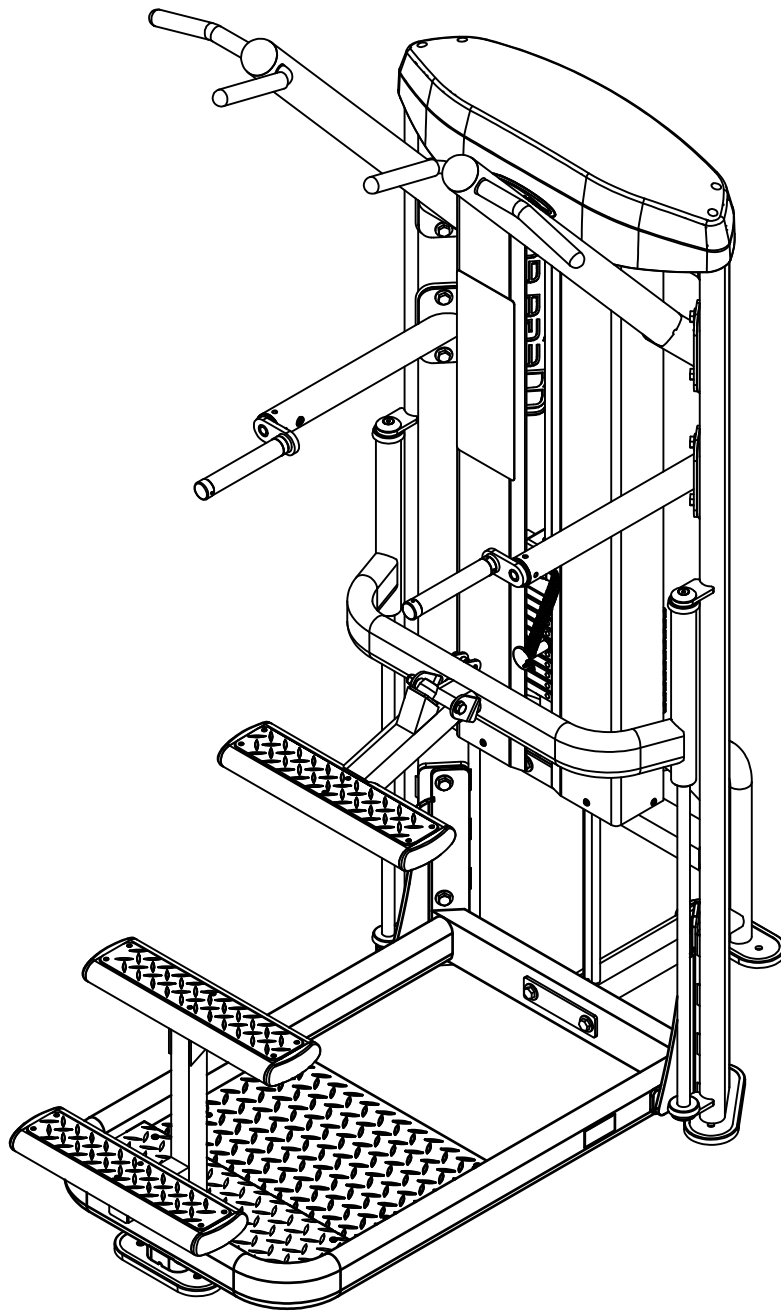


**MEGA POWER**



**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

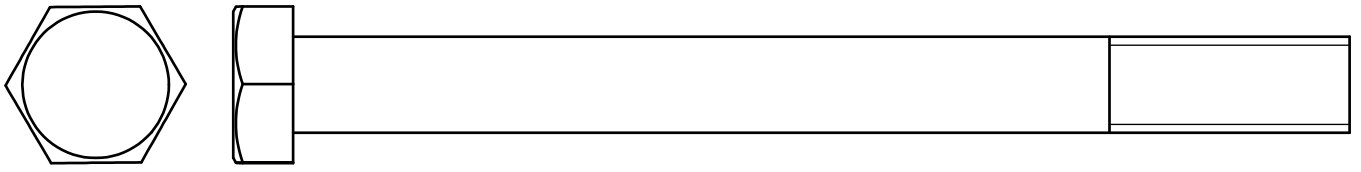
Fax: 886-2-27229750

[www.steelflexfitness.com](http://www.steelflexfitness.com)

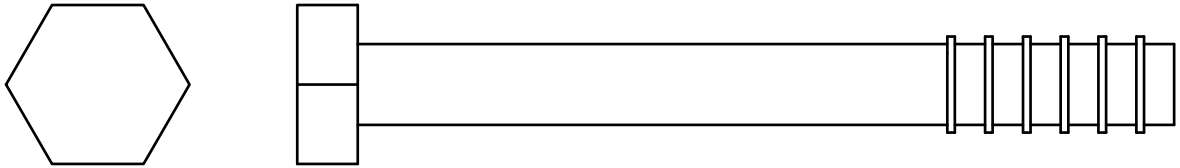
**MCD2100.3 OWNER'S MANUAL**

# MCD2100 ASSEMBLY INSTRUCTIONS

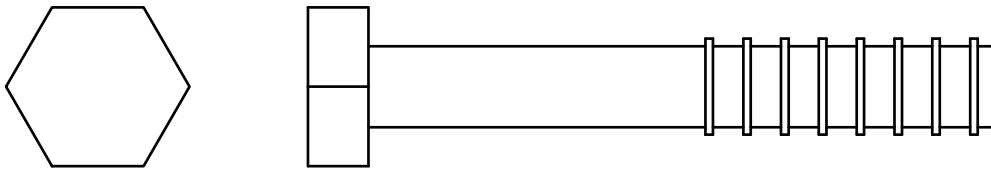
## HARDWARE ILLUSTRATION



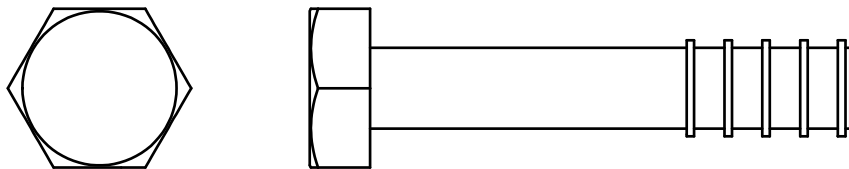
(A1)HEX BOLT 1/2"x5-1/2"L PARTIAL QTY.1



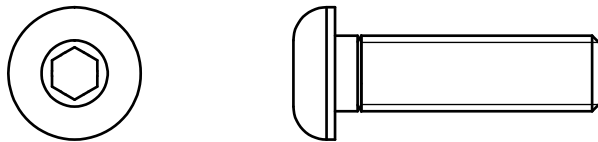
(A2)HEX BOLT 1/2"x4-1/4"L PARTIAL QTY.2



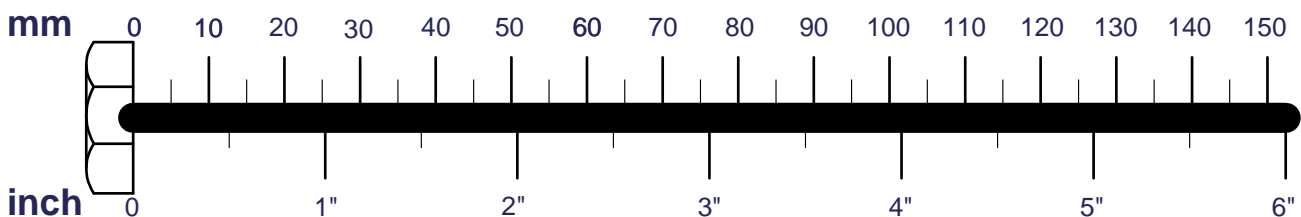
(A3)HEX BOLT 1/2"x3-1/4"L PARTIAL THREAD QTY.6



(A4)HEX BOLT 1/2"x2-1/2"L PARTIAL THREAD QTY.1

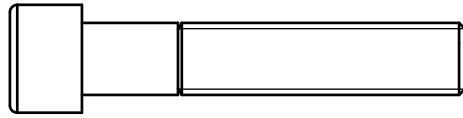
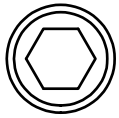


(A5)ROUND INNER HEX SCREW M10x35L PARTIAL THREAD QTY.1

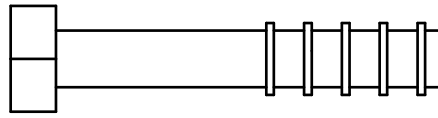
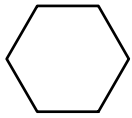


# MCD2100 ASSEMBLY INSTRUCTIONS

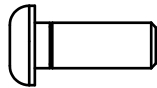
## HARDWARE ILLUSTRATION



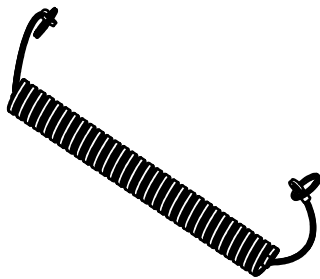
(A6)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1



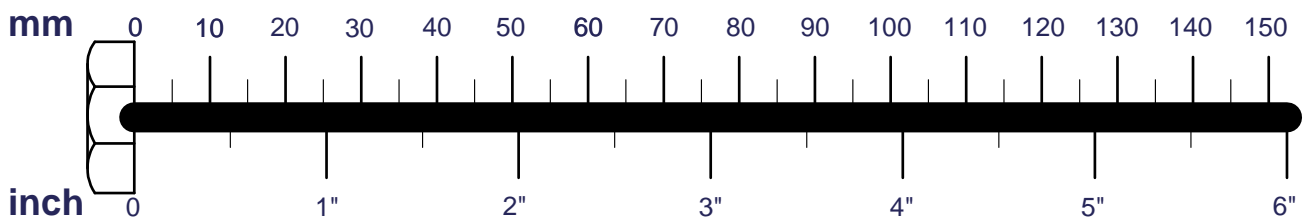
(A7)HEX BOLT 3/8"x2"L PARTIAL THREAD QTY.1



(A8)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.12

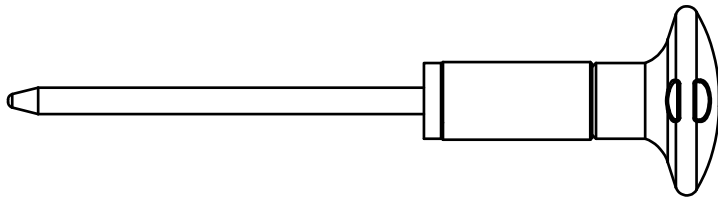


(A9)ELASTIC BELT QTY.1

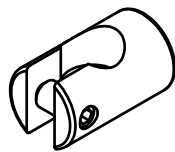


# MCD2100 ASSEMBLY INSTRUCTIONS

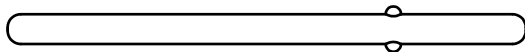
## HARDWARE ILLUSTRATION



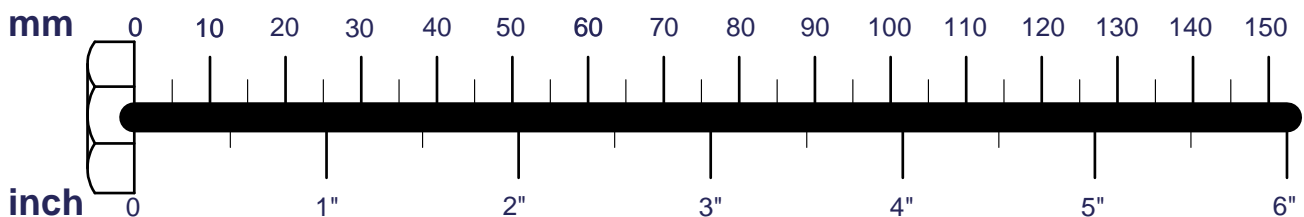
(A11)10、15、20LB PIN (8250-162)QTY.1



(A12)FIRM SHEATH(8890-010)QTY.1

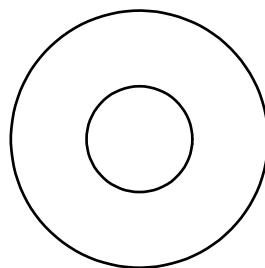
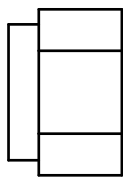
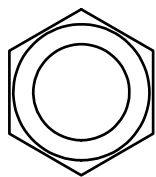


(A13)Ø7.9 FIXED PIN(8250-166) QTY.1



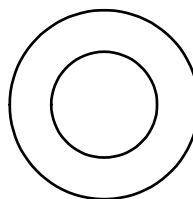
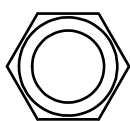
# MCD2100 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



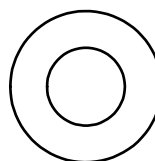
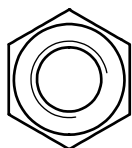
(B1) NYLON LOCK NUT 1/2" QTY.10

(C1) 1/2"(I.D.) FLAT WASHER Ø34 QTY.16



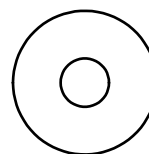
(B2) NYLON LOCK NUT 3/8" QTY.1

(C2) 1/2"(I.D.) FLAT WASHER Ø25 QTY.4

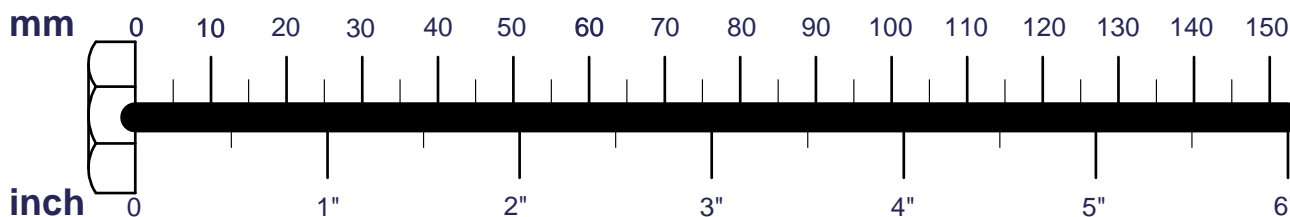


(B3) NYLON LOCK NUT M10 QTY.1

(C3) M10(I.D.) FLAT WASHER Ø20 QTY.2

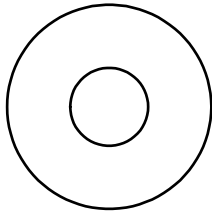


(C4) M6(I.D.) FLAT WASHER Ø19 QTY.12

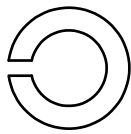


# MCD2100 ASSEMBLY INSTRUCTIONS

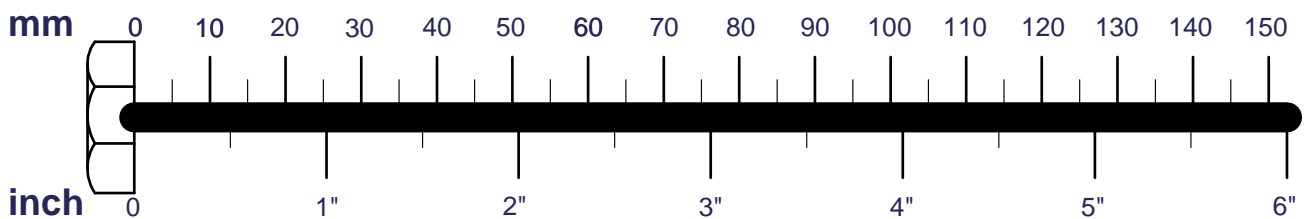
## HARDWARE ILLUSTRATION



(C5) 3/8" (I.D.) FLAT WASHER Ø27 QTY. 2



(C6) SPRING WASHER 3/8" QTY. 1

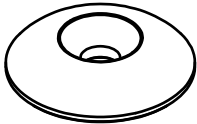


# MCD2100 ASSEMBLY INSTRUCTIONS

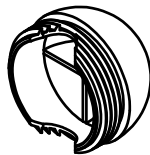
## HARDWARE ILLUSTRATION

D1.Ø50 CAP COVER(8130-131)-----	[4PCS]
D2.Ø76 END CAP(9211-076)-----	[2PCS]
D3.Ø3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D4.50X150L END CAP(9211-162)-----	[6PCS]
D5.Ø63.5xØ26x12.7t RUBBER COUNT(9310-011)-----	[4PCS]
D6.Ø55XØ19.5X32L RUBBER COUNT(9310-027)-----	[2PCS]
D7.108X15tX263L RUBBER PAD(9310-075)-----	[4PCS]
D8.Ø110X22L PULLEY(9213-002B)-----	[1PCS]
D10.WEIGHT SELECTOR BAR(8210-176A)-----	[1PCS]
D11.STEEL CABLE 2300mm(FMCD2100)-----	[1PCS]
D12.STEEL BUSHING (8110-127)-----	[2PCS]
D13.TOP PLATE(8400-033)-----	[1PCS]

D1.



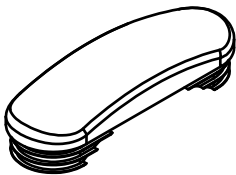
D2.



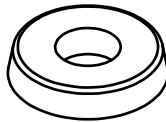
D3.



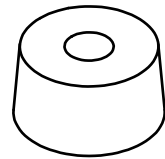
D4.



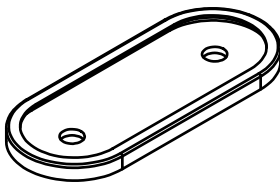
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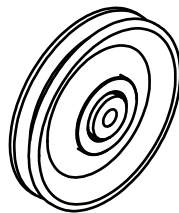
D6.



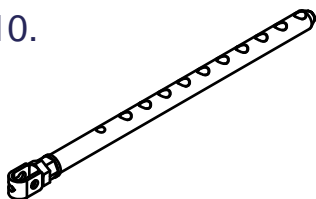
D7.



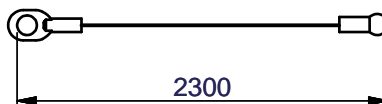
D8.



D10.



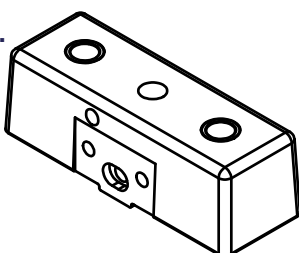
D11.



D12.



D13.

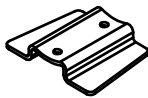


# MCD2100 ASSEMBLY INSTRUCTIONS

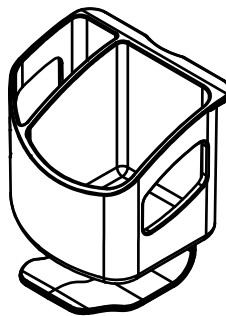
## HARDWARE ILLUSTRATION

D14.BOTTLE BRACKET(8388-025)-----[1PCS]  
D15.BOTTLE RACK(9260-320)-----[1PCS]  
D16.BOTTLE(9260-123)-----[1PCS]

D14



D15



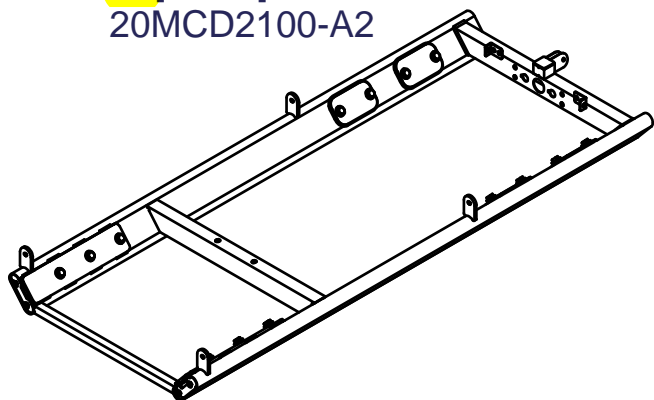
D16



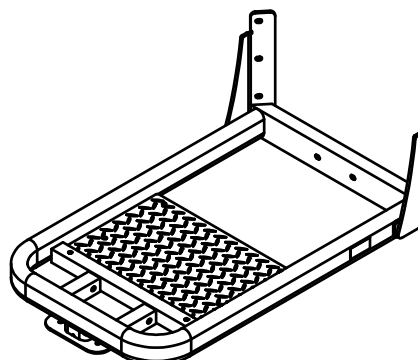
# MCD2100 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

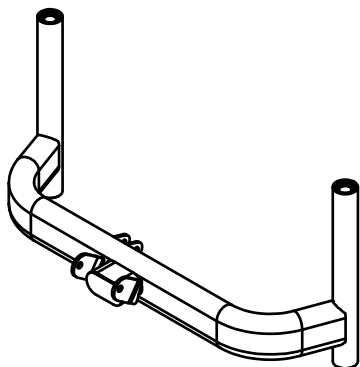
**A2** [1SET]  
20MCD2100-A2



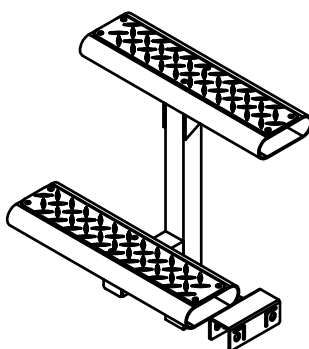
**B2** [1SET]  
20MCD2100-B2



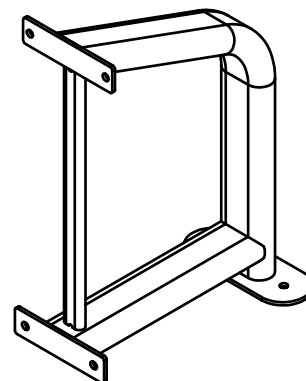
**C2** [1SET]  
20MCD2100-C2



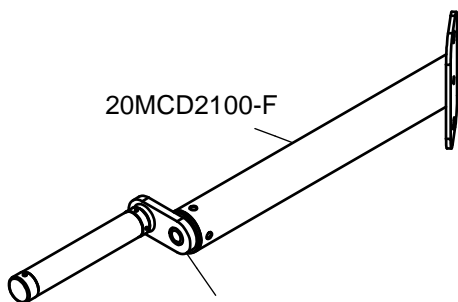
**D1** [1SET]  
20MCD2100-D1



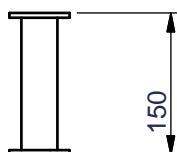
**E** [1SET]  
20MCD2100-E



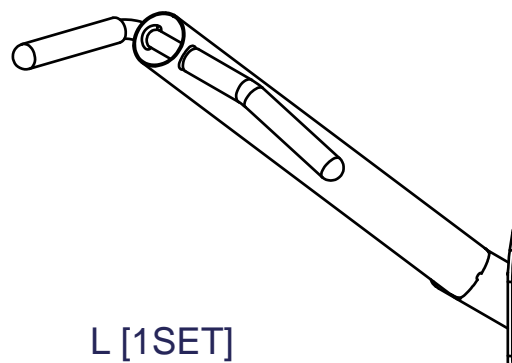
**F** [1SET]  
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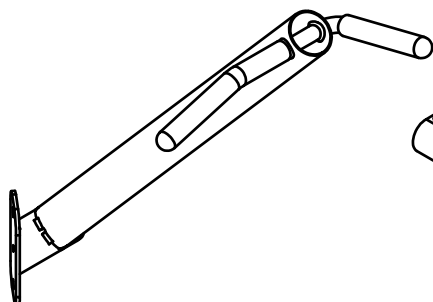
**G1** [2SET]  
20MCD2100-G1



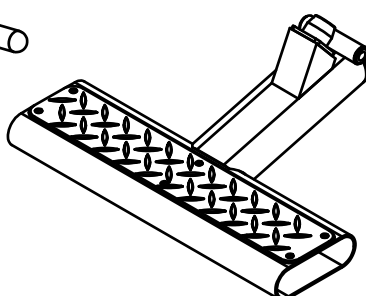
**H1** [1SET]  
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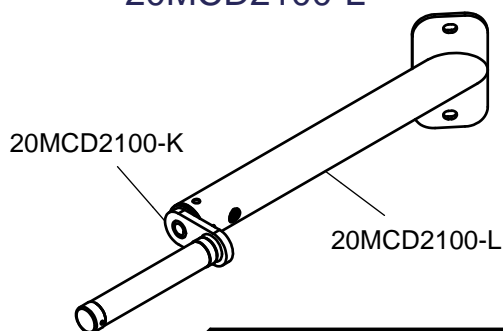
**I1** [1SET]  
20MCD2100-I1



**J1** [1SET]  
20MCD2100-J1



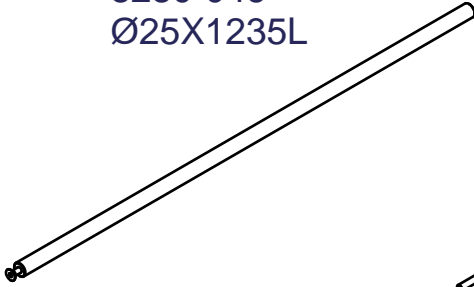
**L** [1SET]  
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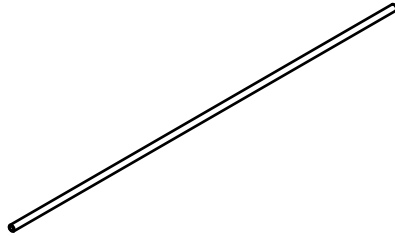
# MCD2100 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

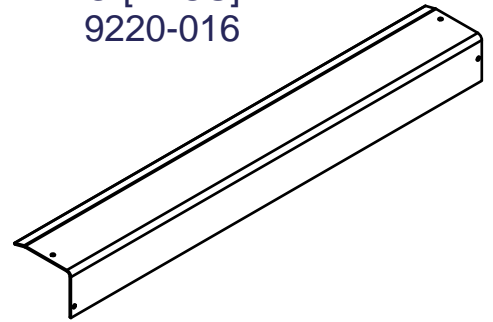
M1 [2PCS]  
8280-046  
Ø25X1235L



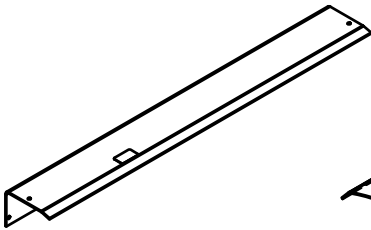
N1 [2PCS]  
8280-042  
Ø3/4"X1433L



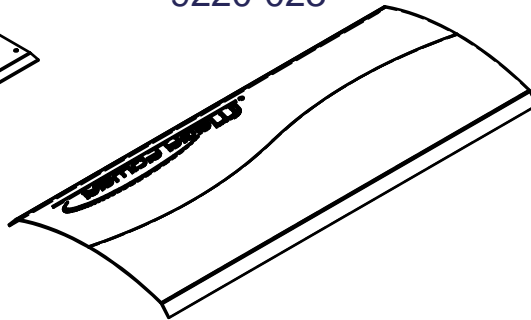
O [1PCS]  
9220-016



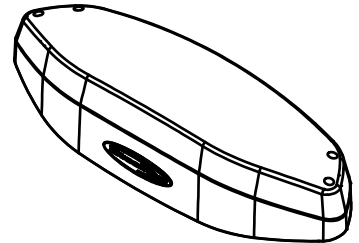
P [1PCS]  
9220-027



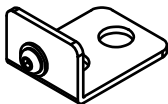
Q [1PCS]  
9220-023



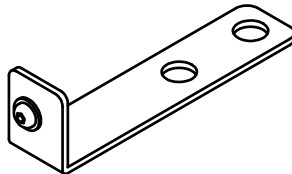
R [1SET]  
9211-148



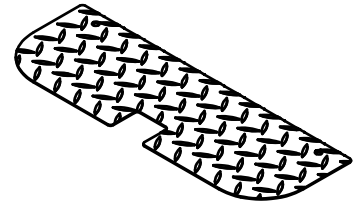
S [2SET]  
8331-056



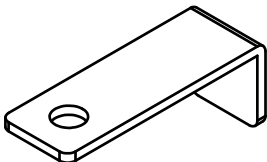
T [4SET]  
8331-057



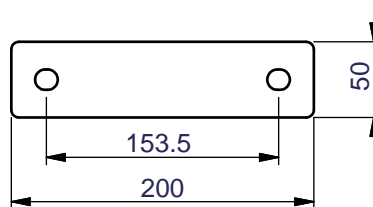
U [1PCS]  
8370-049



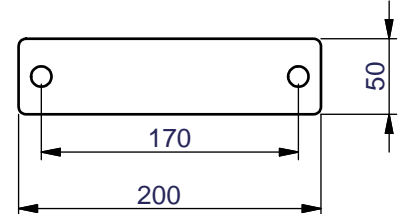
V [1PCS]  
8331-017



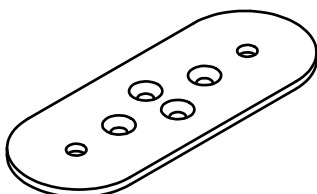
W [1PCS]  
8312-077



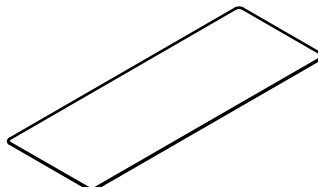
X [1PCS]  
8312-078



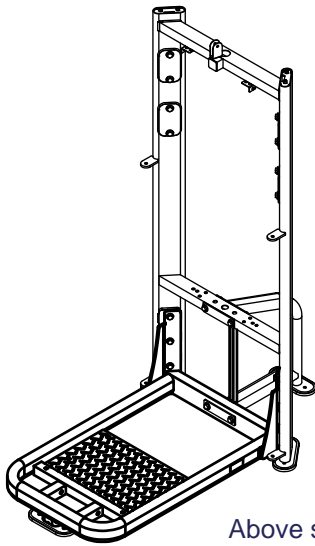
Y [2PCS]  
8313-144



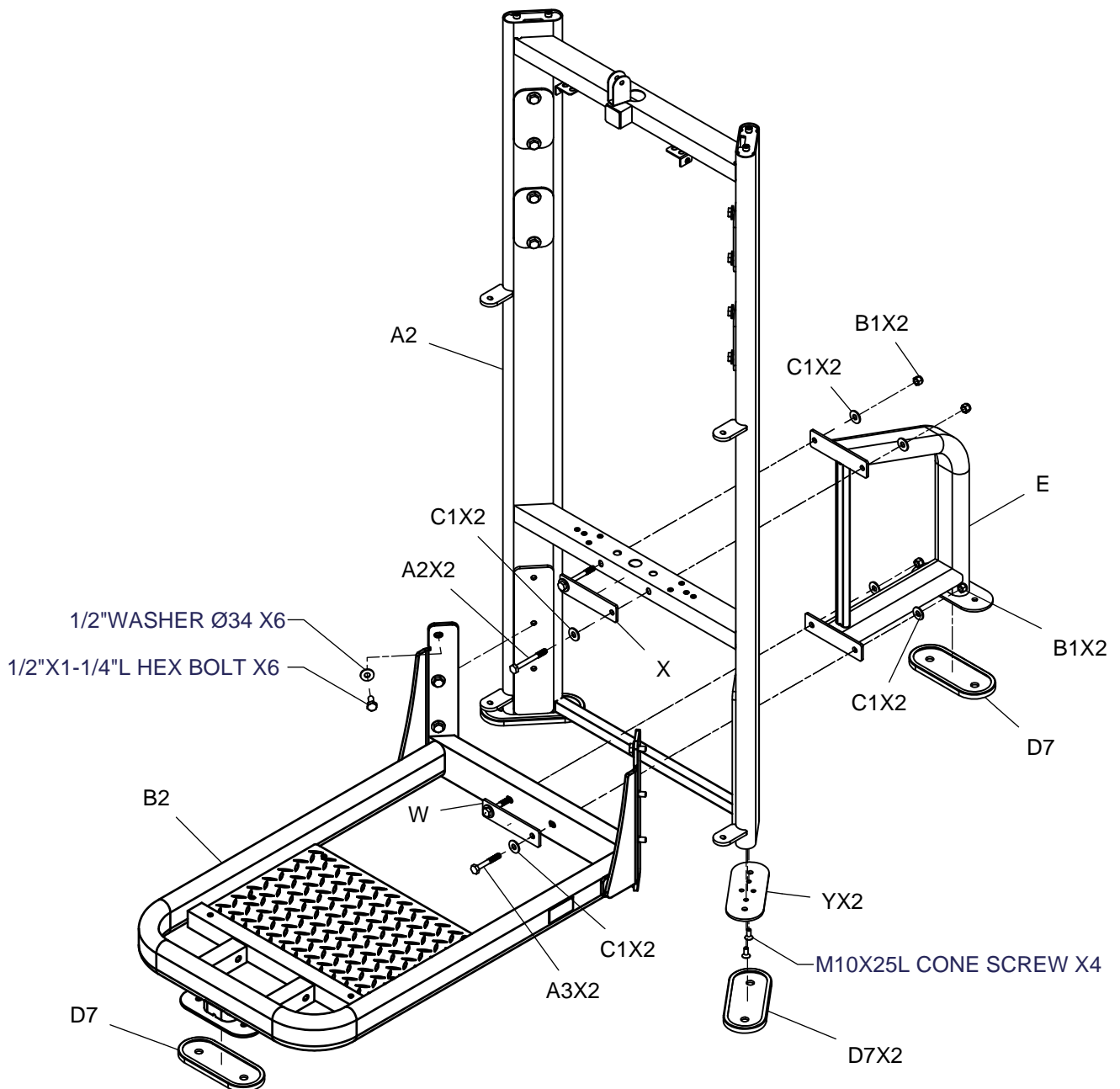
Z [1PCS]  
9420-116  
EXERCISE CHART



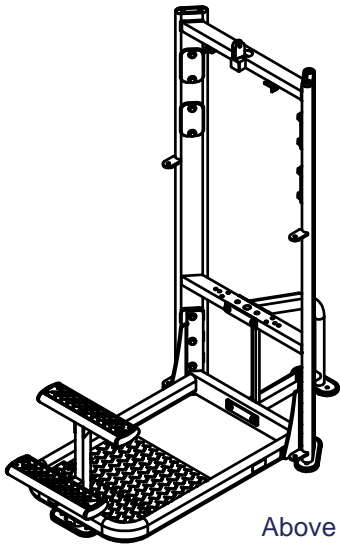
# MCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 1 assembled and completed



# MCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 2 assembled and completed

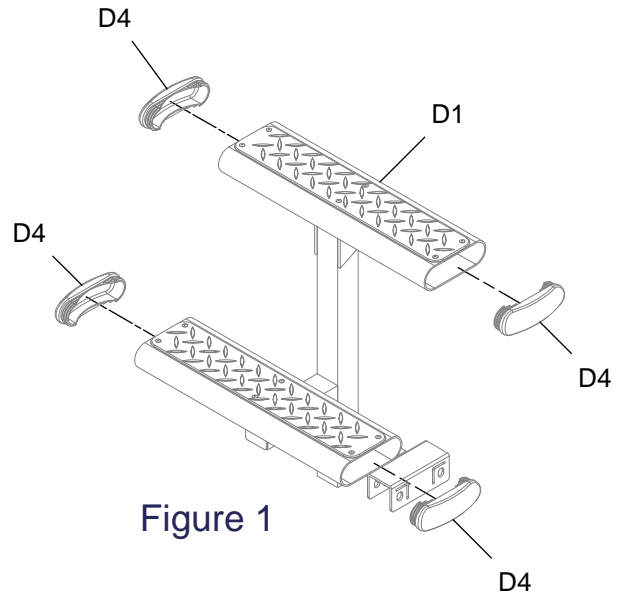
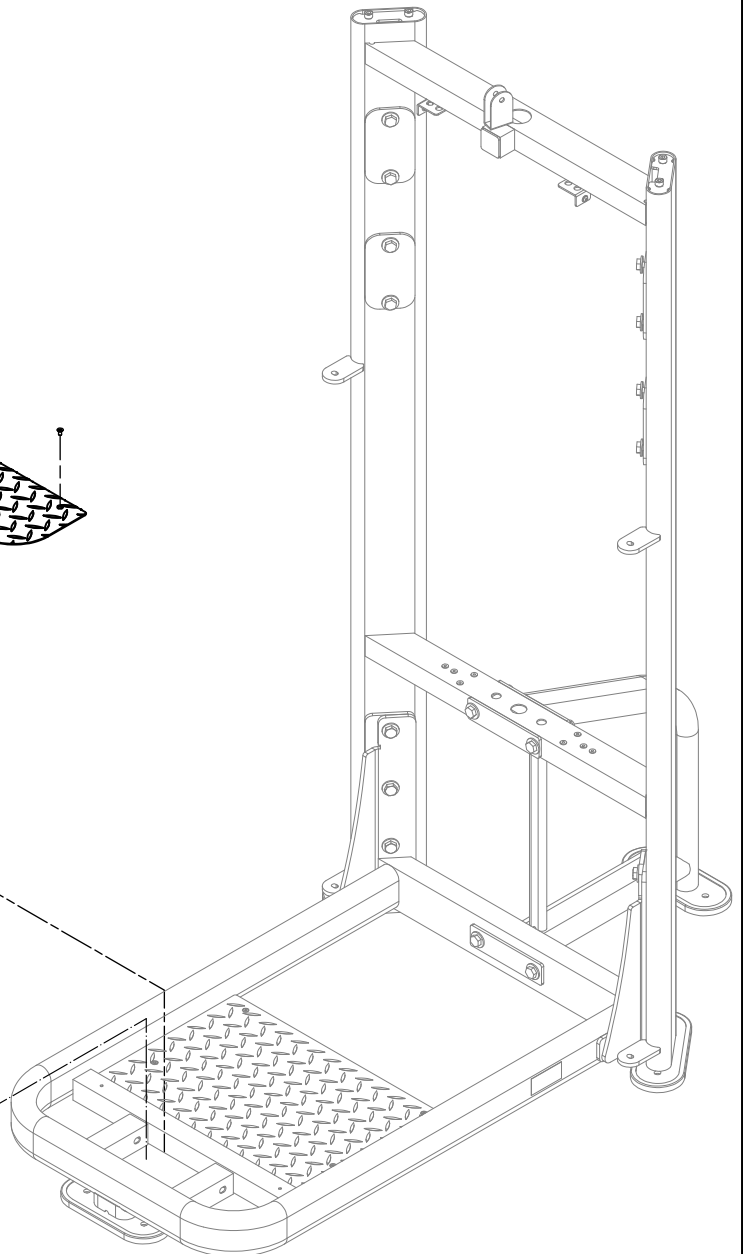
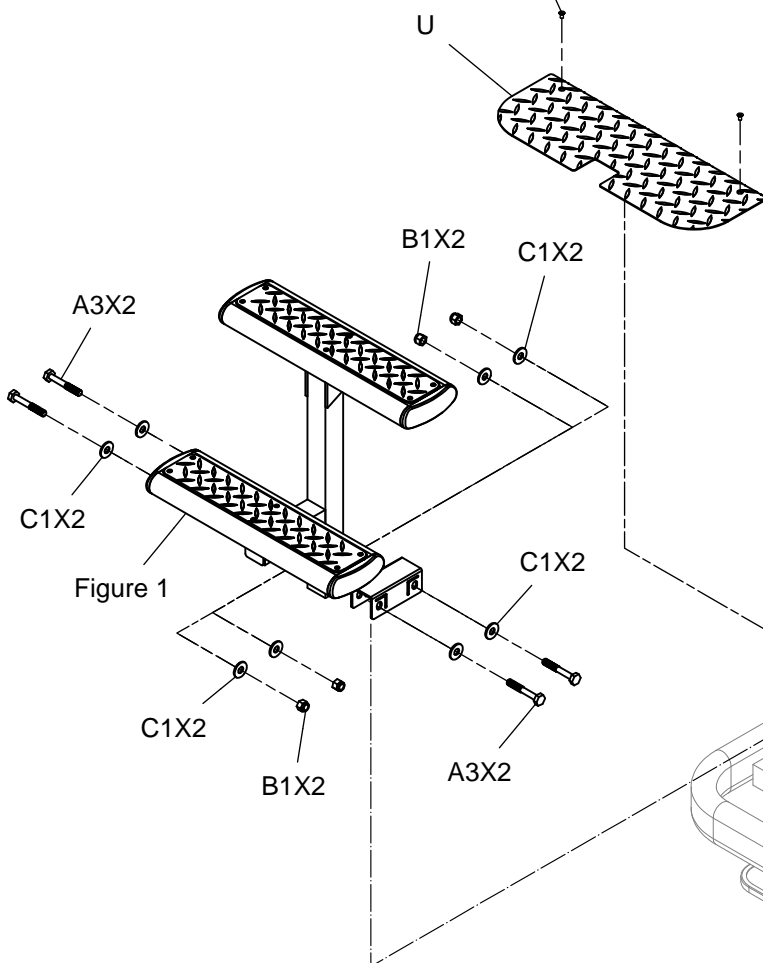
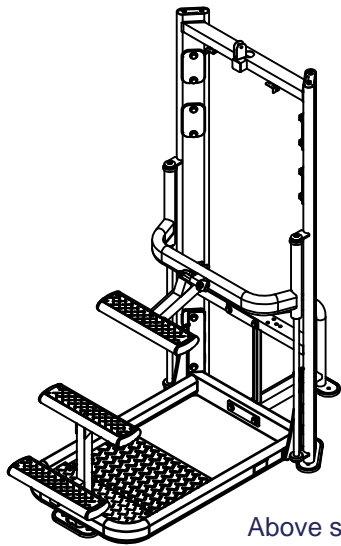


Figure 1

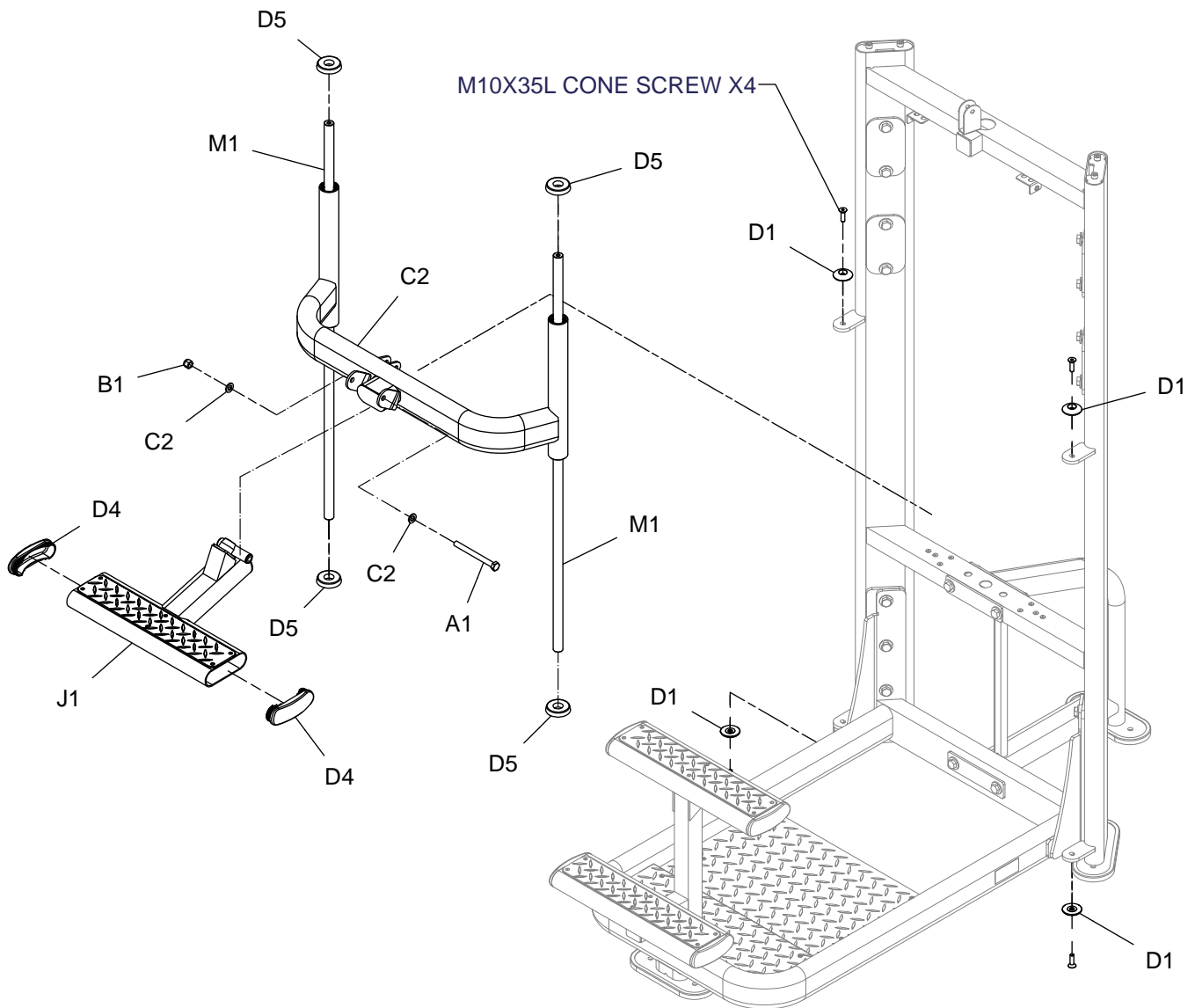
M6X12L CONE SCREW X6



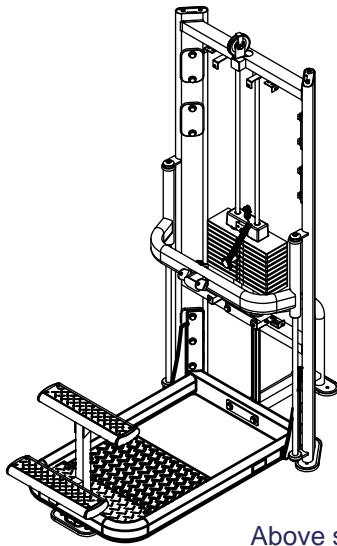
# MCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 3 assembled and completed

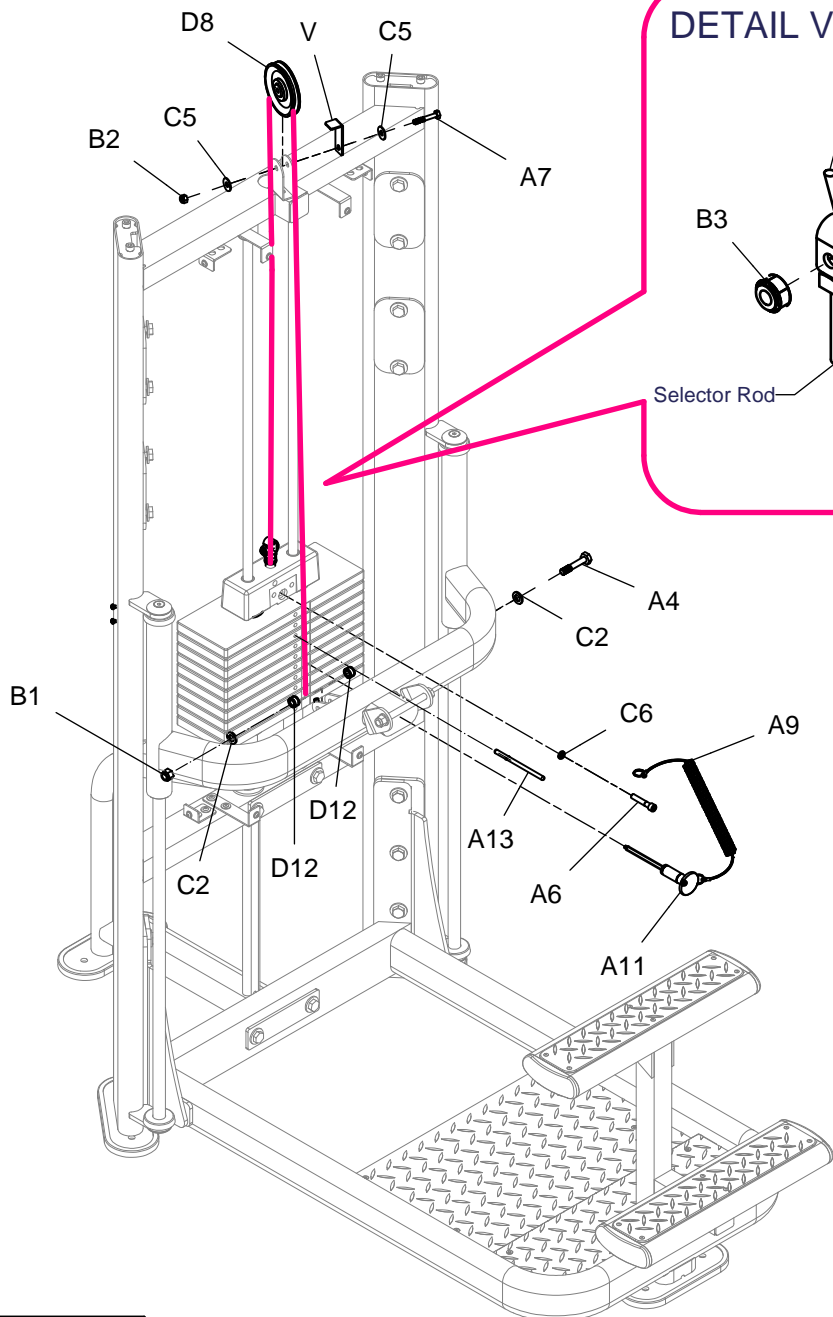


# MCD2100 ASSEMBLY INSTRUCTIONS

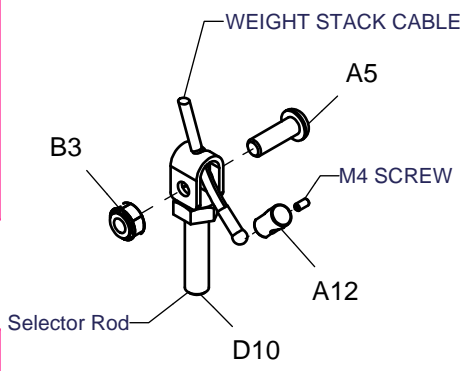


Above shows STEP 5 assembled and completed

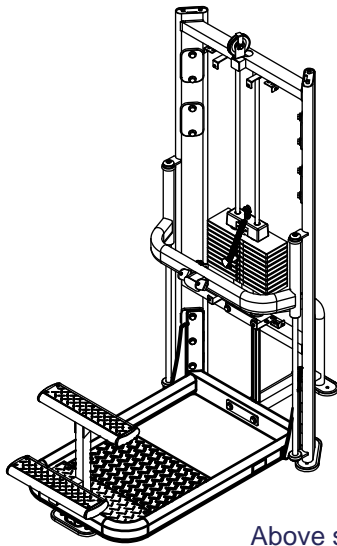
Note : Insert A13 through the hole of the Third electing plate and fix it permanently



## DETAIL VIEW

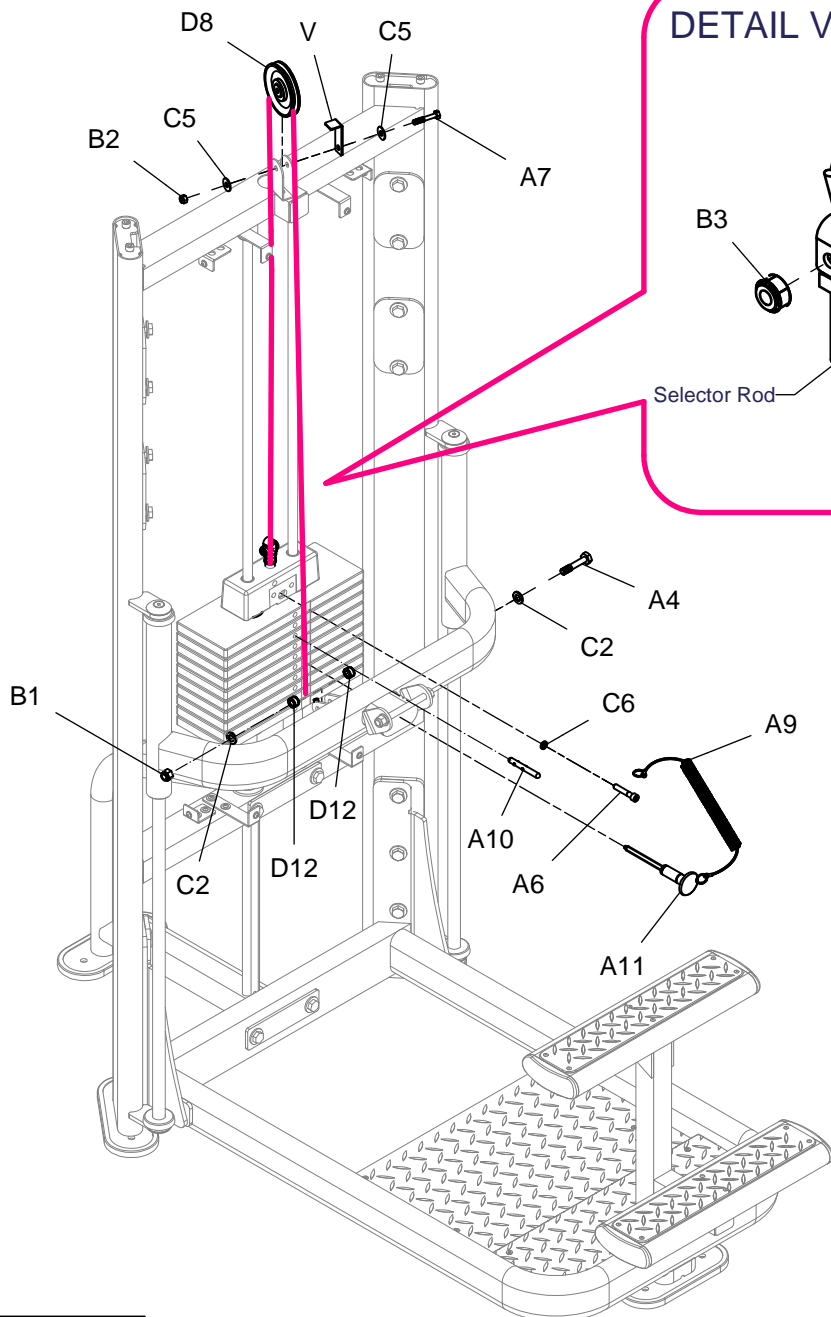


# MCD2100 ASSEMBLY INSTRUCTIONS

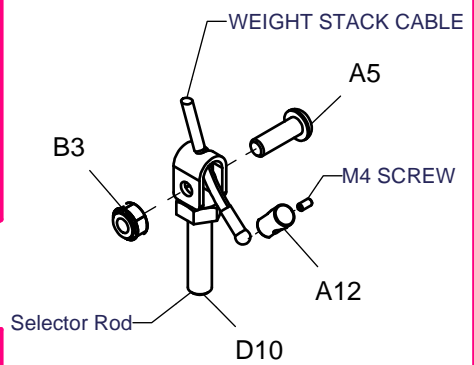


Above shows STEP 5 assembled and completed

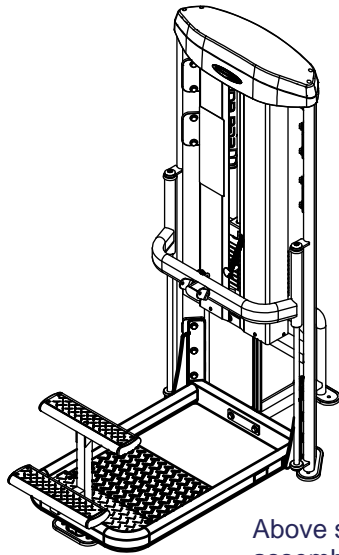
Note : Insert A10 through the hole of the Third electing plate and fix it permanently



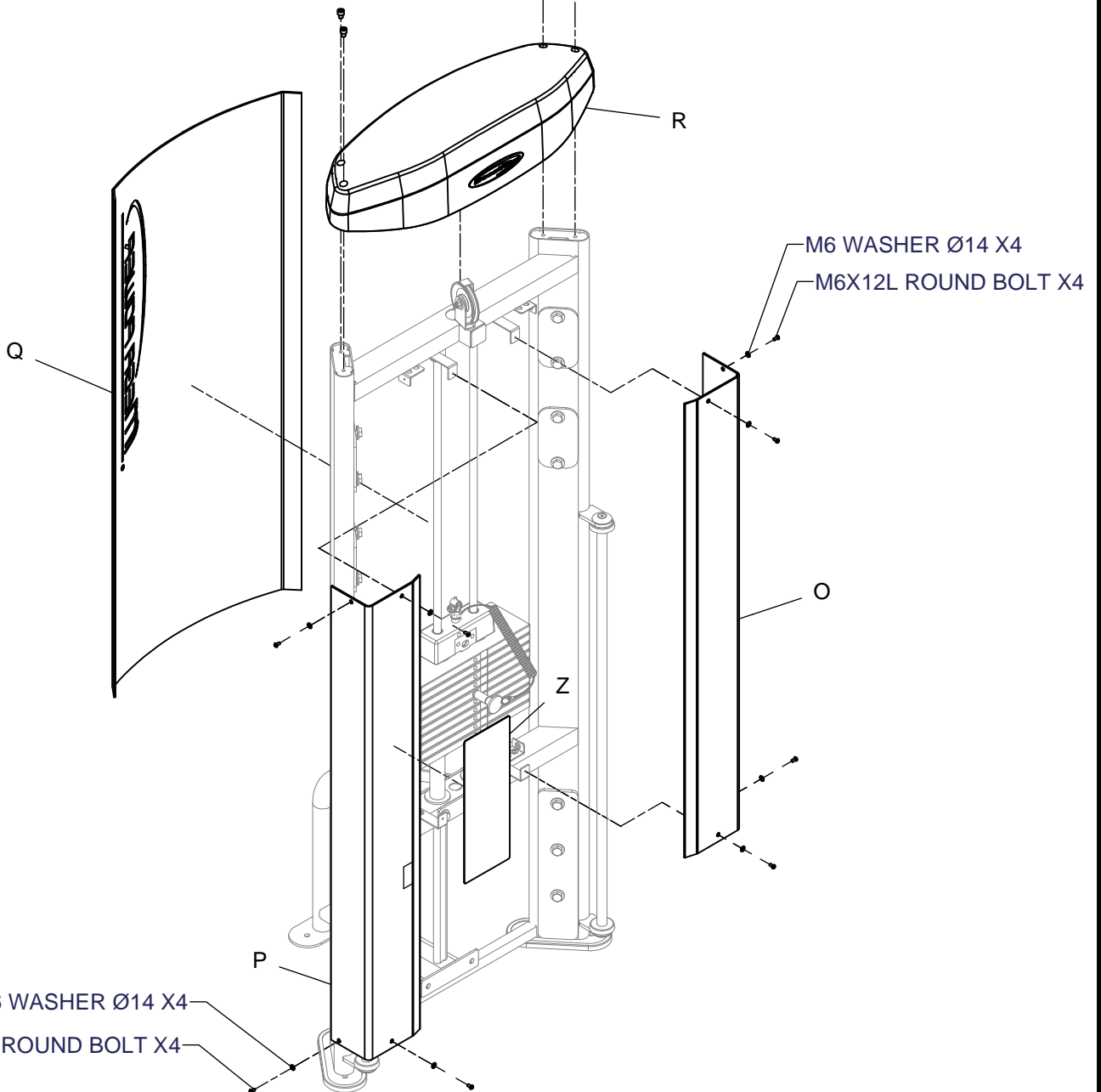
## DETAIL VIEW



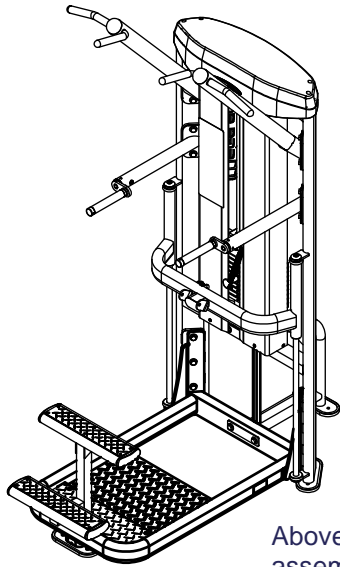
# MCD2100 ASSEMBLY INSTRUCTIONS



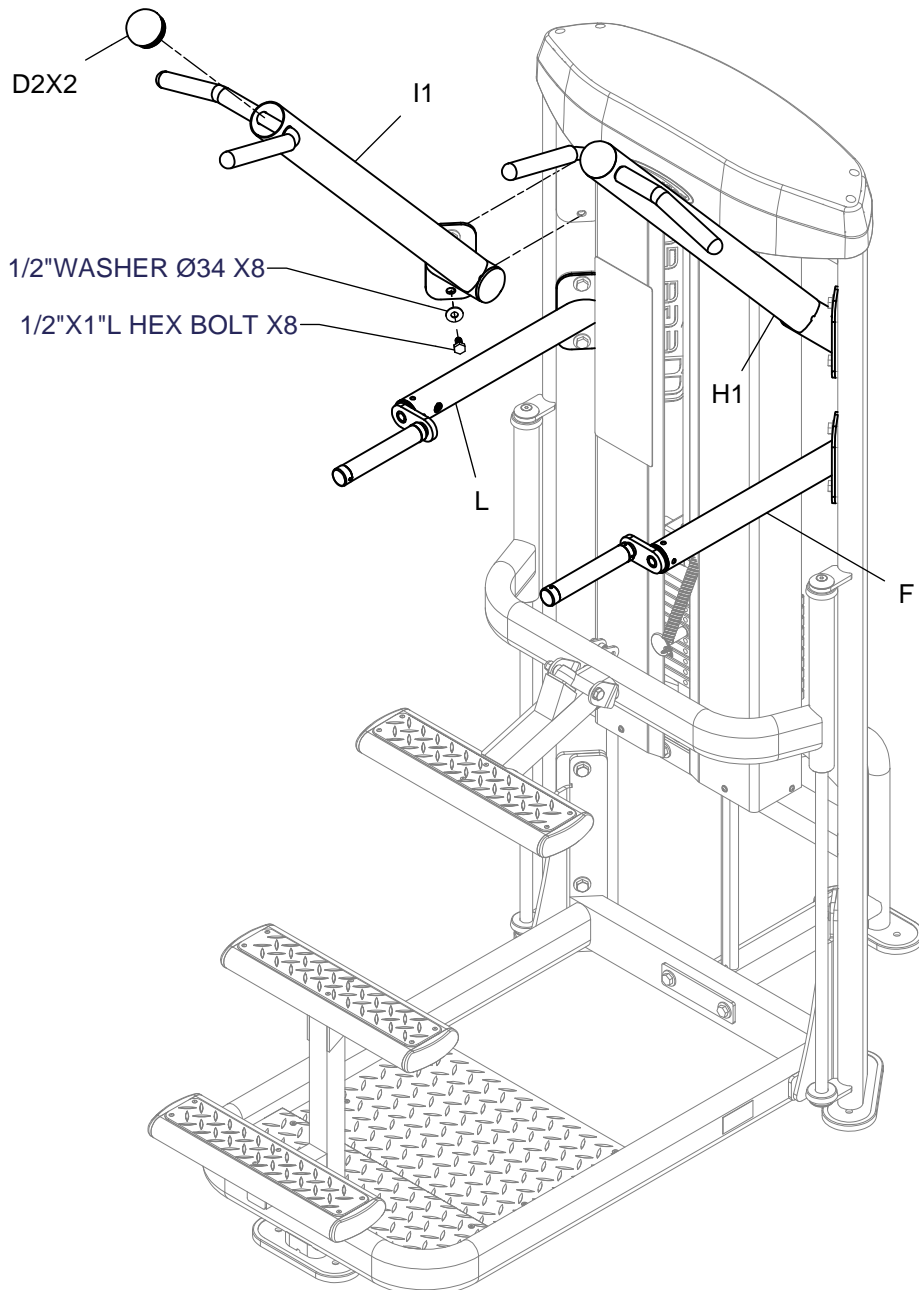
M10X12L ROUND INNER HEAD X4



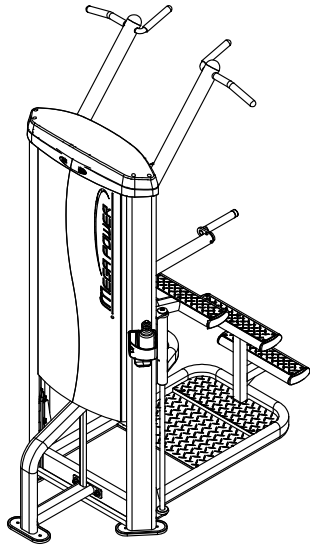
# MCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 7  
assembled and completed

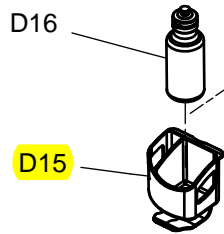


# MCD2100 ASSEMBLY INSTRUCTIONS



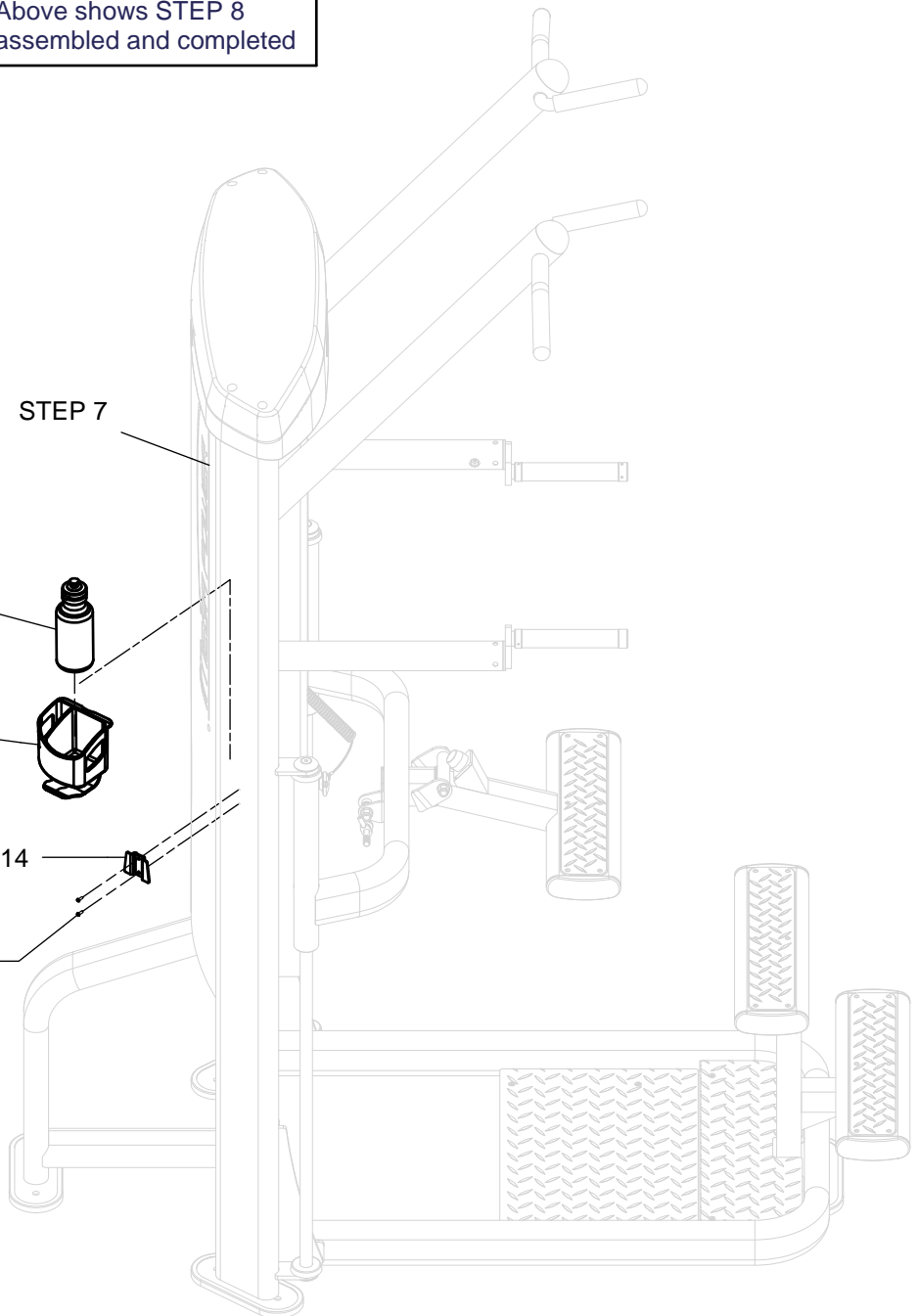
Above shows STEP 8  
assembled and completed

STEP 7



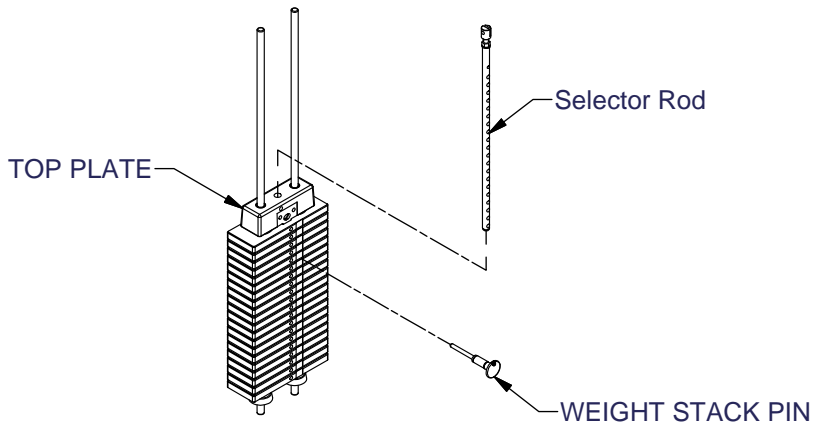
D14

M4X12L Round cross screw X2



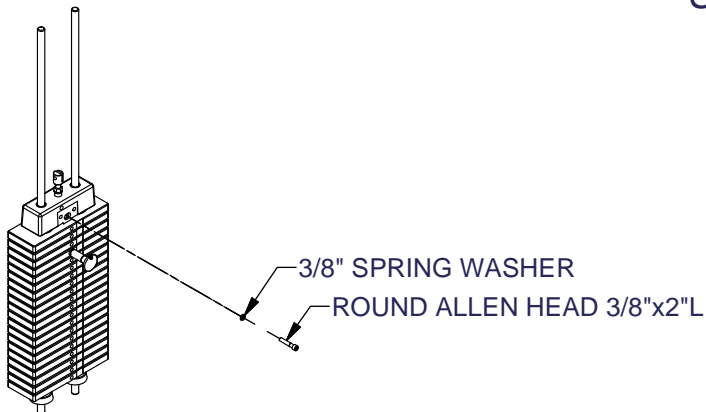
## Guide on Selector Rod Adjustment

### STEP 1



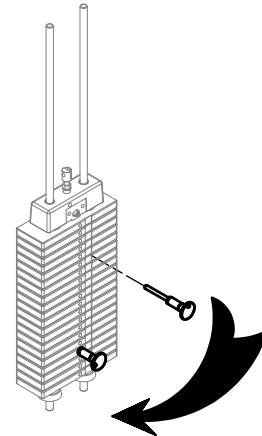
Step 1  
Place Selector Rod into Top Plate.  
Then put selector pin into the weight plate to fix the rod.

### STEP 2

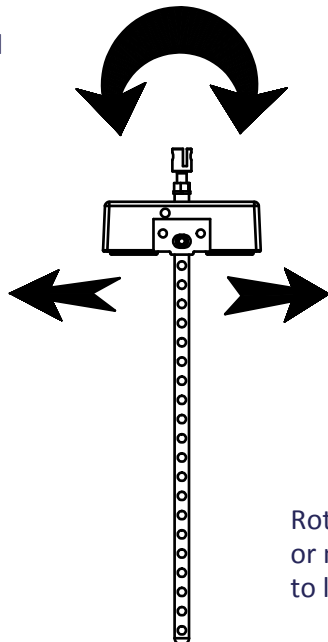


Step 2  
Screw the 3/8"x2"L Round Allen Head  
into Top Plate but not tighten it up.

### STEP 3



Step 3  
Place the selector pin to each weight plate  
(5,10,15,20...) to check the smoothness.



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