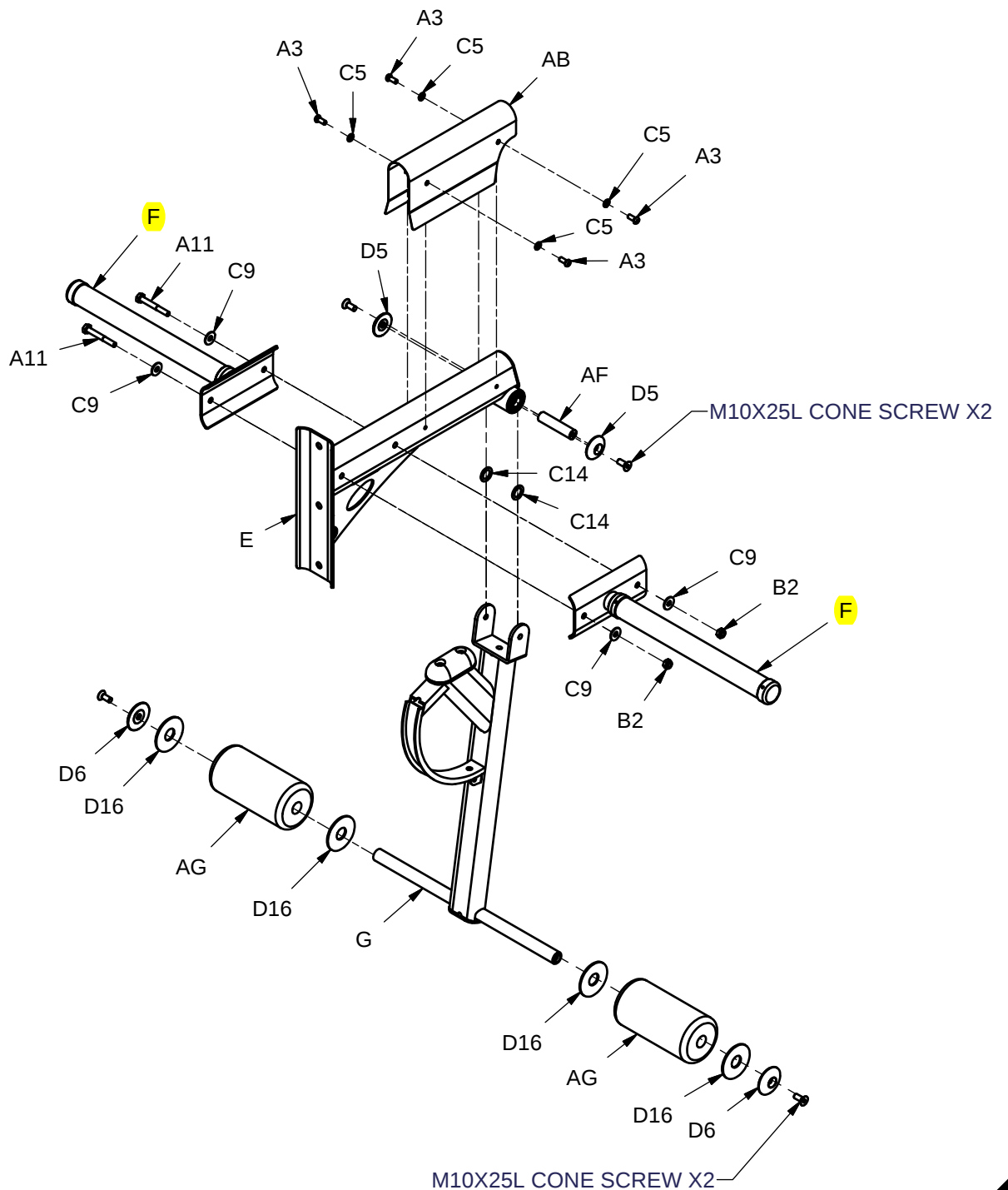


MTSG ASSEMBLY INSTRUCTIONS

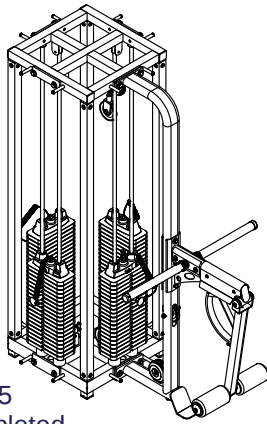


Above shows STEP 4
assembled and completed

Multi Hip



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

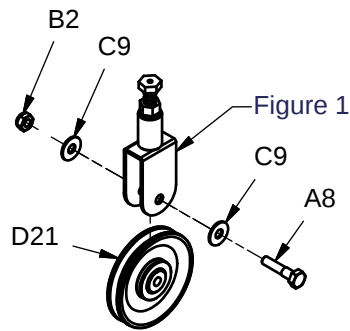
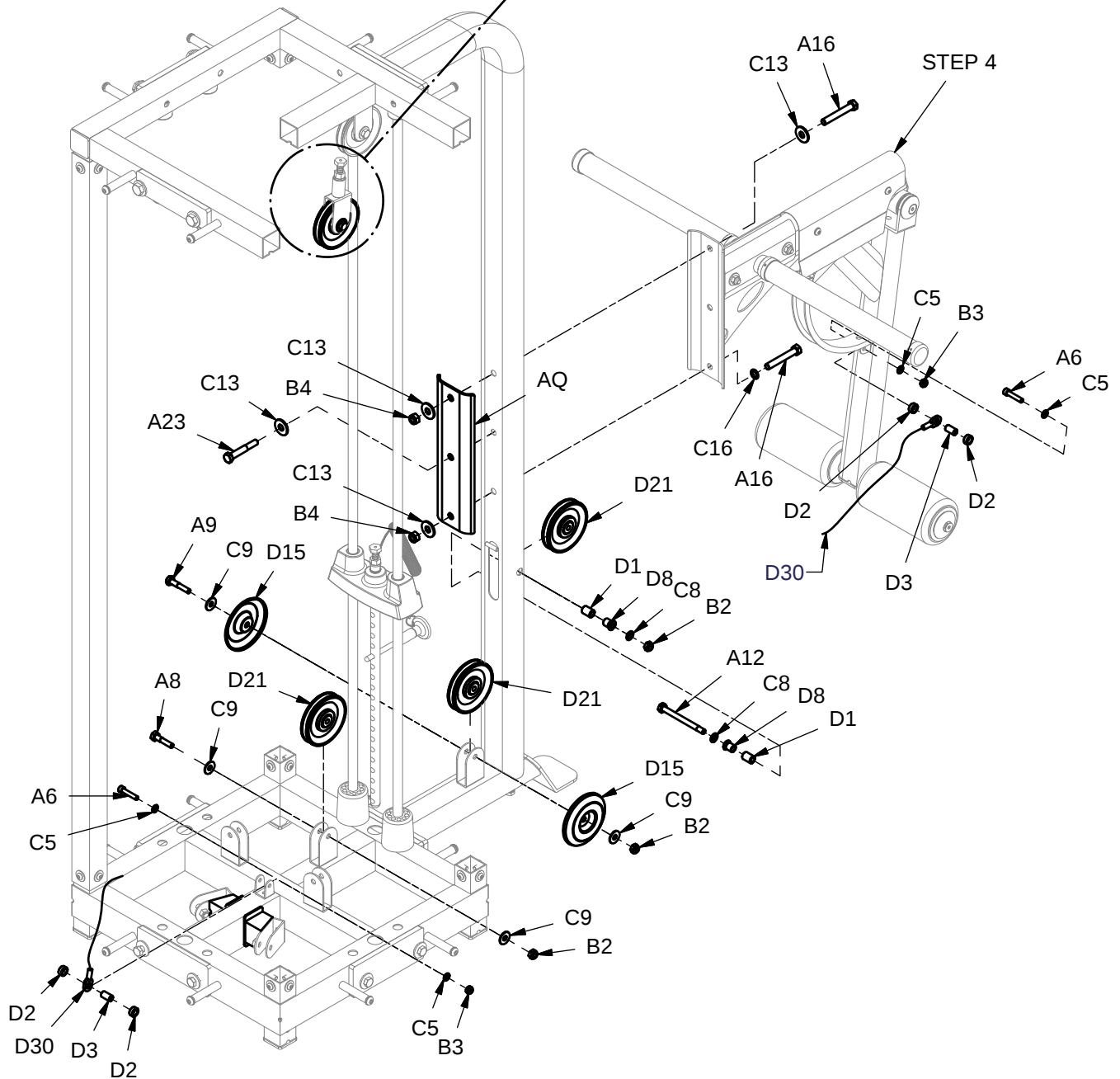


Figure 1

Figure 2

Multi Hip

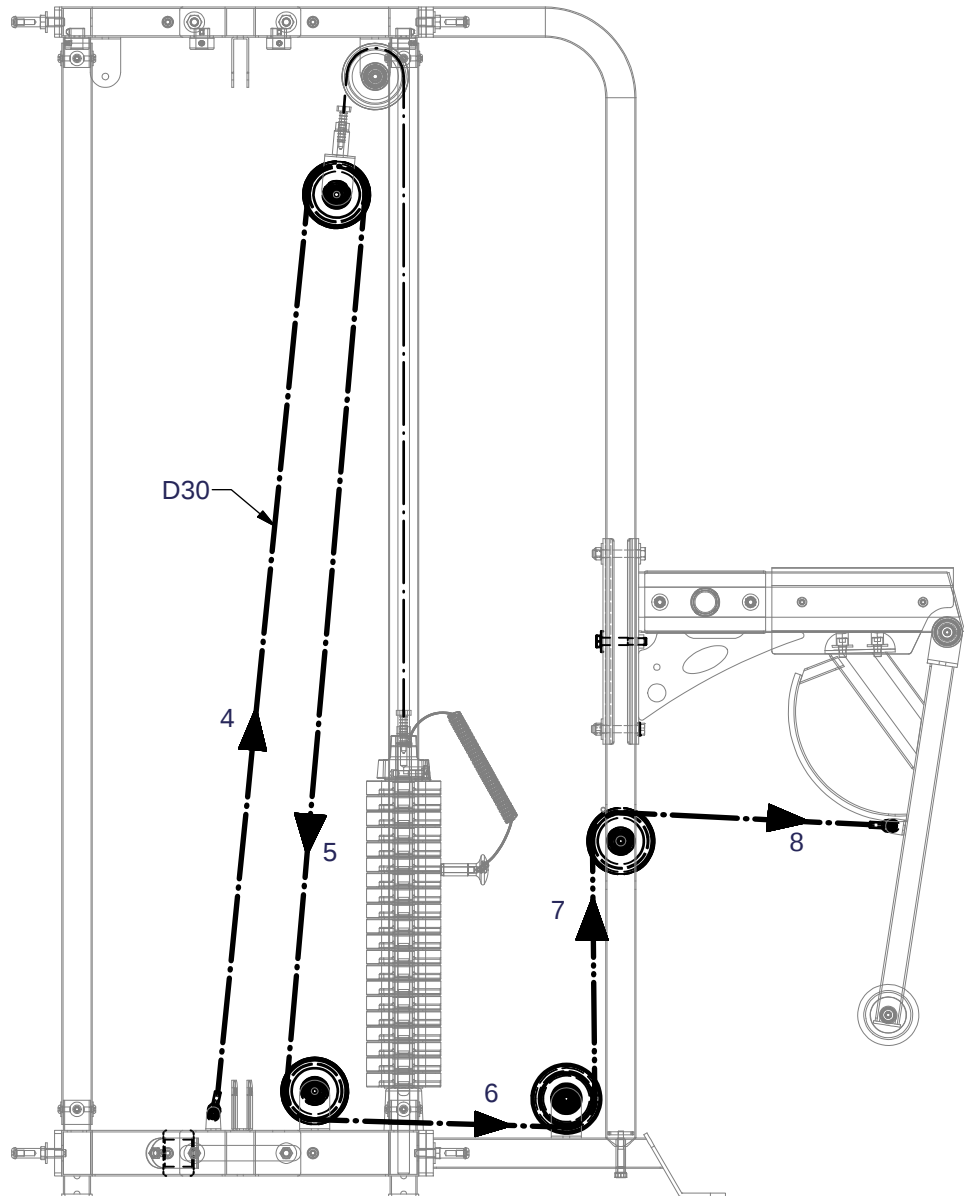
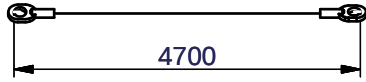


MTSG ASSEMBLY INSTRUCTIONS

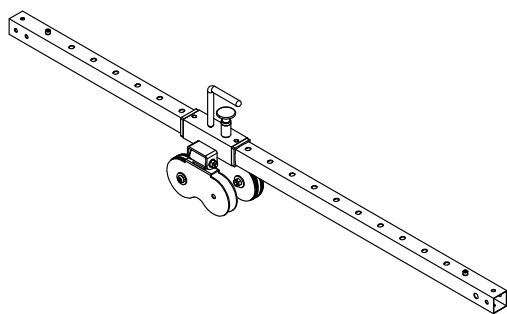
Cable Configuration Diagram

Multi Hip

D30

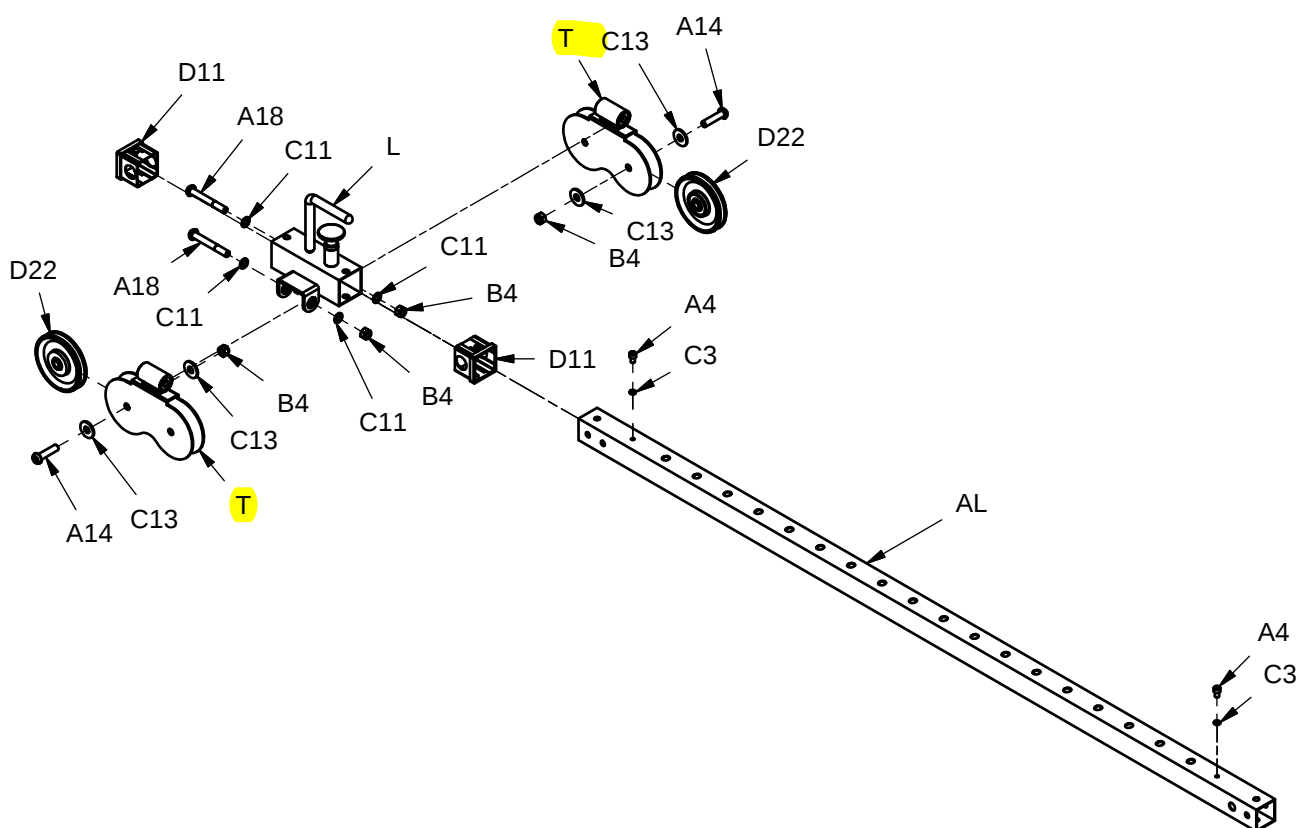


MTSG ASSEMBLY INSTRUCTIONS

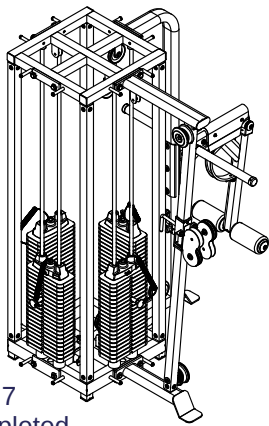


Above shows STEP 6
assembled and completed

Cable Cross over

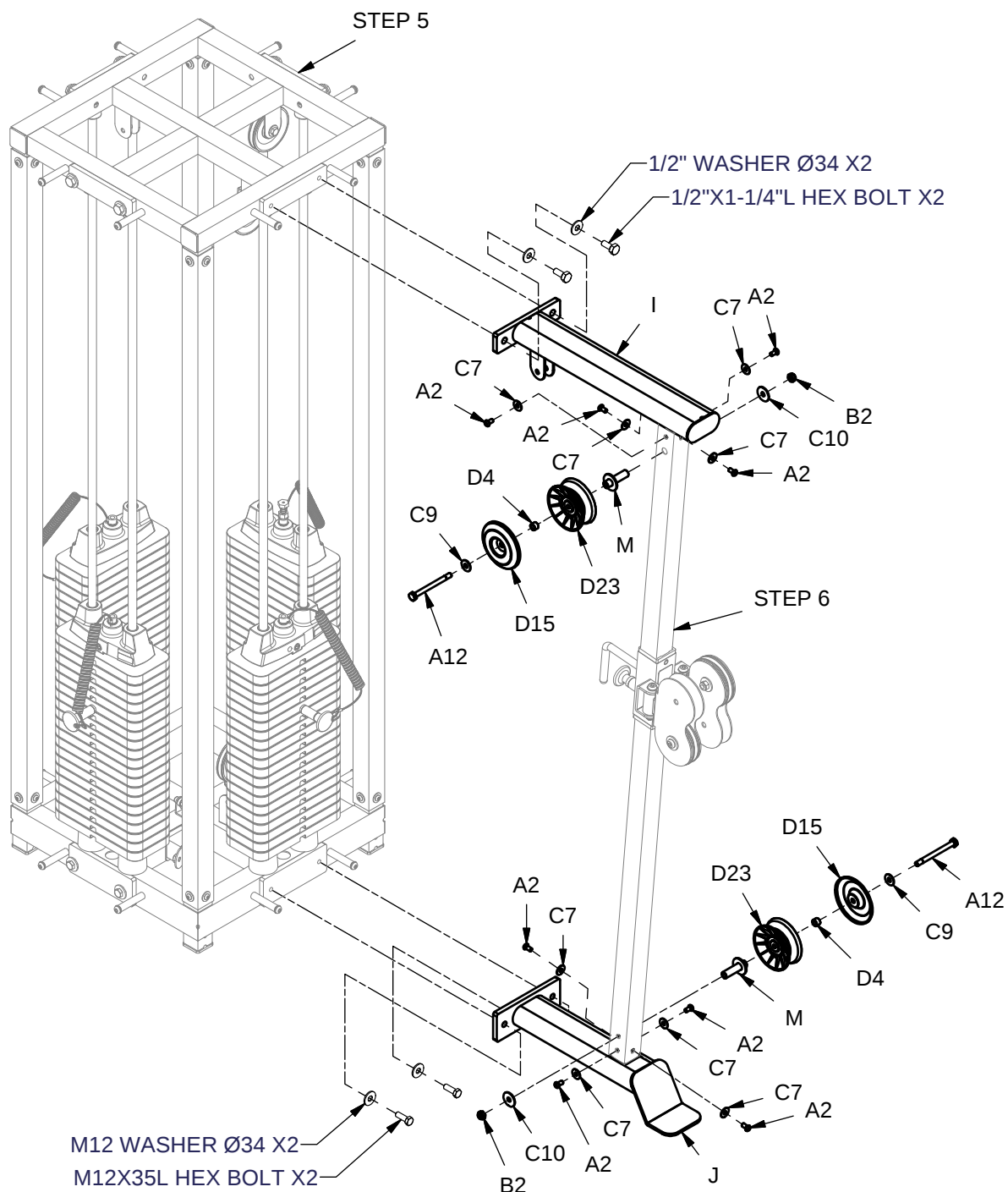


MTSG ASSEMBLY INSTRUCTIONS

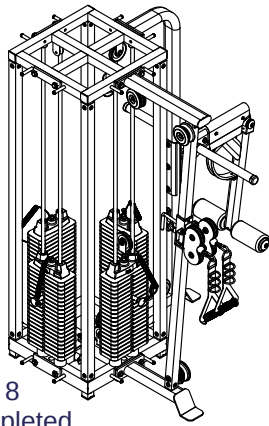


Above shows STEP 7
assembled and completed

Cable Cross over

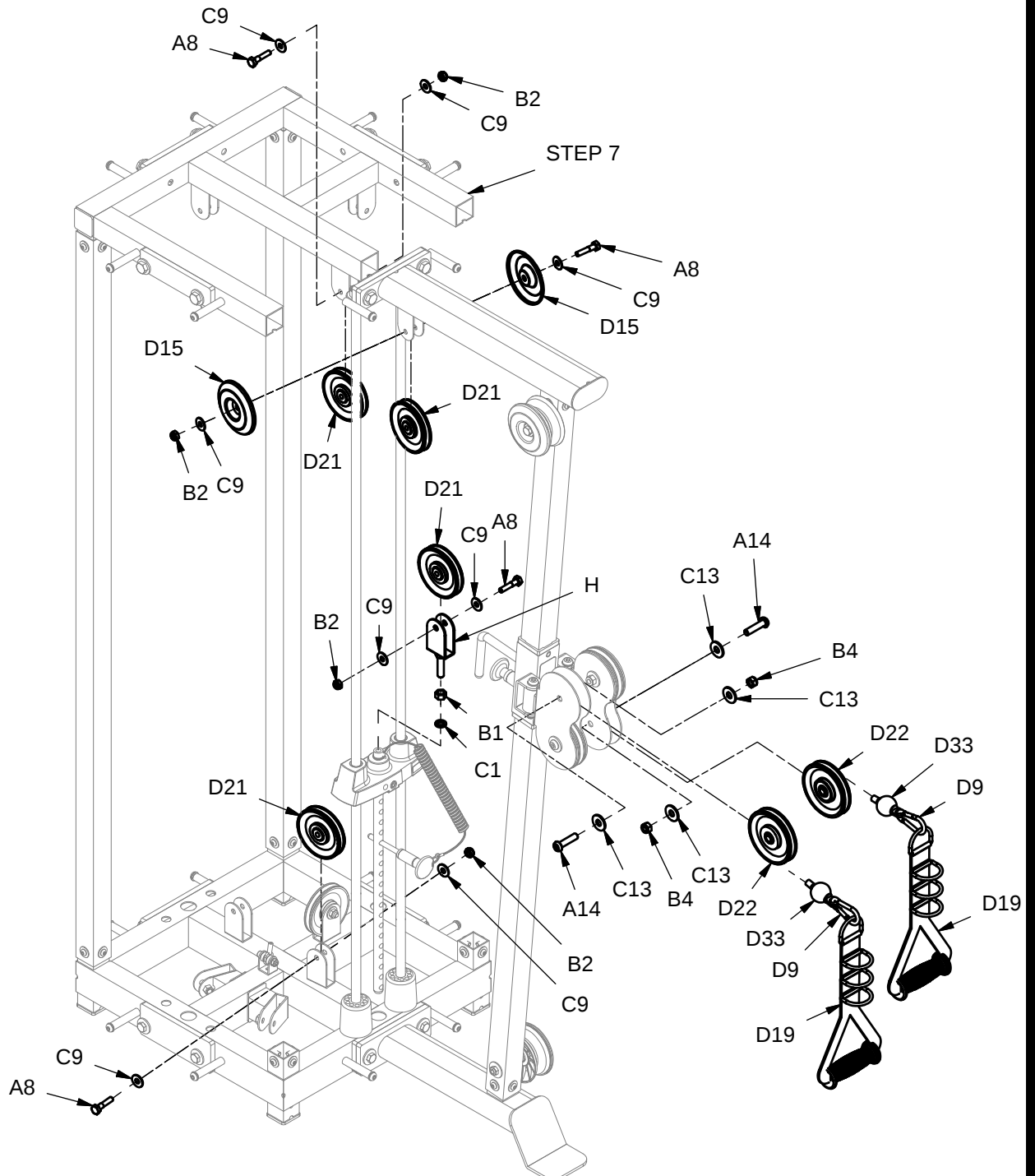


MTSG ASSEMBLY INSTRUCTIONS



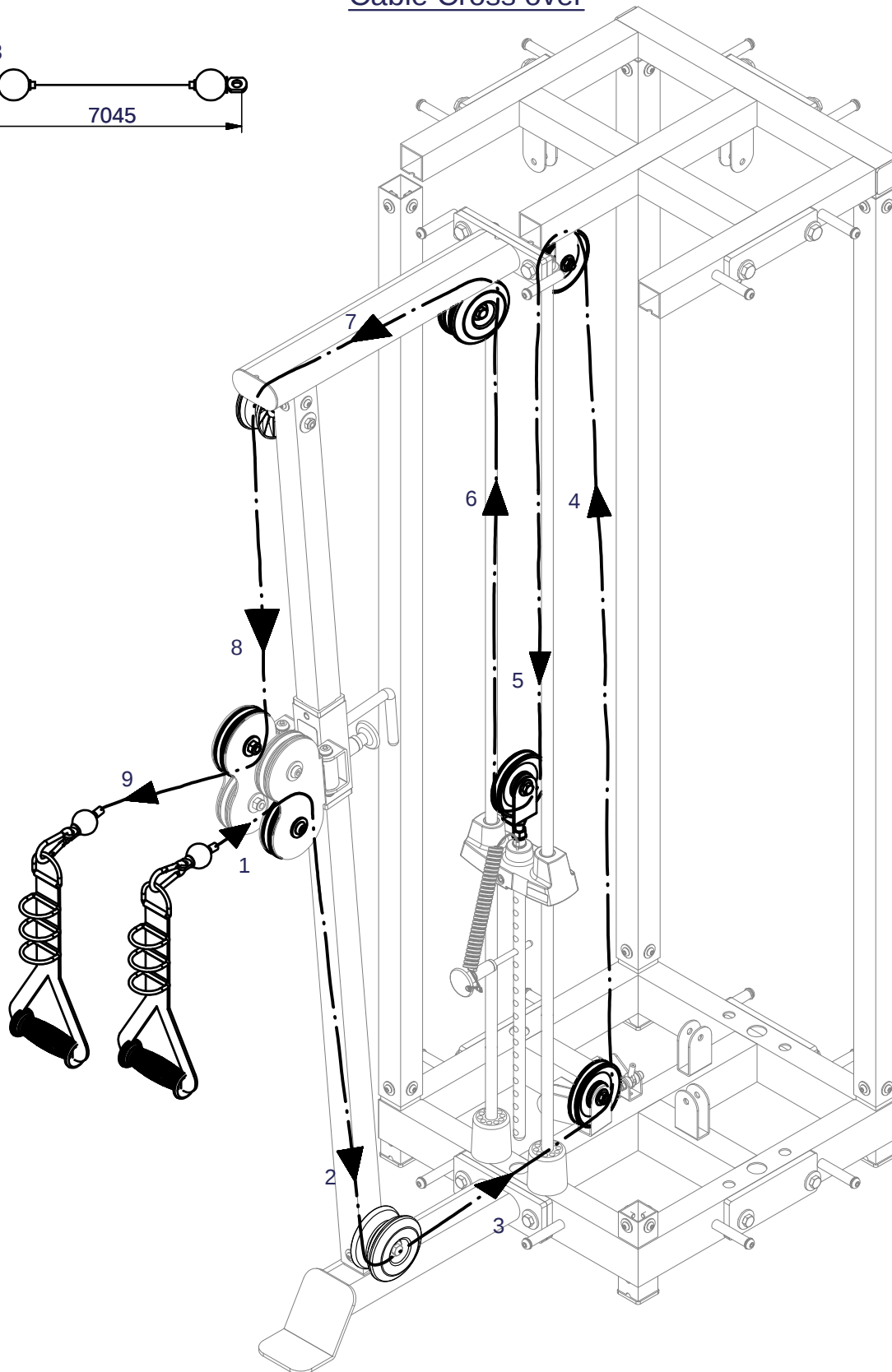
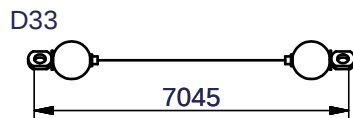
Above shows STEP 8
assembled and completed

Cable Cross over

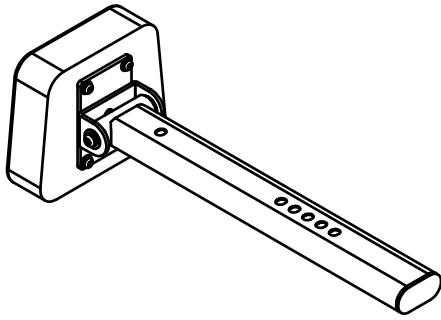


MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram Cable Cross over

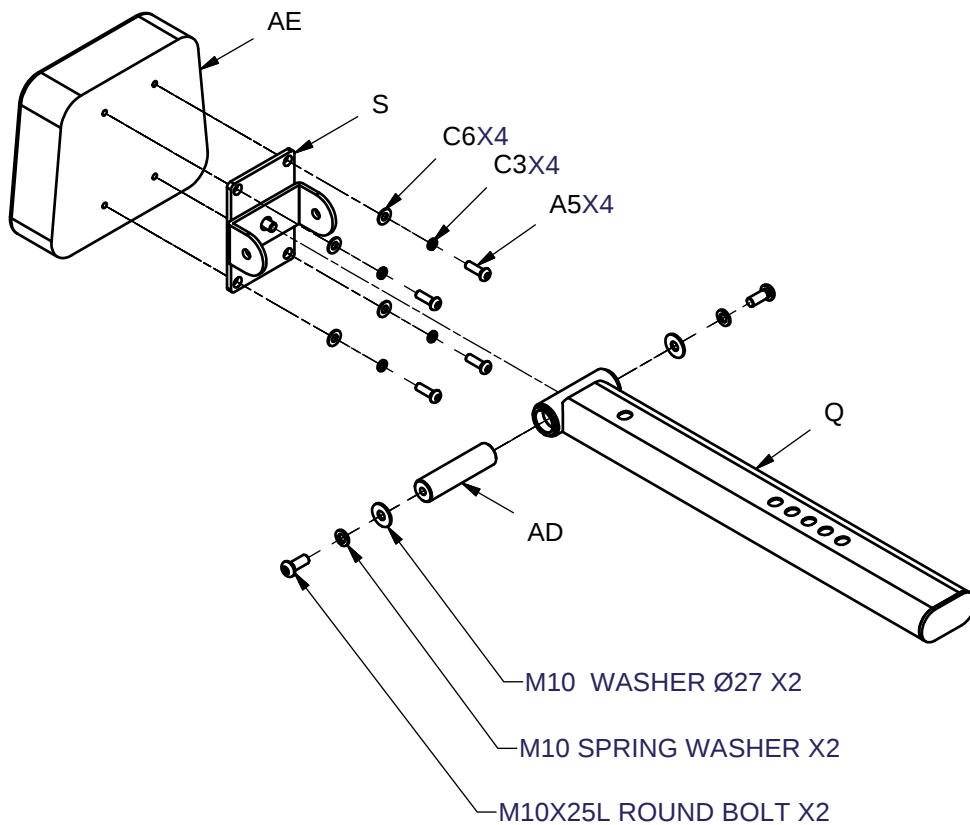


MTSG ASSEMBLY INSTRUCTIONS

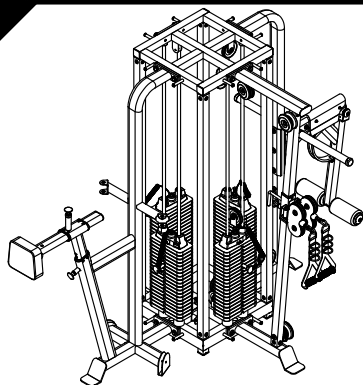


Above shows STEP 9
assembled and completed

Chest Press Mid Row



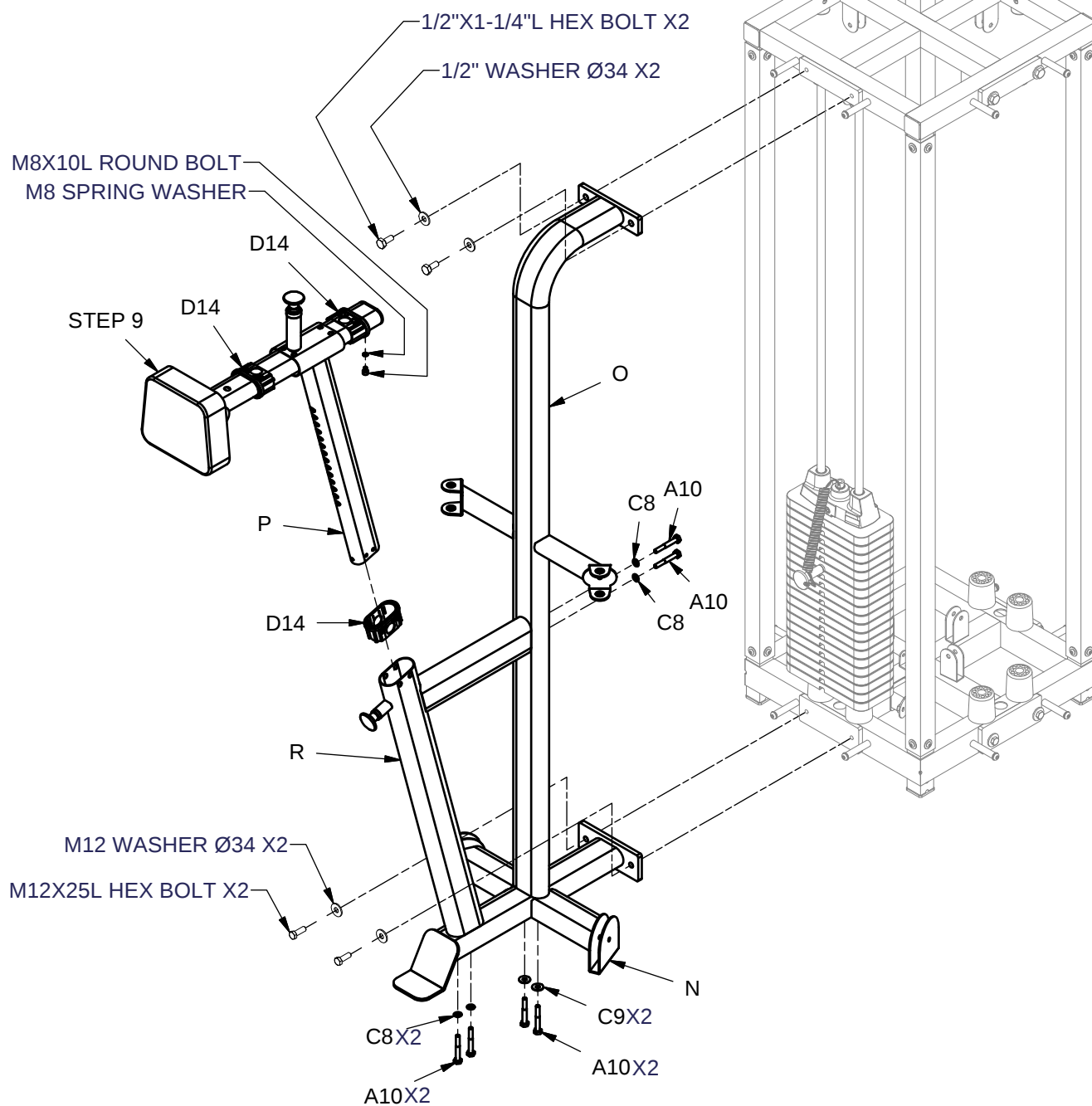
MTSG ASSEMBLY INSTRUCTIONS



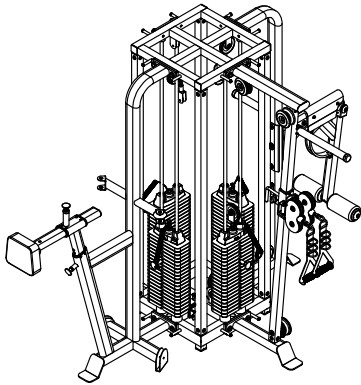
Above shows STEP 10
assembled and completed

Chest Press Mid Row

STEP 8



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 11
assembled and completed

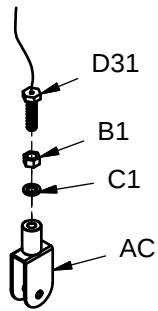
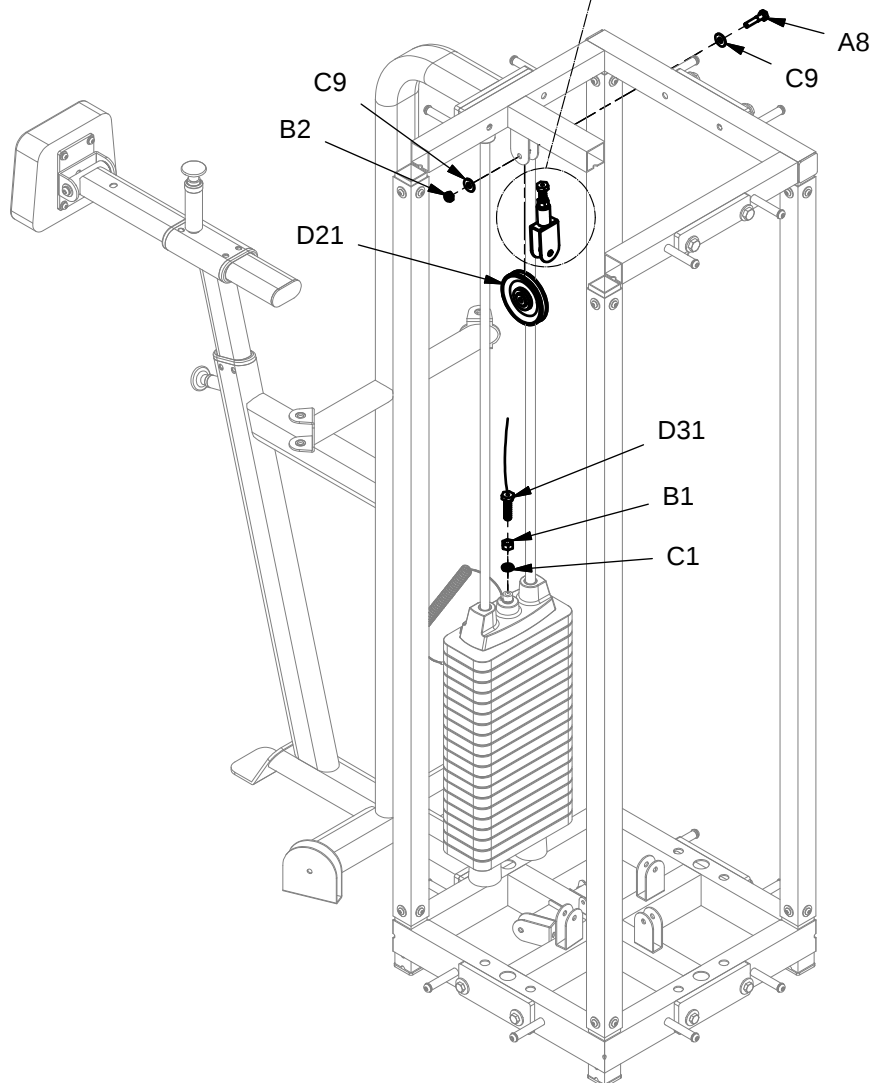


Figure 3

Chest Press
Mid Row



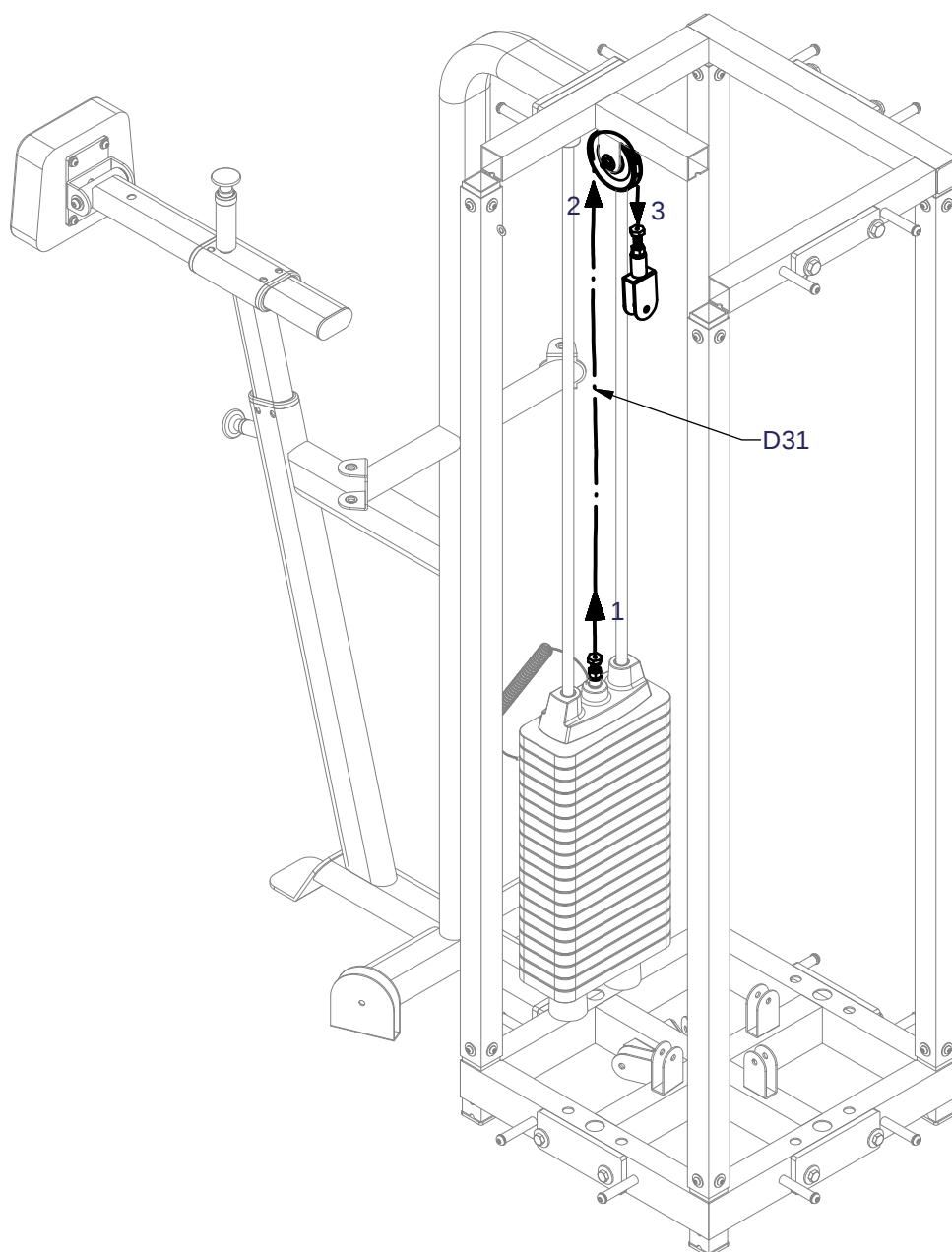
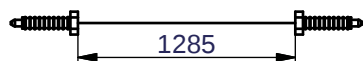
MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram

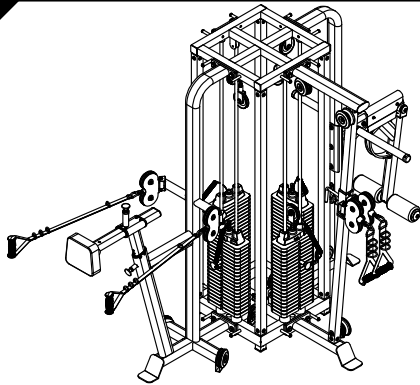
Chest Press

Mid Row

D31



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 12
assembled and completed

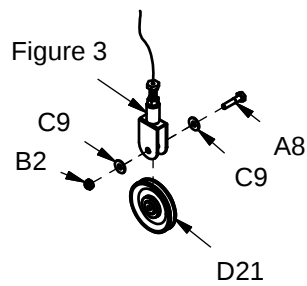


Figure 6

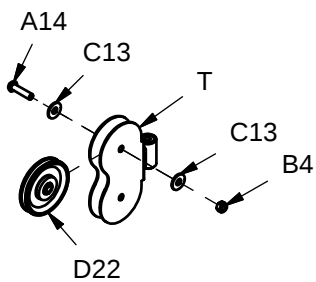


Figure 4

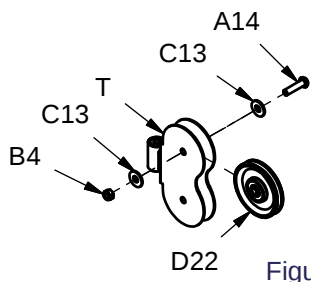
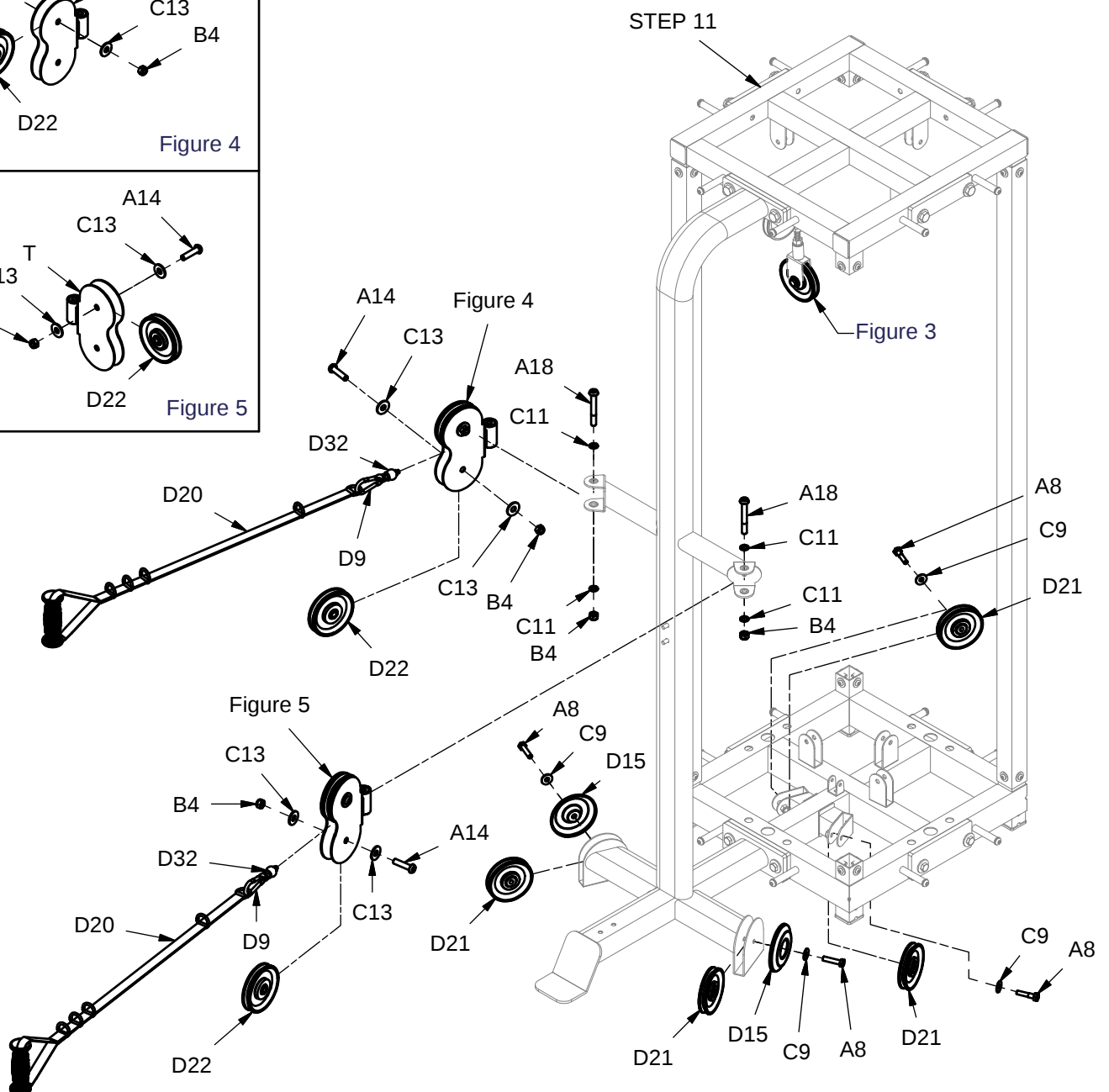


Figure 5



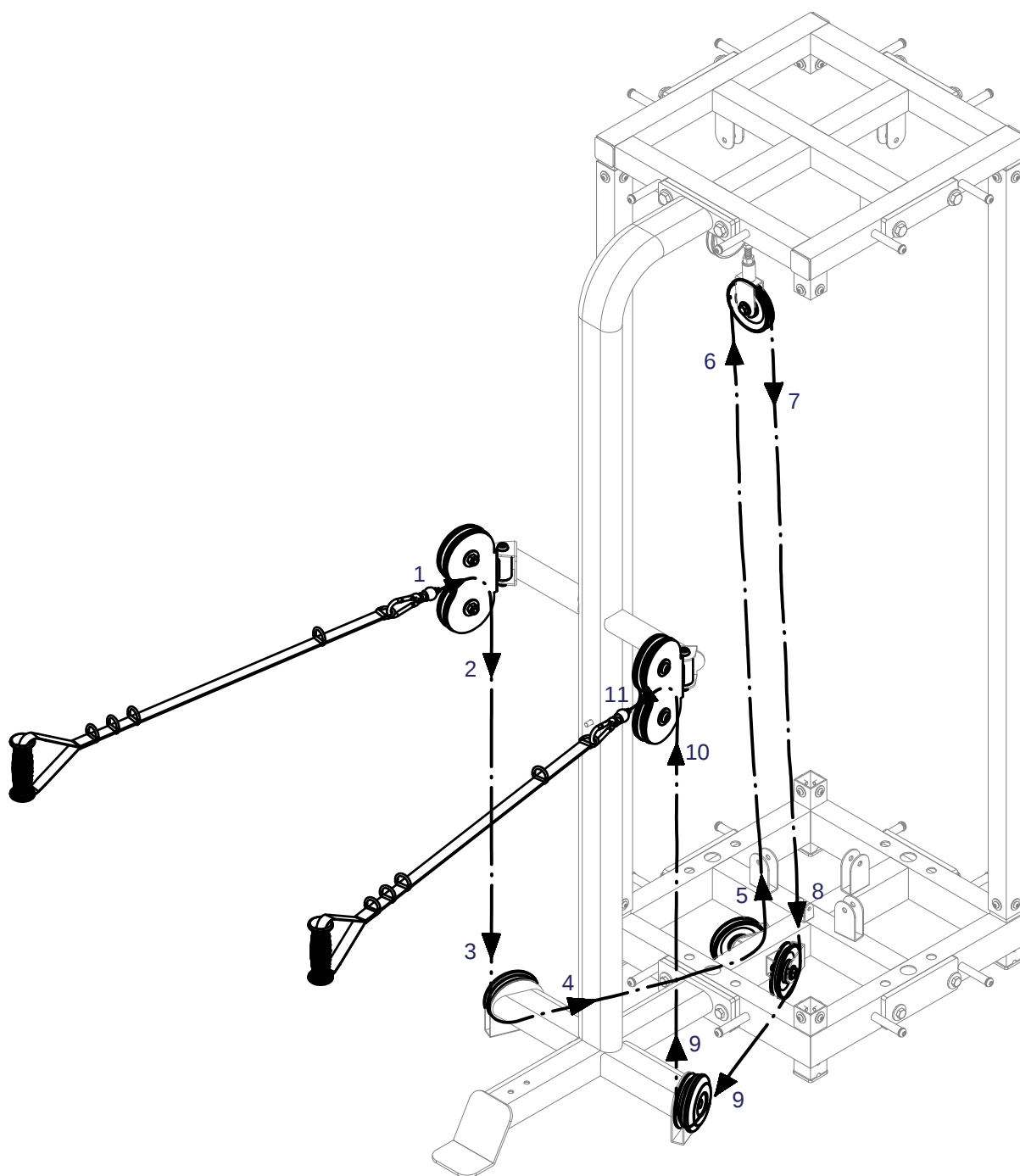
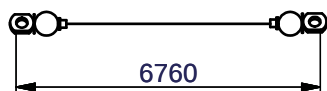
MTSG ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram

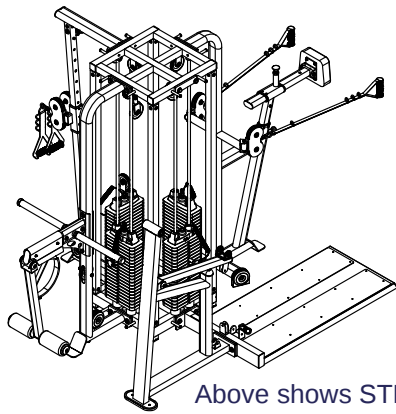
Chest Press

Mid Row

D32



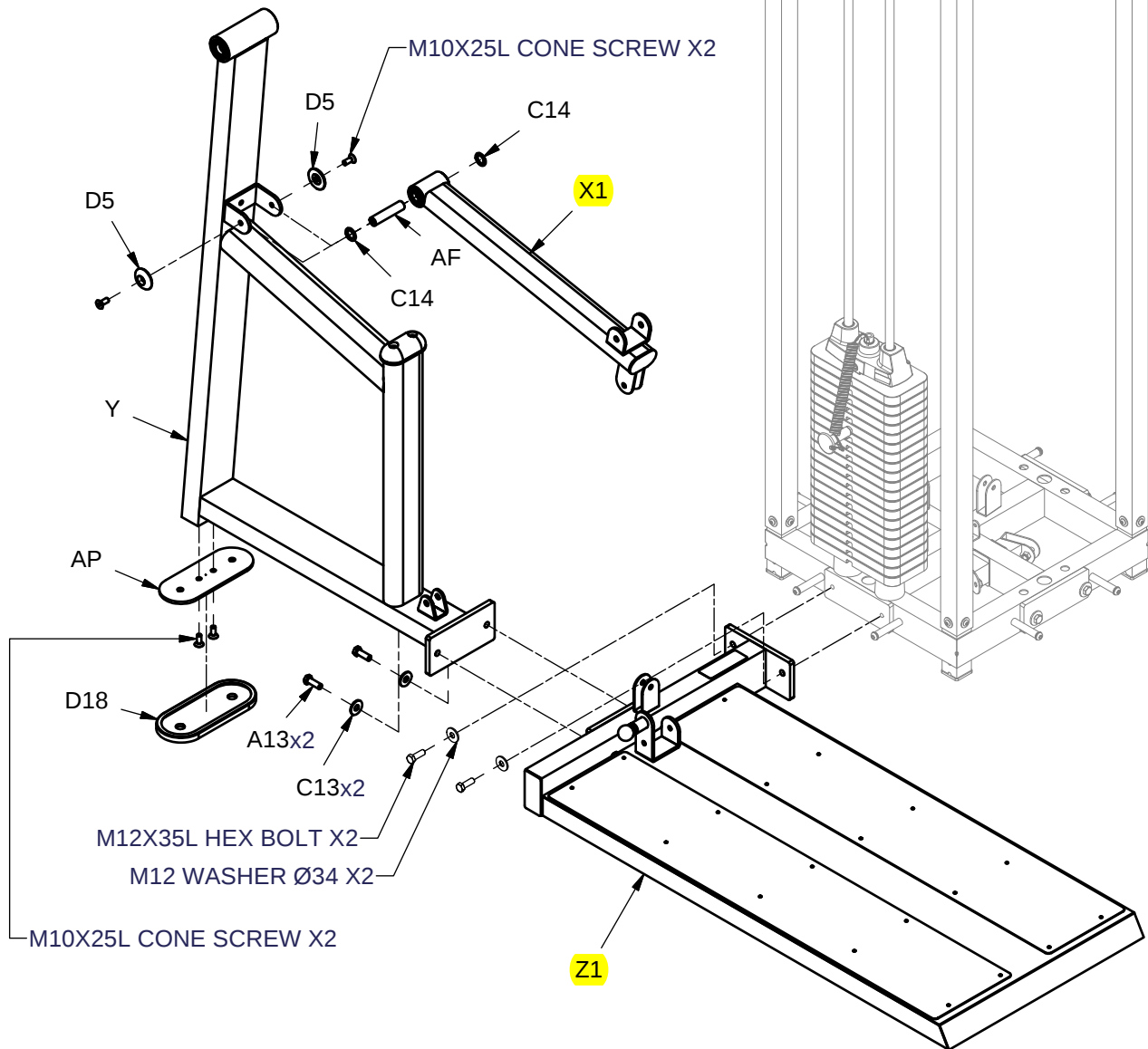
MTSG ASSEMBLY INSTRUCTIONS



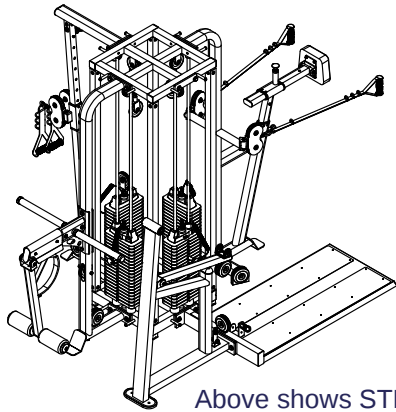
Above shows STEP 13
assembled and completed

Calf Press

STEP 12

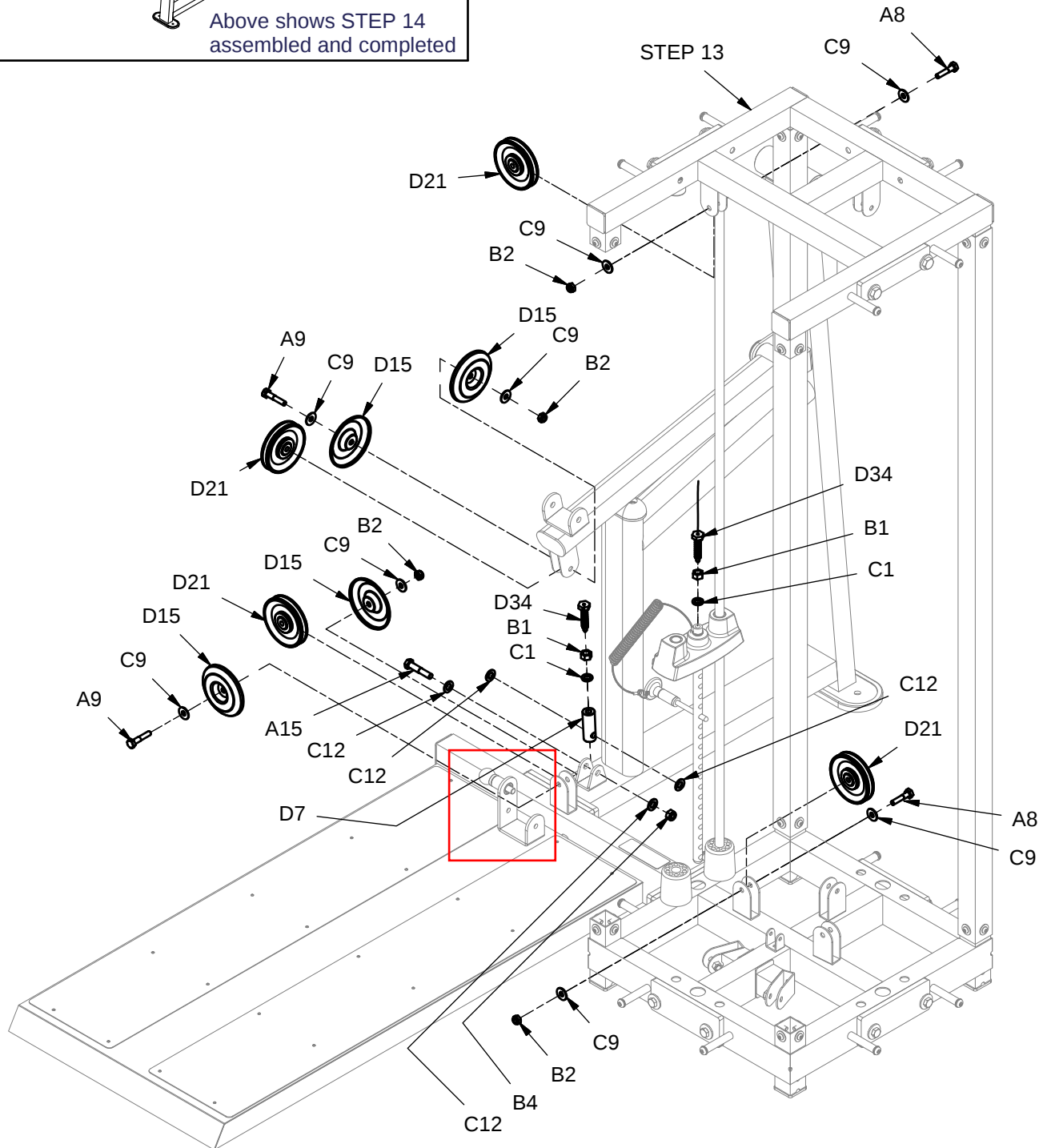


MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 14
assembled and completed

Calf Press

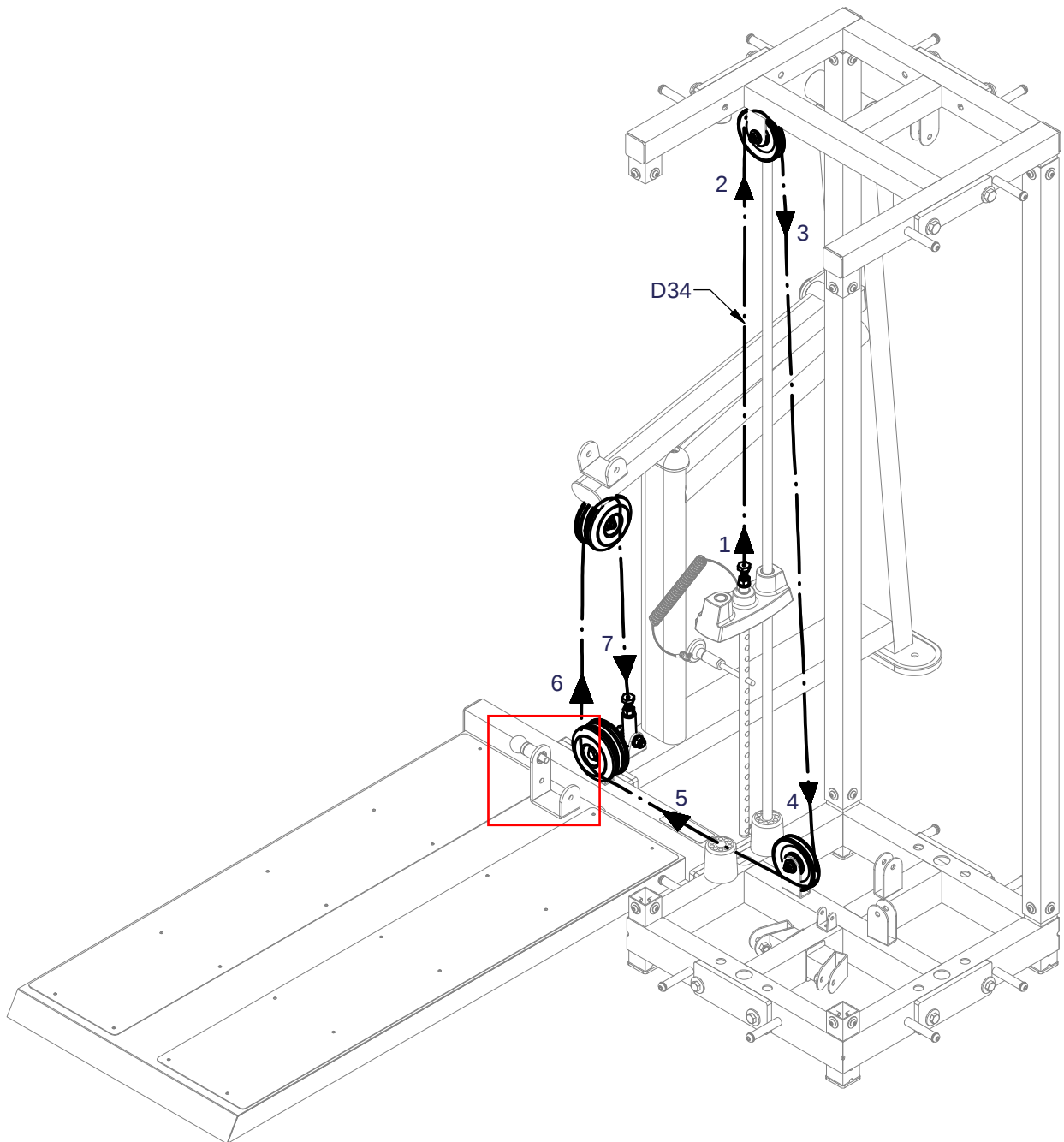
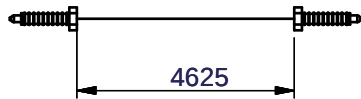


MTSG ASSEMBLY INSTRUCTIONS

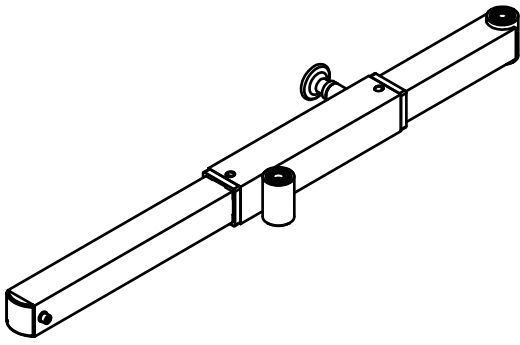
Cable Configuration Diagram

Calf Press

D34

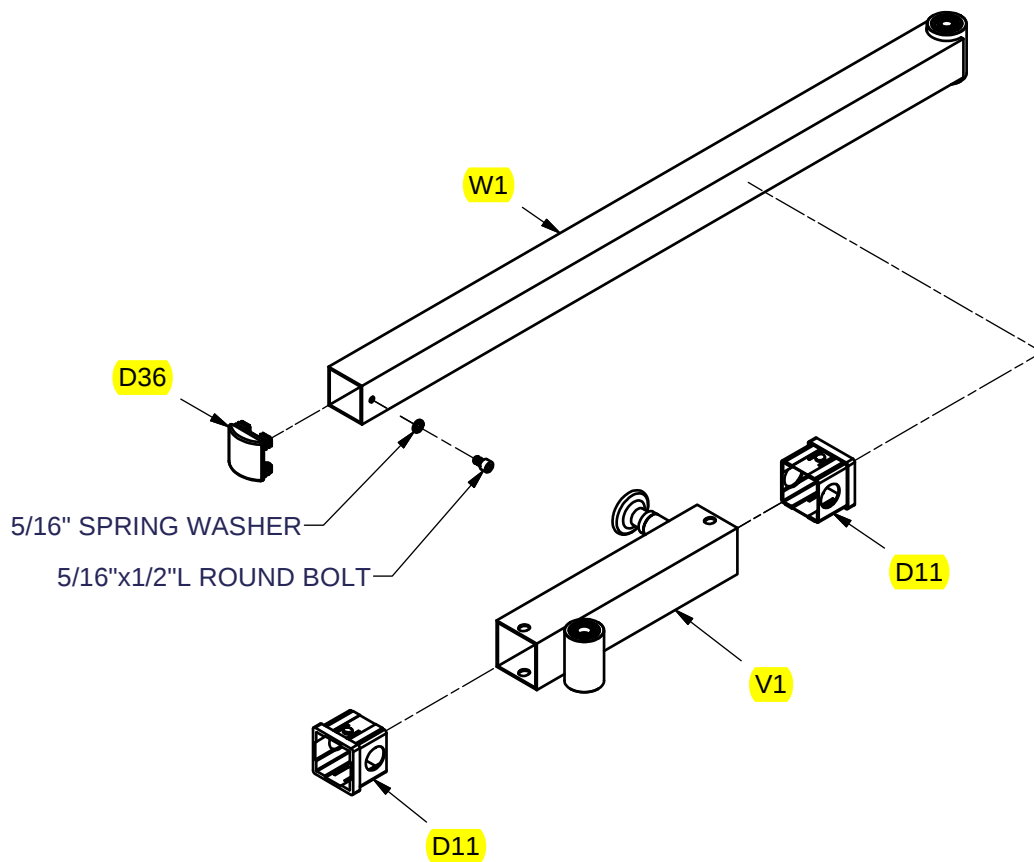


MTSG ASSEMBLY INSTRUCTIONS

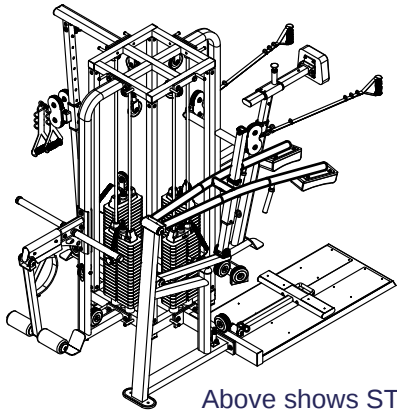


Calf Press

Above shows STEP 15
assembled and completed

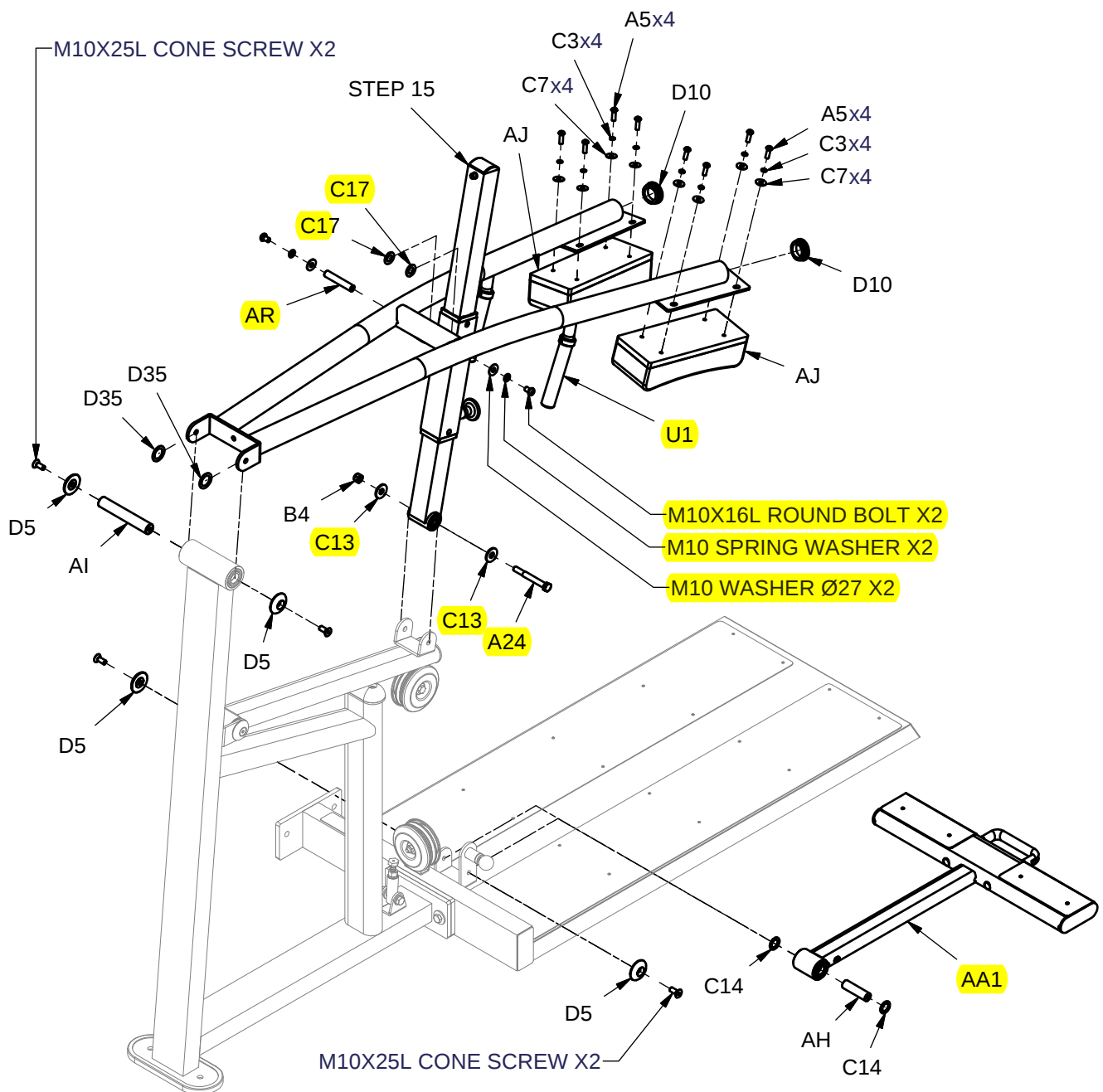


MTSG ASSEMBLY INSTRUCTIONS

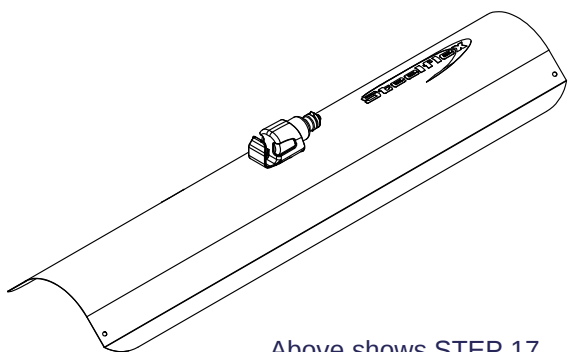


Above shows STEP 16
assembled and completed

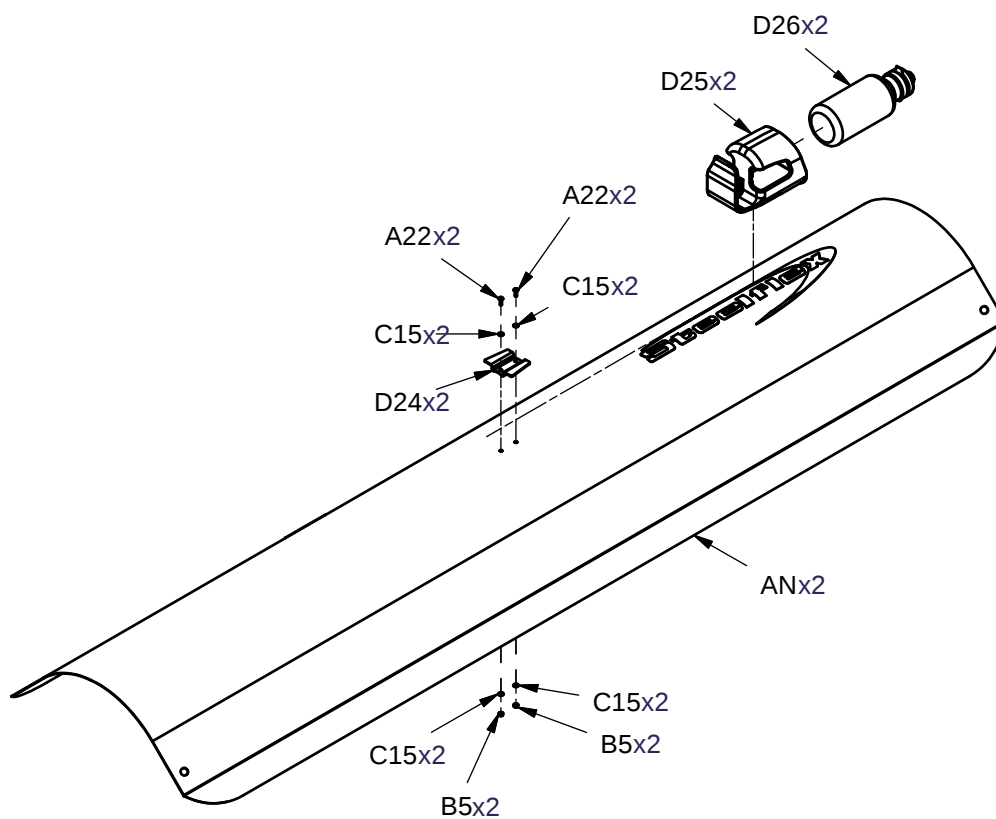
Calf Press



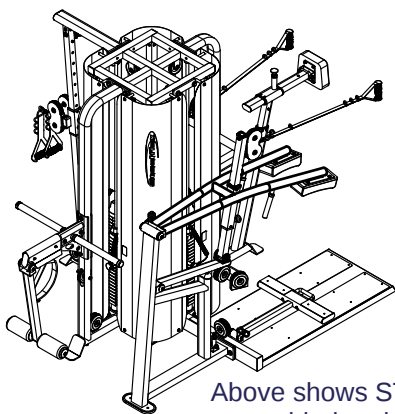
MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 17
assembled and completed



MTSG ASSEMBLY INSTRUCTIONS



Above shows STEP 18
assembled and completed

M10X16L ROUND BOLT X8
M10 WASHER Ø19 X8

M10 WASHER Ø19 X8
M10X16L ROUND BOLT X8

