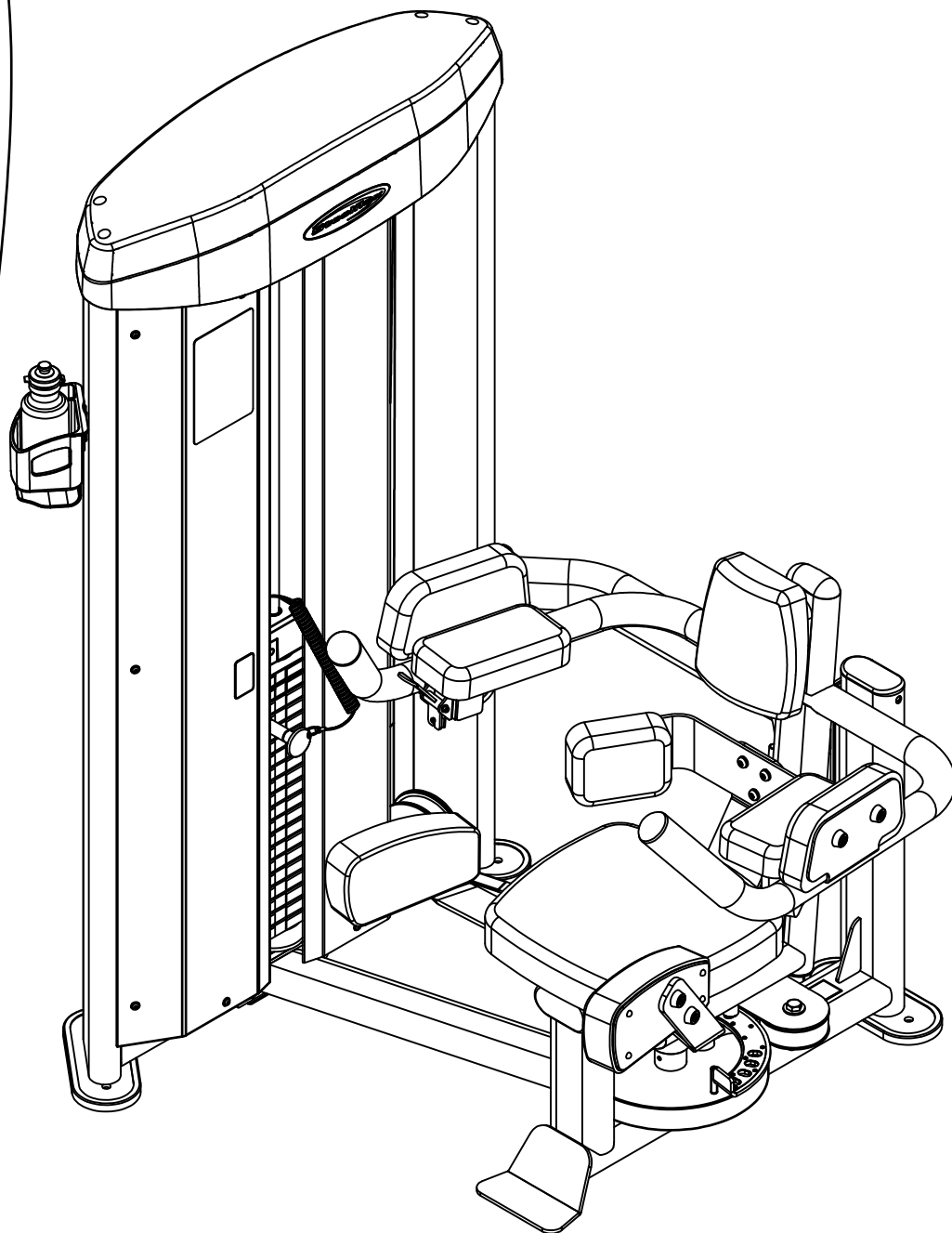


**MEGA POWER**



**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

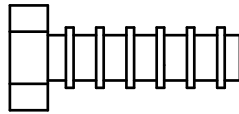
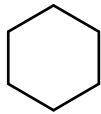
Fax: 886-2-27229750

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

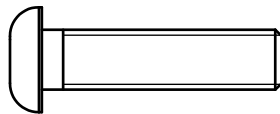
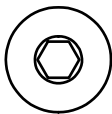
**MOT-1800.3 OWNER'S MANUAL**

# MOT1800 ASSEMBLY INSTRUCTIONS

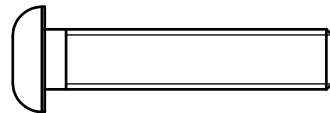
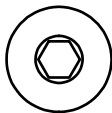
## HARDWARE ILLUSTRATION



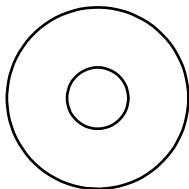
(A1)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.8



(A2)ROUND INNER HEX SCREW 5/16"X1-1/4"L PARTIAL THREAD QTY.12



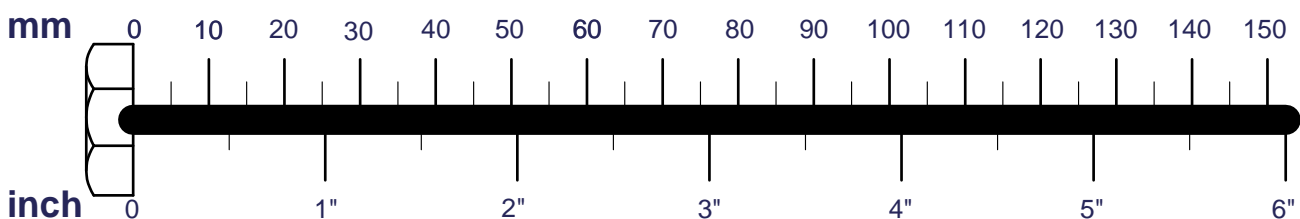
(A3)ROUND INNER HEX SCREW 5/16"X1-1/2"L PARTIAL THREAD QTY.4



(C1)5/16"(I.D.)FLAT WASHER Ø24 QTY.12

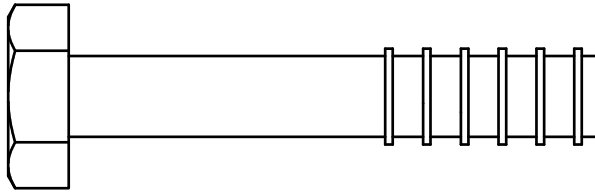
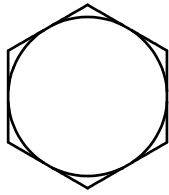


(C2)SPRING WASHER 5/16" QTY.12

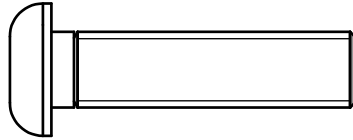
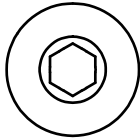


# MOT1800 ASSEMBLY INSTRUCTIONS

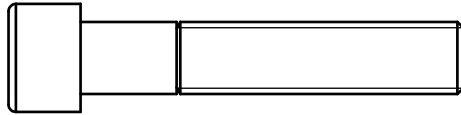
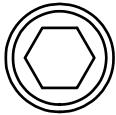
## FRAME HARDWARE ILLUSTRATION



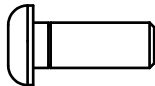
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.3



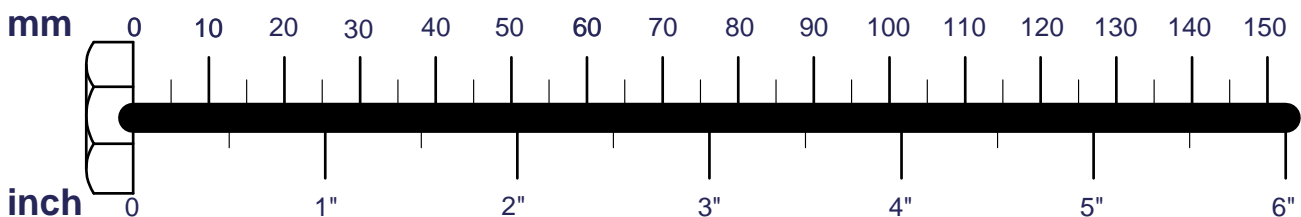
(AA2)ROUND INNER HEX SCREW M10x40L PARTIAL THREAD QTY.1



(AA3)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1

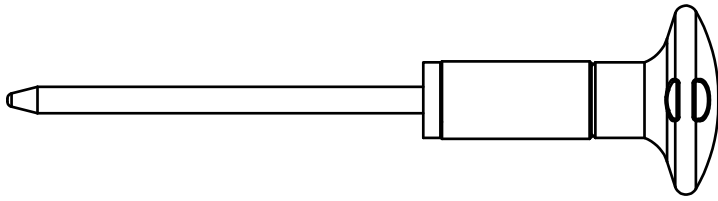


(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.16

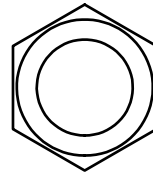


# MOT1800 ASSEMBLY INSTRUCTIONS

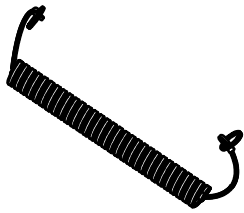
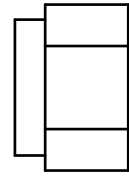
## FRAME HARDWARE ILLUSTRATION



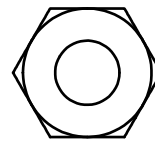
(AA5)10、15、20LB PIN(8250-162) QTY.1



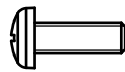
(BB1)NYLON LOCK NUT 1/2" QTY.3



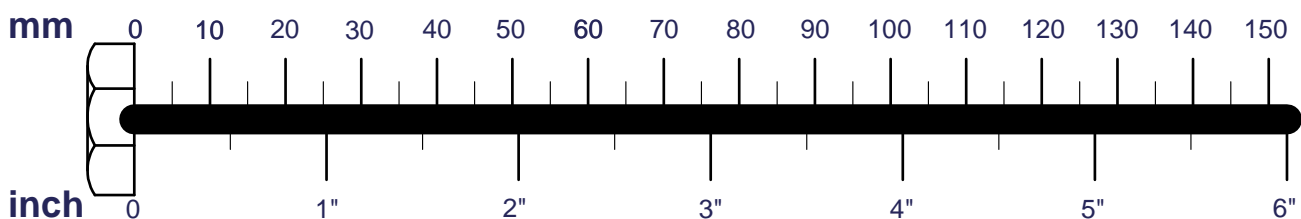
(AA6)ELASTIC BELT QTY.1



(BB2)NYLON LOCK NUT M10 QTY.1

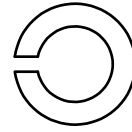
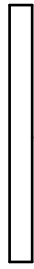
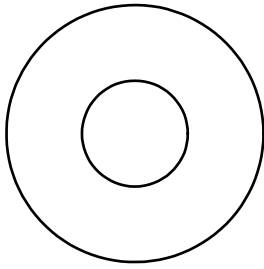


(AA7)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

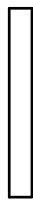
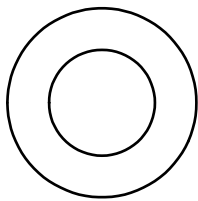


# MOT1800 ASSEMBLY INSTRUCTIONS

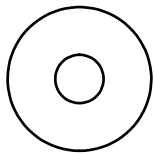
## FRAME HARDWARE ILLUSTRATION



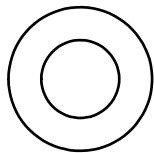
(CC1) 1/2" (I.D.) FLAT WASHER Ø34 QTY.4    (CC5) SPRING WASHER 3/8" QTY.1



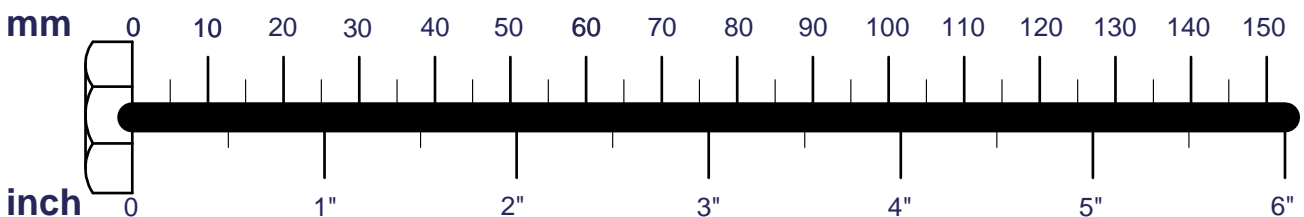
(CC2) 1/2" (I.D.) FLAT WASHER Ø25 QTY.2



(CC3) M6 (I.D.) FLAT WASHER Ø19 QTY.16



(CC4) M10 (I.D.) FLAT WASHER Ø19 QTY.2

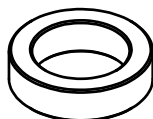


# MOT1800 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

D1.Ø38XØ25.8X10L STEEL BUSHING(8120-071)-----	[2PCS]
D2.Ø38XØ26X1.5t CU WASHER(8520-008)-----	[2PCS]
D3.58X116X2.5tX30H END CAP(9211-189)-----	[2PCS]
D4.Ø27.5X12.5LXØ22 RUBBER PAD(9214-030)-----	[12PCS]
D5.50X100X1.5t END CAP(9261-060)-----	[2PCS]
D6.108X15tx263L RUBBER PAD(9310-075)-----	[1PCS]
D7.Ø115X50L PULLEY(9213-043A)-----	[2PCS]
D8.3750mmmm (FMOT1800A1)-----	[1PCS]

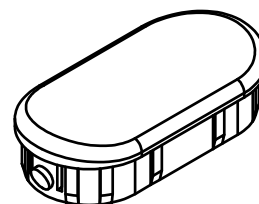
D1.



D2.



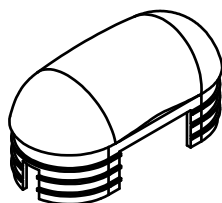
D3.



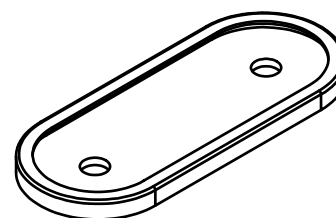
D4.



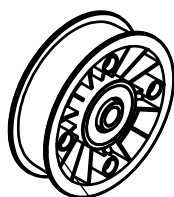
D5.



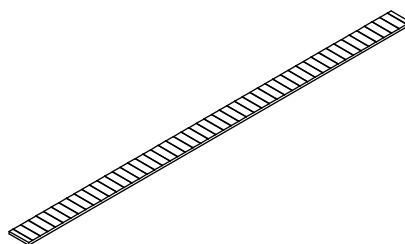
D6.



D7.



D8.



NO MAGNET

# MOT1800 ASSEMBLY INSTRUCTIONS

## FARME HARDWARE ILLUSTRATION

DD1.Ø3/4" SHAFT COLLAR(9211-147)-----[2PCS]  
DD2.Ø4" RUBBER COUNT(9310-017)-----[2PCS]  
DD3.108X14.5tX263L RUBBER PAD(9310-075)-----[2PCS]  
DD4.Ø115X50L PULLEY(9213-042B)-----[3PCS]

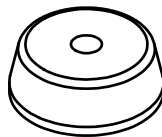
DD6.BOTTLE BRACKET(8388-025)-----[1PCS]  
DD7.BOTTLE RACK(9260-320)-----[1PCS]  
DD8.BOTTLE(9260-123)-----[1PCS]

DD11.Ø3/4" SHAFT COLLAR(9211-167)-----[1PCS]  
DD12.TOP PLATE(8400-033)-----[2PCS]  
DD13.WEIGHT SELECTOR BAR(8210-216C)-----[1PCS]

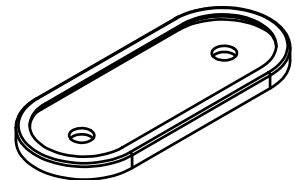
DD1.



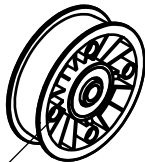
DD2.



DD3.



DD4.

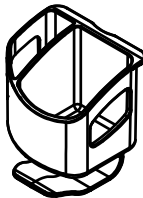


NO MAGNET

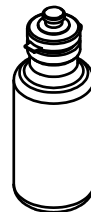
DD6.



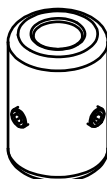
DD7.



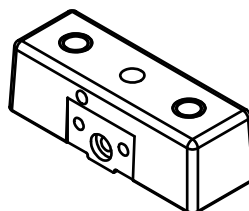
DD8.



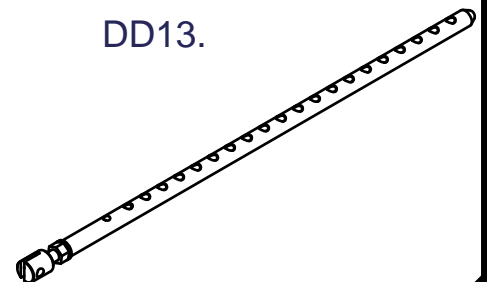
DD11.



DD12.



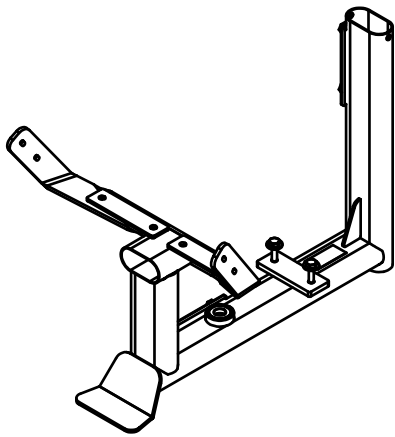
DD13.



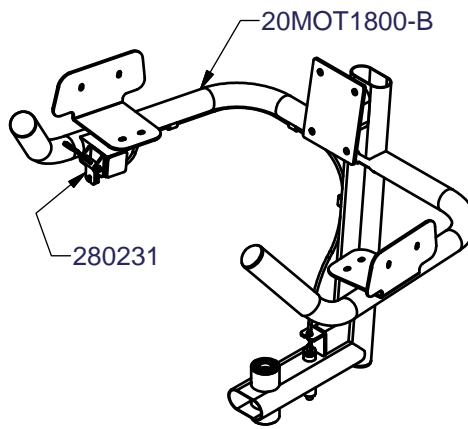
# MOT1800 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

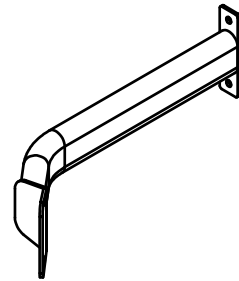
A [1SET]



B [1SET]

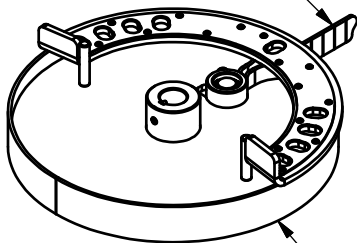


C [1SET]



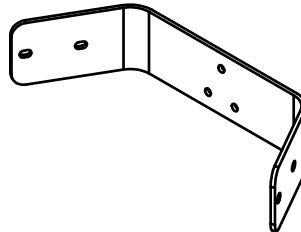
D [1SET]

FMOT1800A1 (D8)

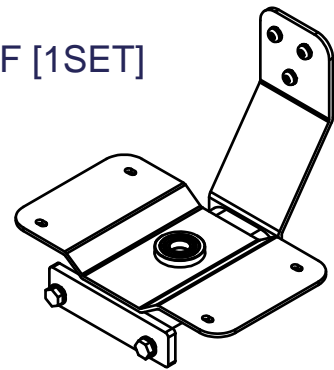


20MOT1800-D

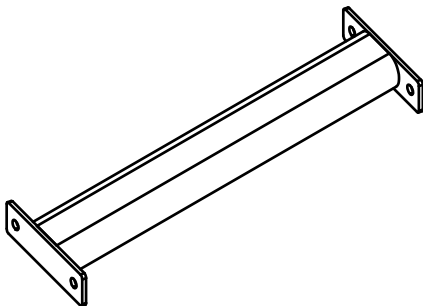
E [1SET]  
8313-173



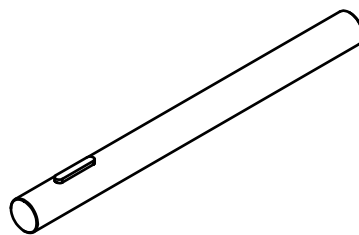
F [1SET]



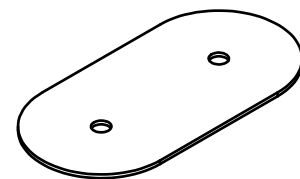
G [1SET]



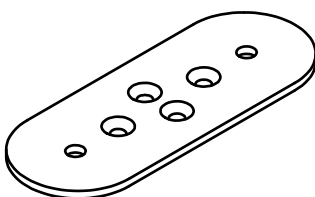
H [1SET]  
8220-194  
Ø25x305L



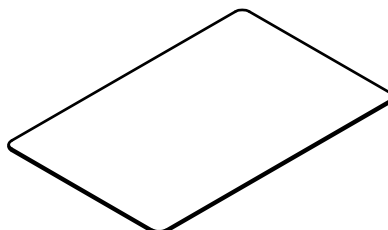
I [1PCS]  
8343-259



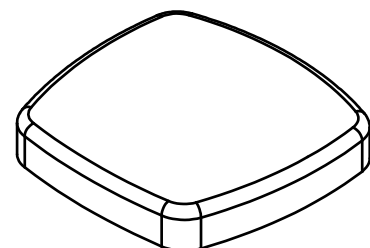
J [1PCS]  
8313-144



K [1PCS]  
9420-114

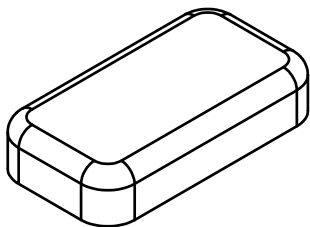


L [1SET]  
9121-081

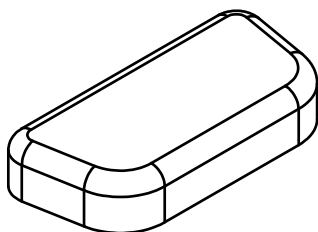


PARTS ILLUSTRATION SHEET

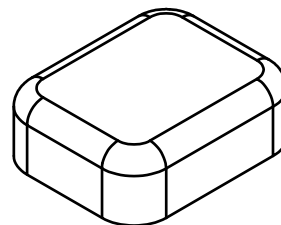
M [2SET]  
9131-034



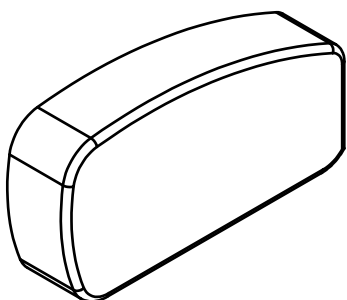
N [2SET]  
9131-033



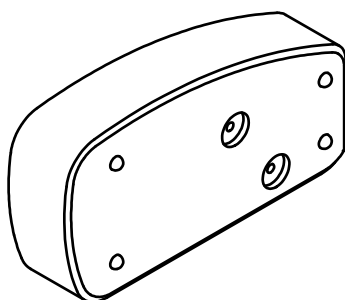
O [2SET]  
9131-035



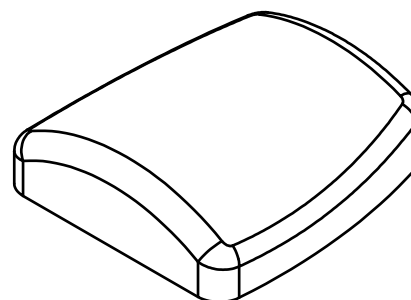
P [1SET]  
9131-032



Q [1SET]  
9131-031



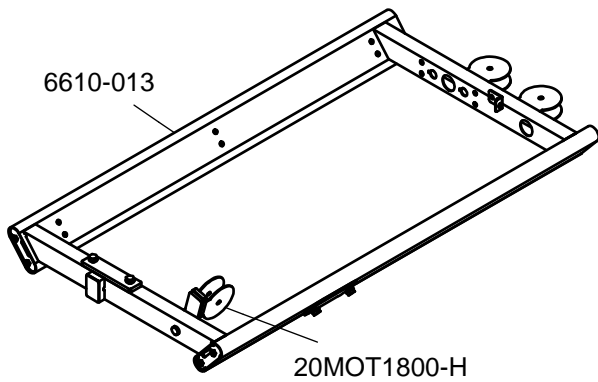
R [1SET]  
9111-074



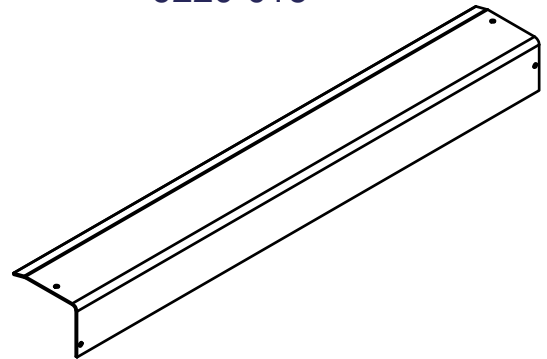
# MOT1800 ASSEMBLY INSTRUCTIONS

## FARME PARTS ILLUSTRATION SHEET

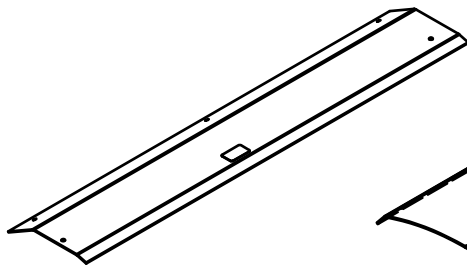
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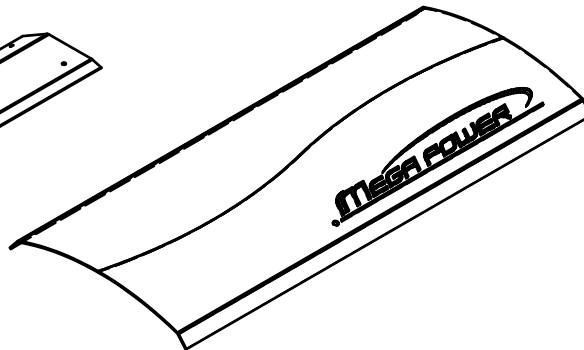
AC [1PCS]  
9220-016



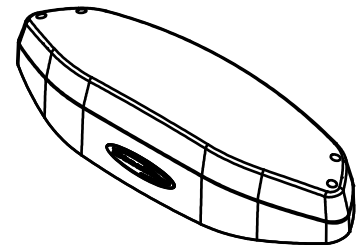
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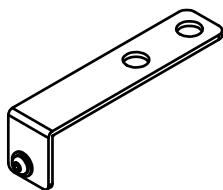
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9220-023



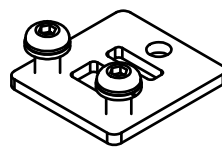
AF [1SET]  
9211-148



AG [4SET]  
8331-057



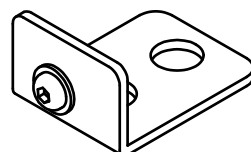
AH [1SET]  
8313-169



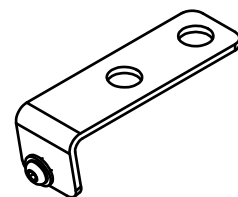
AJ1 [2PCS]  
8280-042  
Ø3/4"X1433L



AK[1PCS]  
8331-056



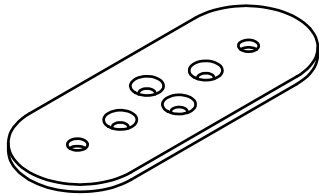
AL[3SET]  
8331-058



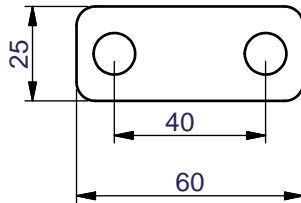
# MOT1800 ASSEMBLY INSTRUCTIONS

## FARME PARTS ILLUSTRATION SHEET

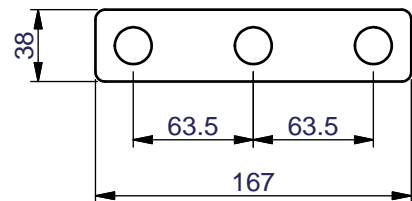
AM [2PCS]  
8313-144



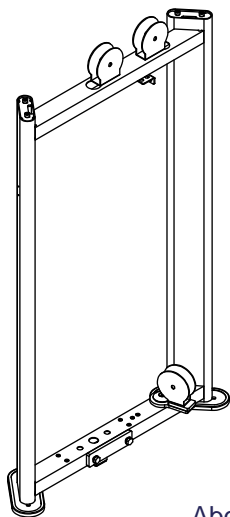
AP [1PCS]  
8311-117



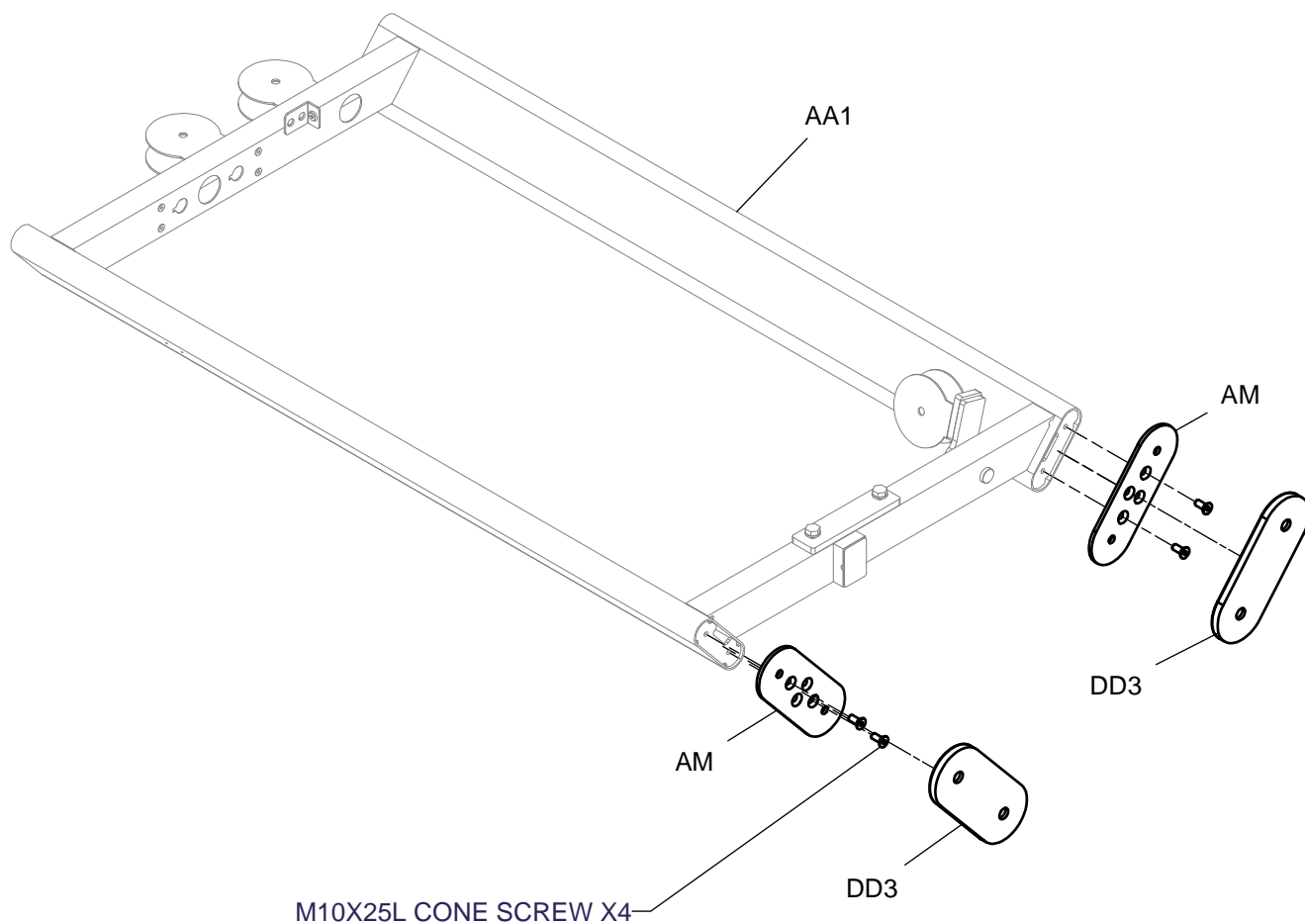
AR [1SET]  
8311-194



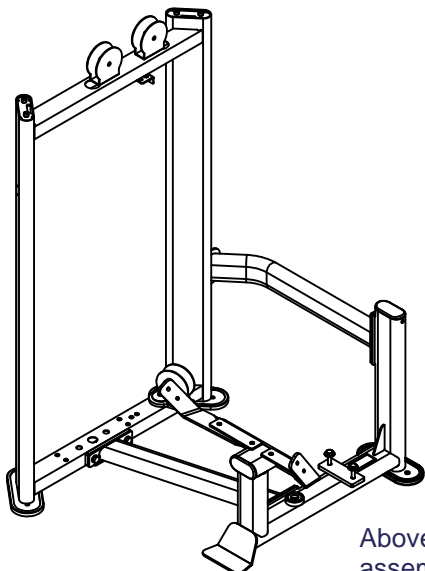
# MOT1800 ASSEMBLY INSTRUCTIONS



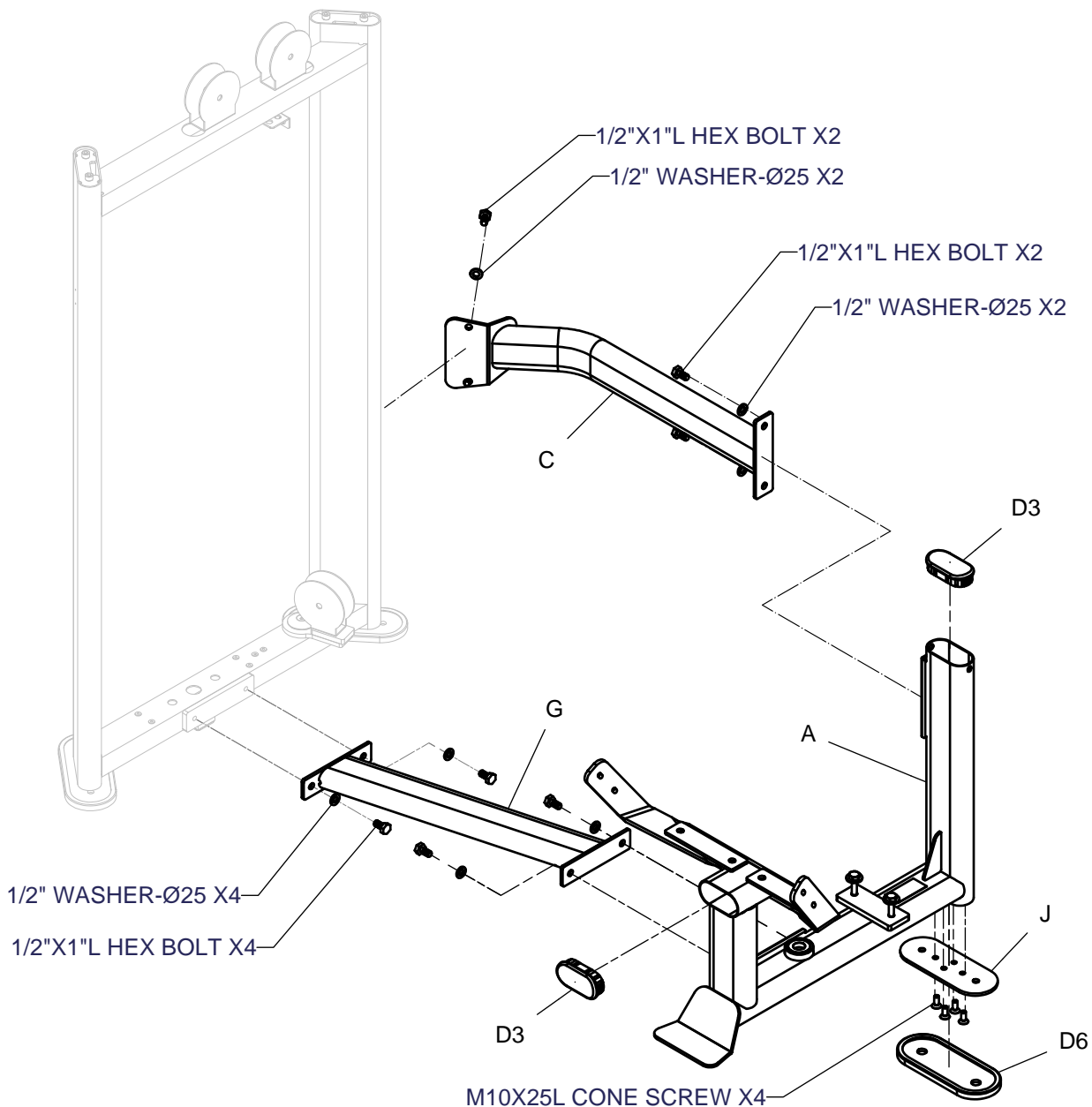
Above shows STEP 1  
assembled and completed



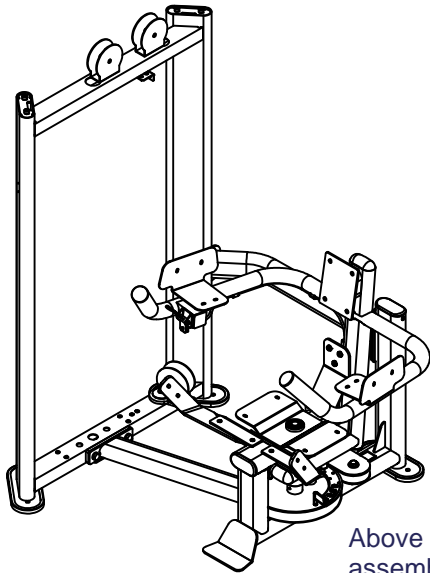
# MOT1800 ASSEMBLY INSTRUCTIONS



Above shows STEP 2 assembled and completed

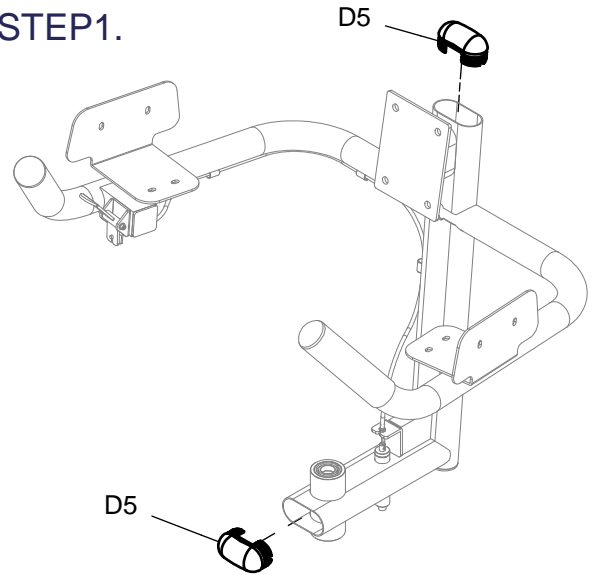


# MOT1800 ASSEMBLY INSTRUCTIONS

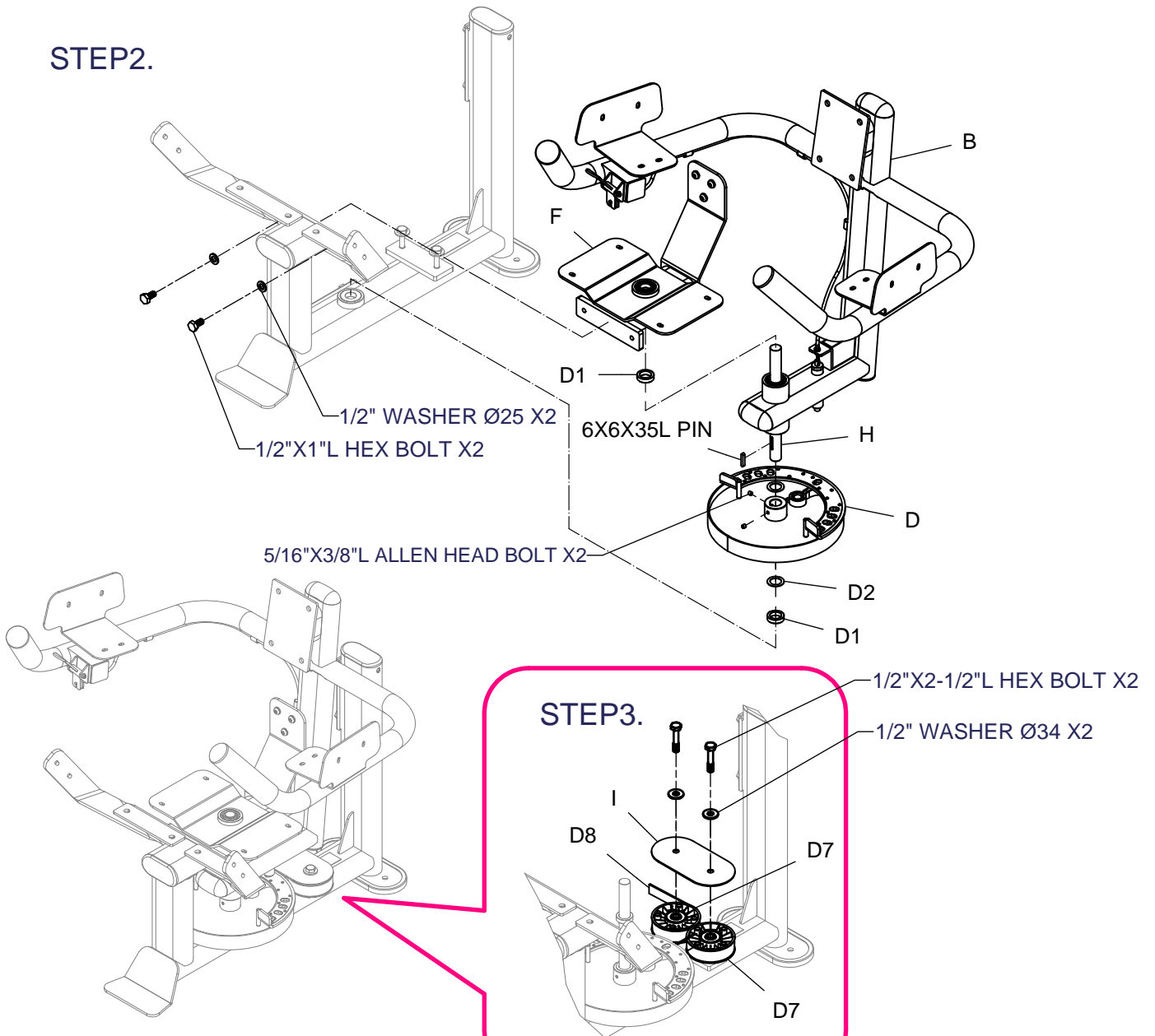


Above shows STEP 3 assembled and completed

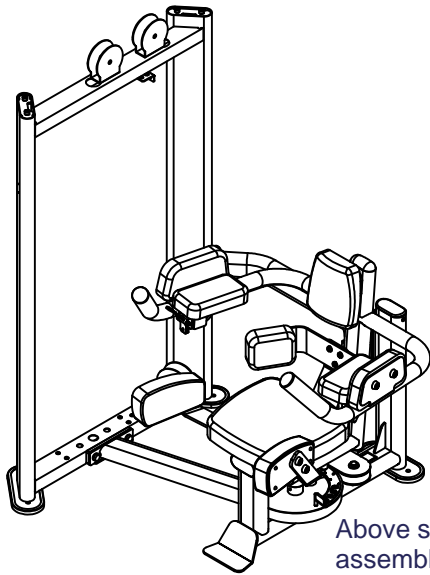
## STEP 1.



## STEP 2.

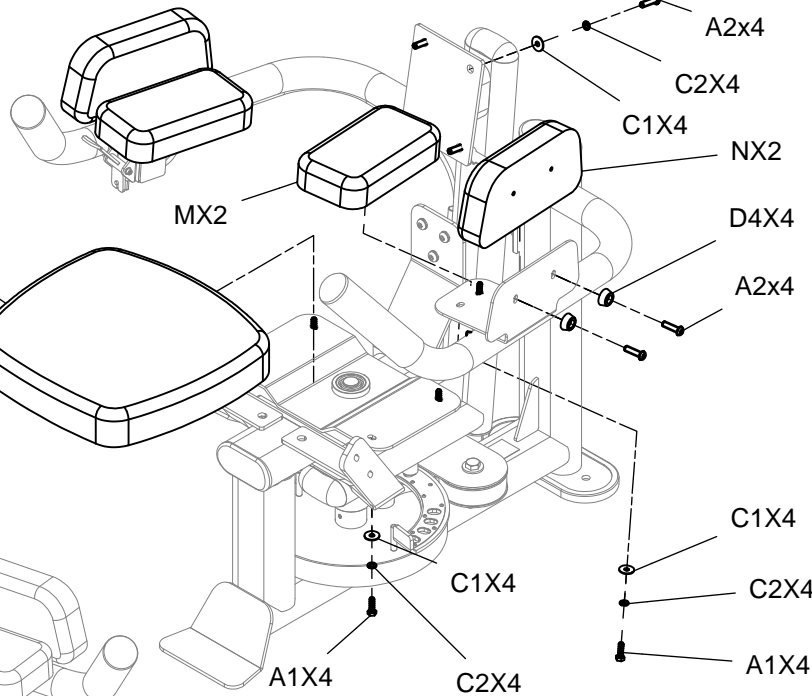
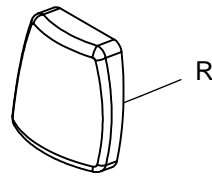


# MOT1800 ASSEMBLY INSTRUCTIONS

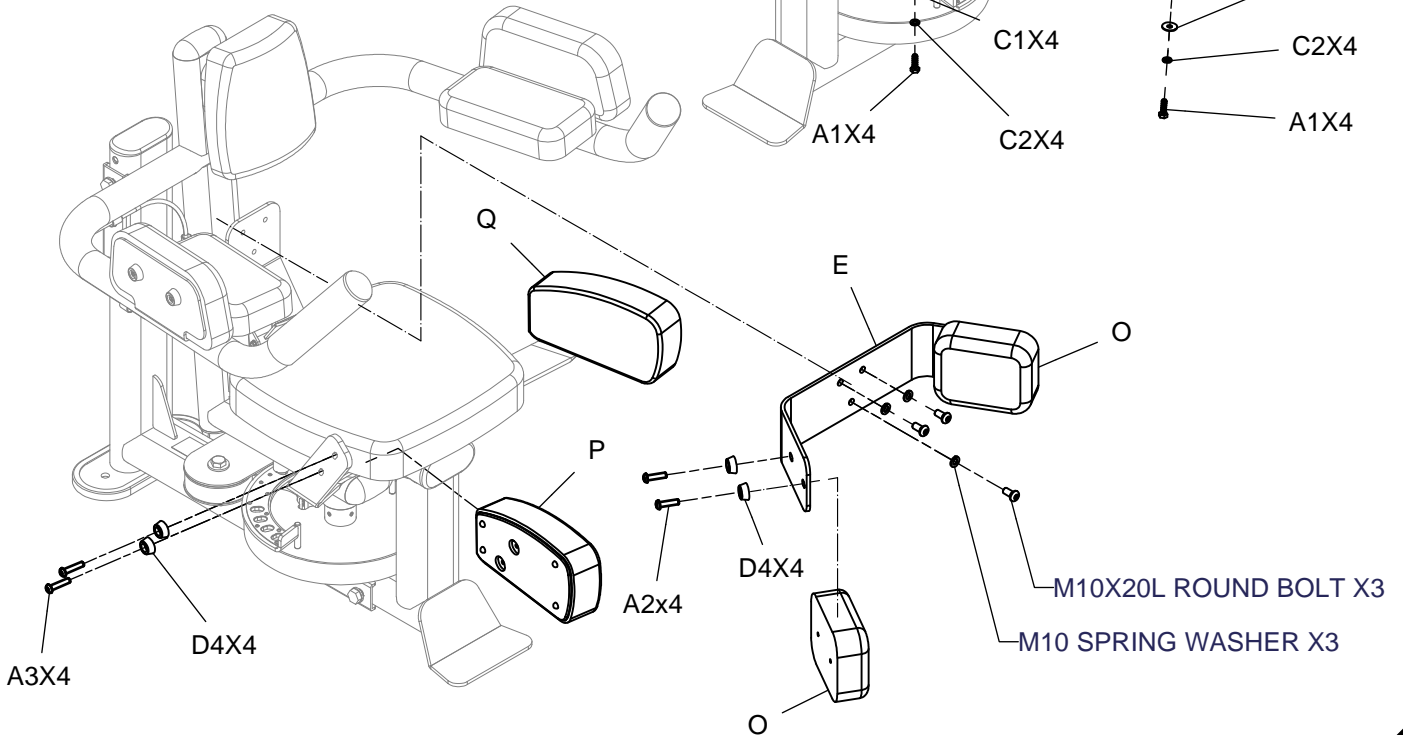


Above shows STEP 4 assembled and completed

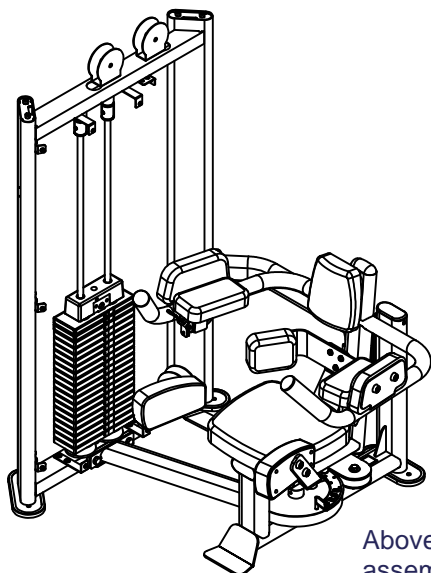
## STEP 1.



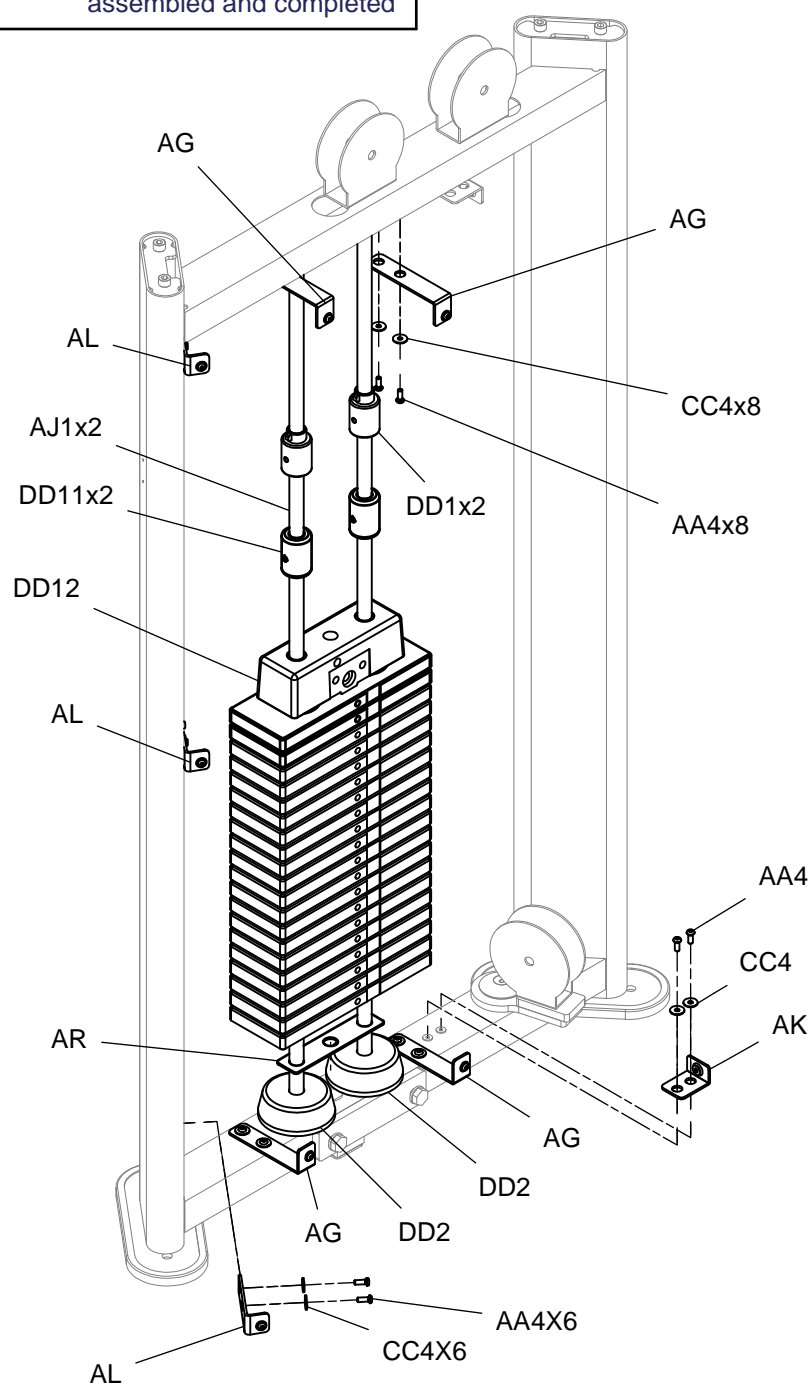
## STEP 2.



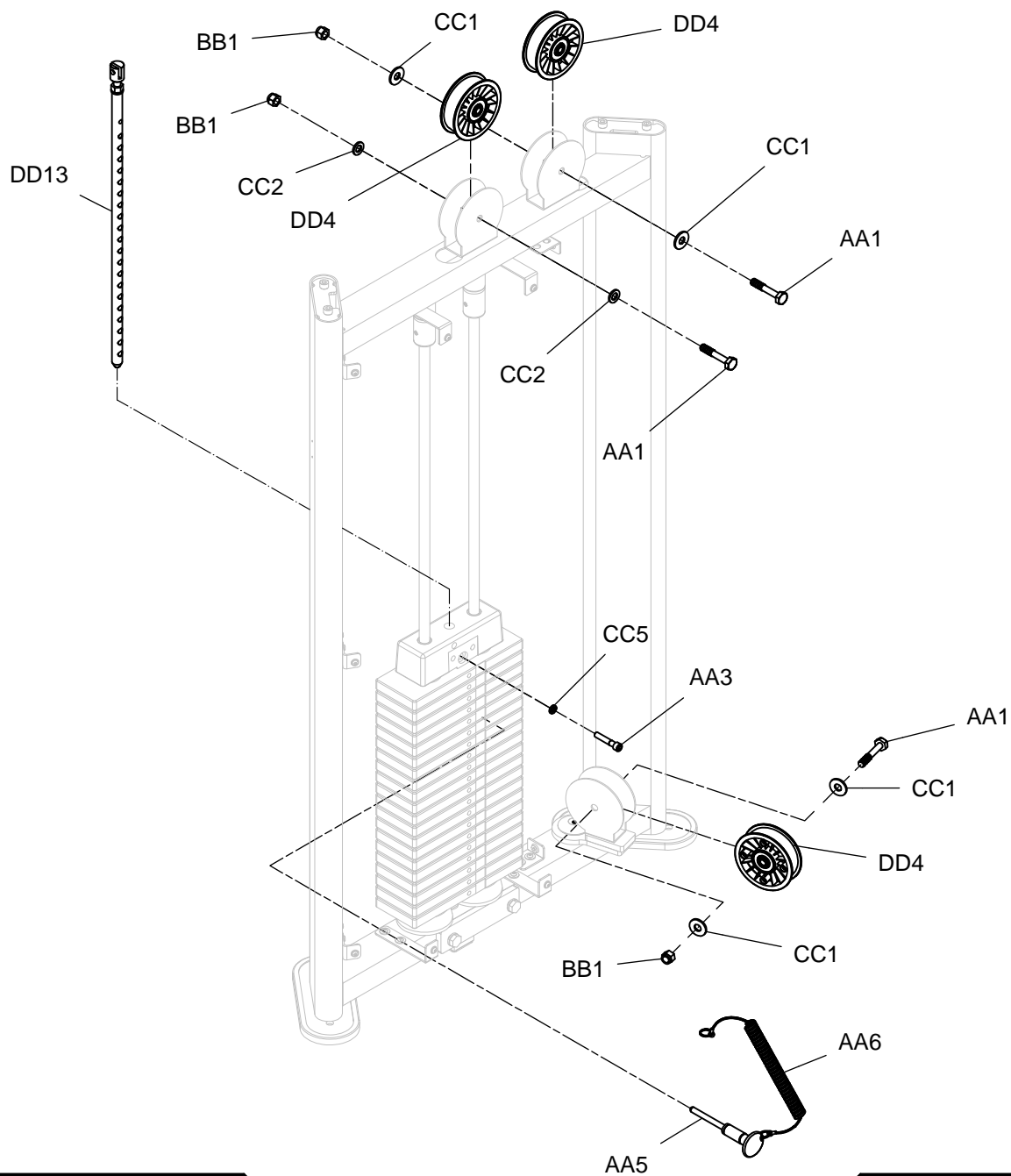
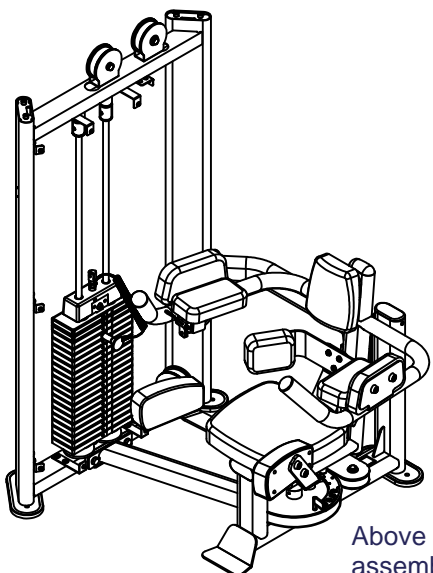
# MOT1800 ASSEMBLY INSTRUCTIONS



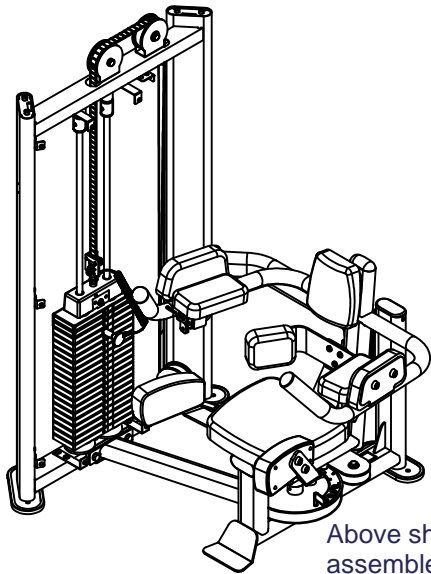
Above shows STEP 5 assembled and completed



# MOT1800 ASSEMBLY INSTRUCTIONS



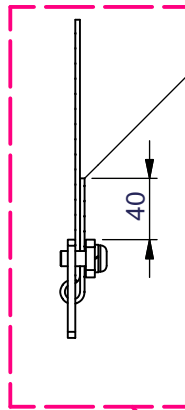
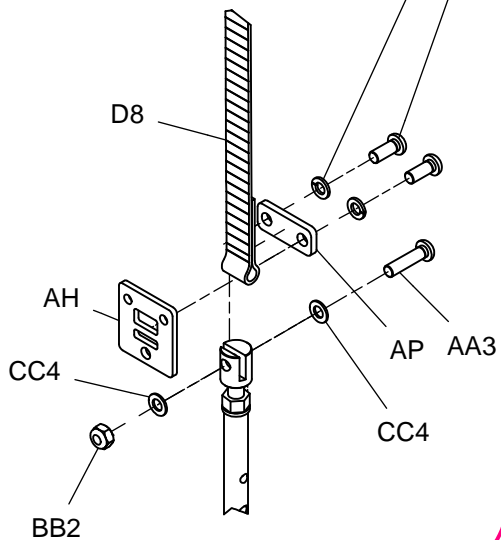
# MOT1800 ASSEMBLY INSTRUCTIONS



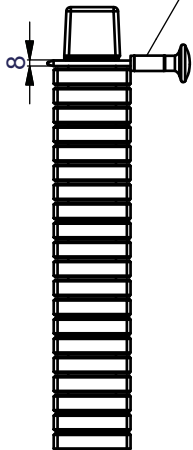
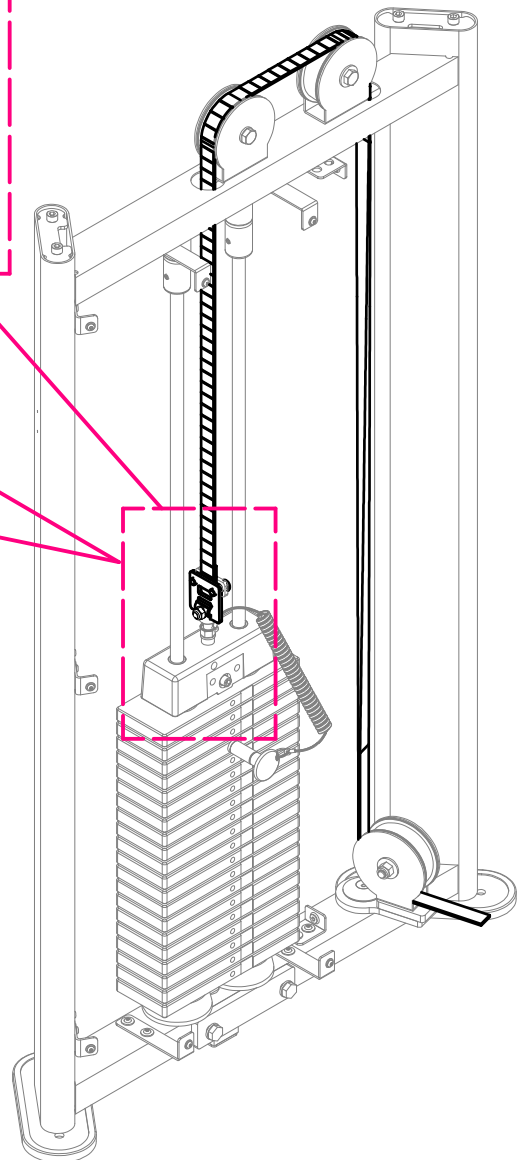
Above shows STEP 7 assembled and completed

M10X25L ROUND BOLT X2  
M10 SPRING WASHER X2

## DETAIL VIEW



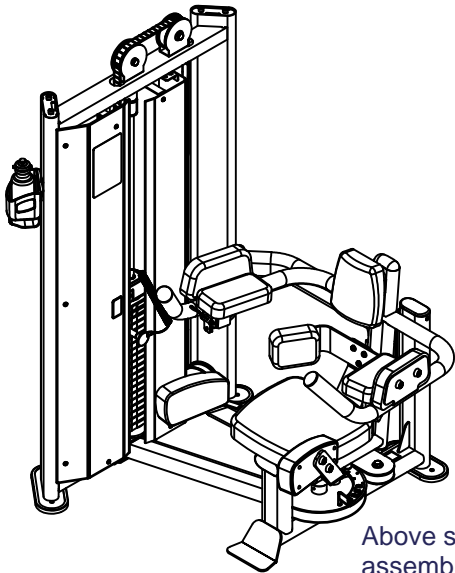
The belt should reserve 40mm extra length



### Adjust Belt Procedure:

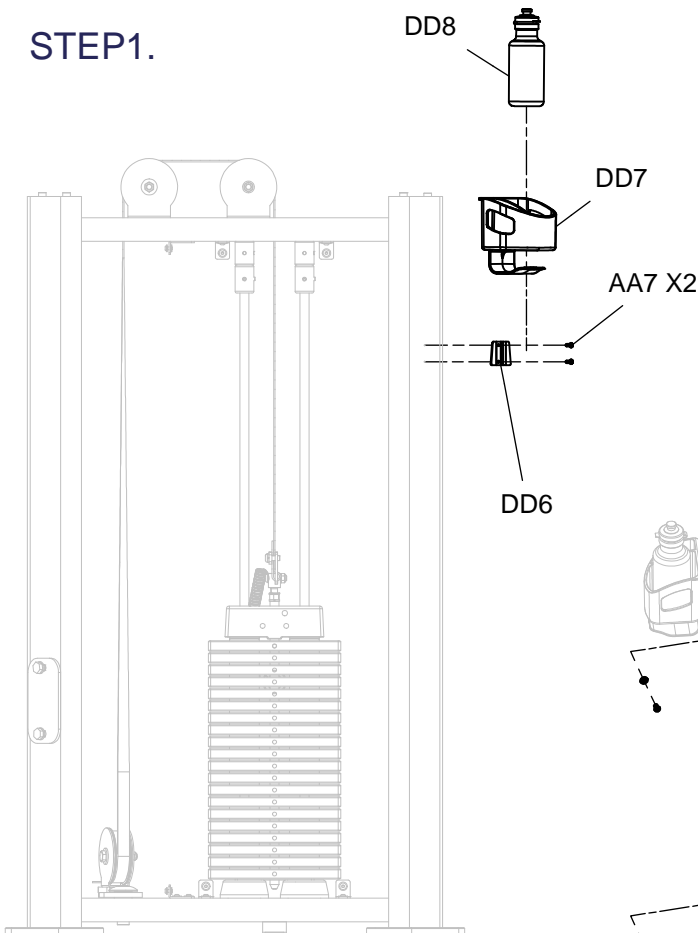
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert through the first hole of the rod), and there are 8 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the pin and let the top plate fall on the first weight plate.

# MOT1800 ASSEMBLY INSTRUCTIONS

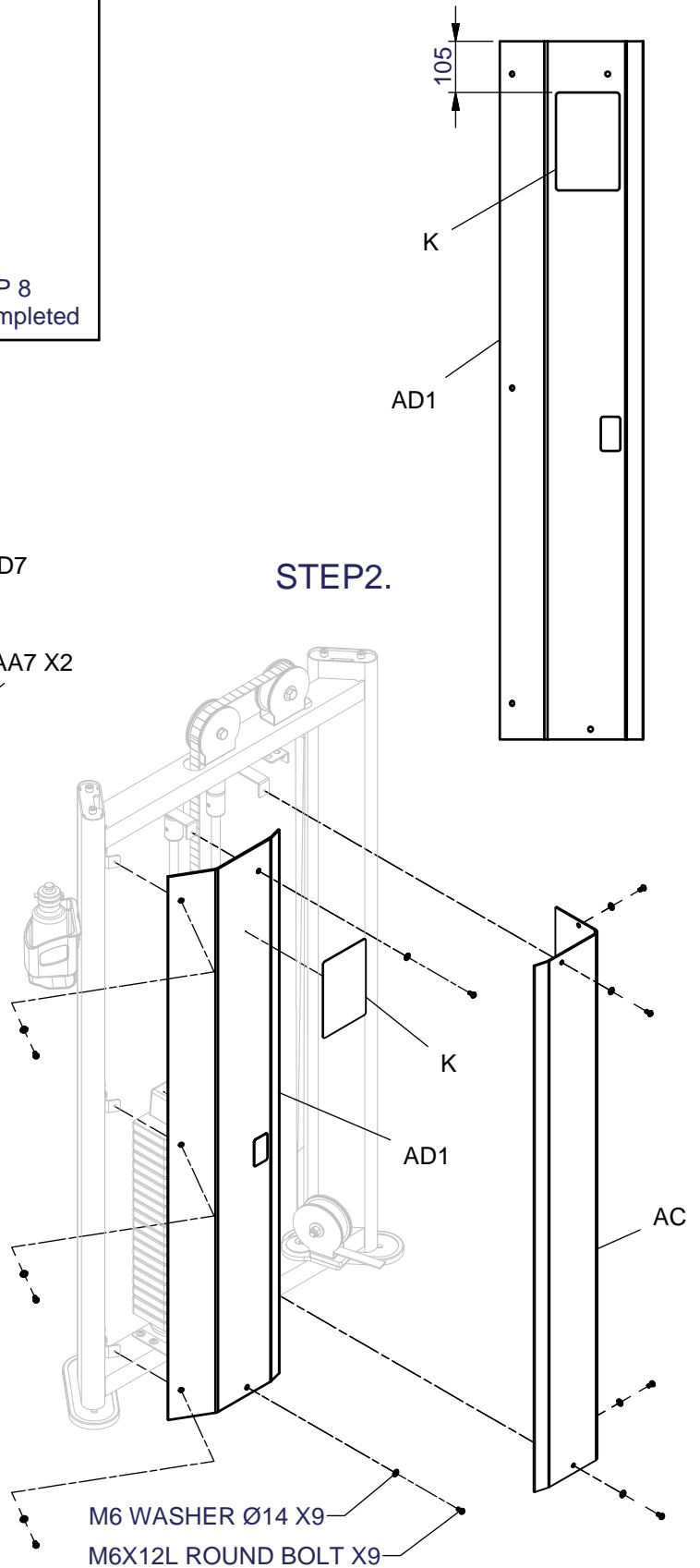


Above shows STEP 8 assembled and completed

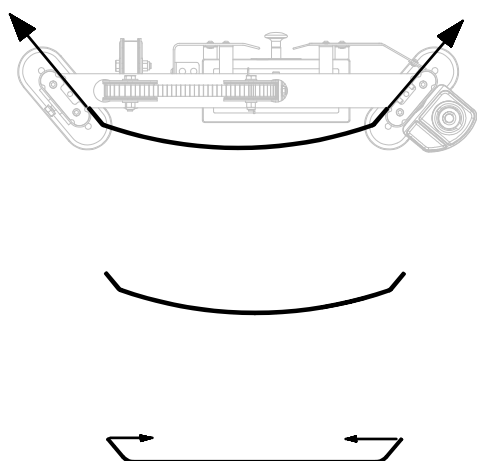
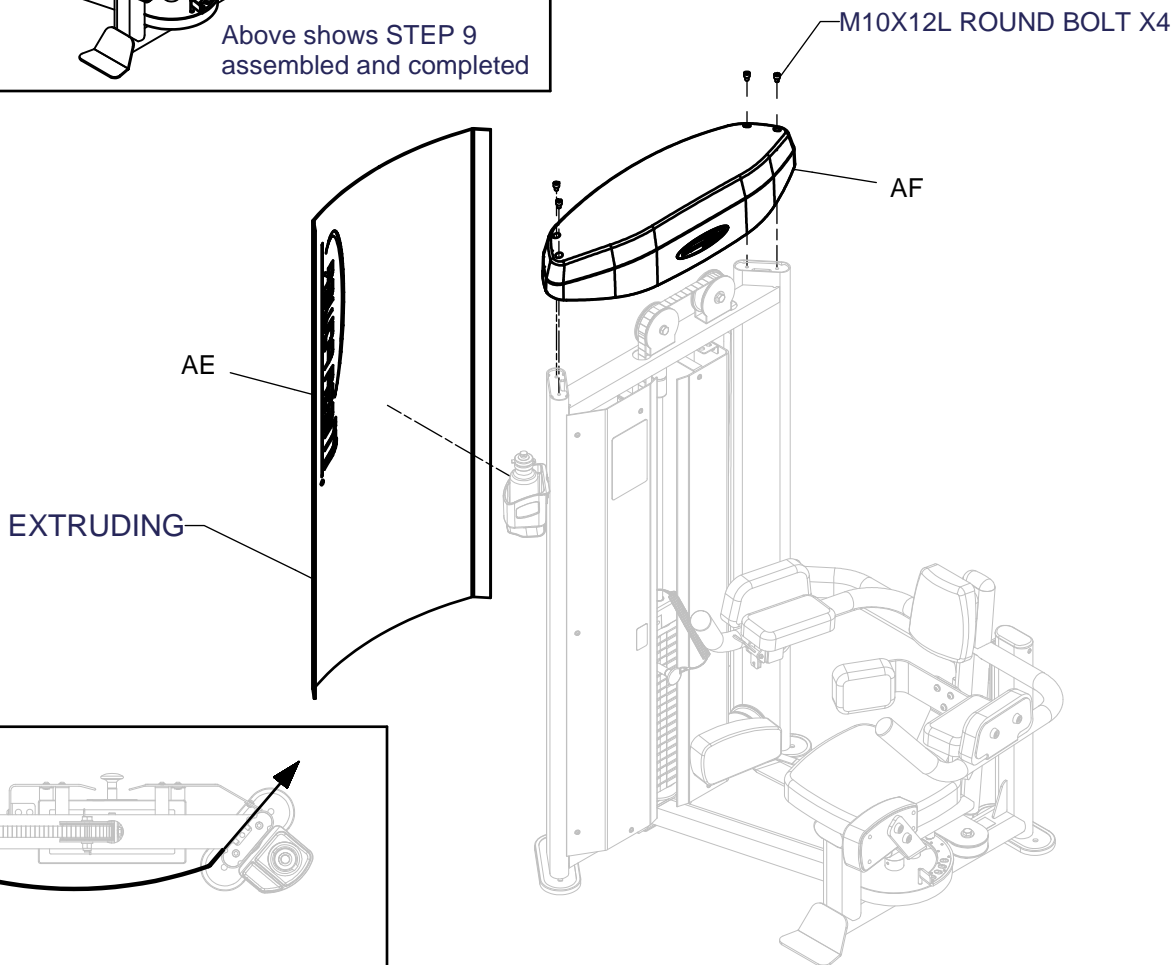
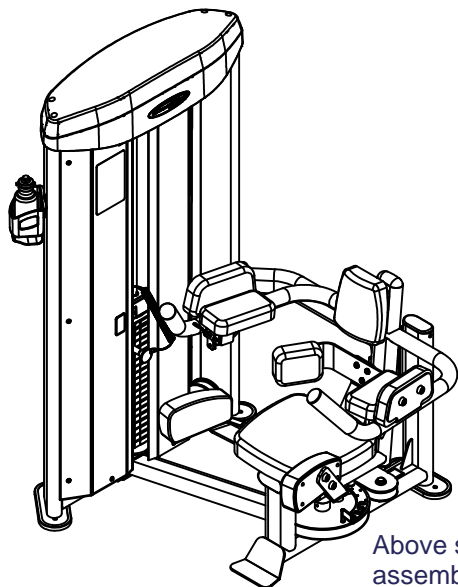
## STEP 1.



## STEP 2.



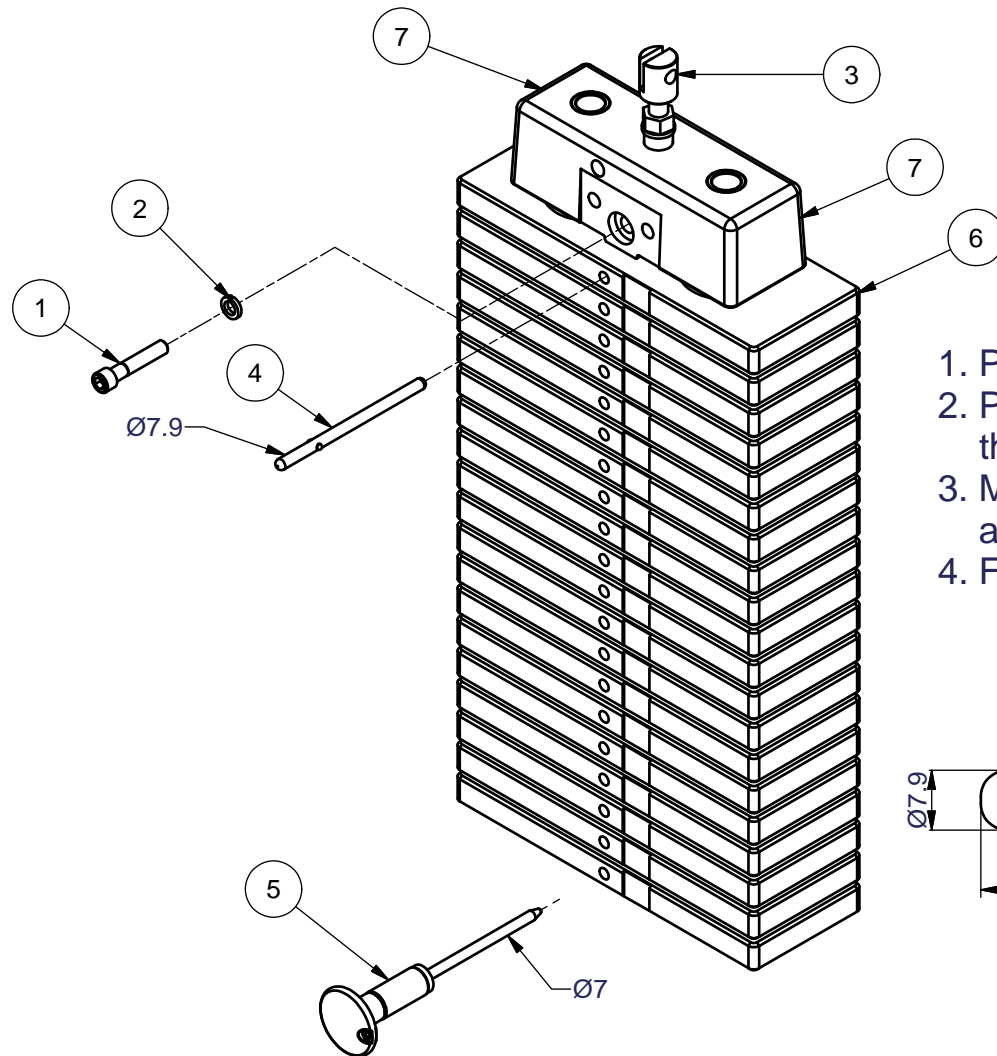
# MOT1800 ASSEMBLY INSTRUCTIONS



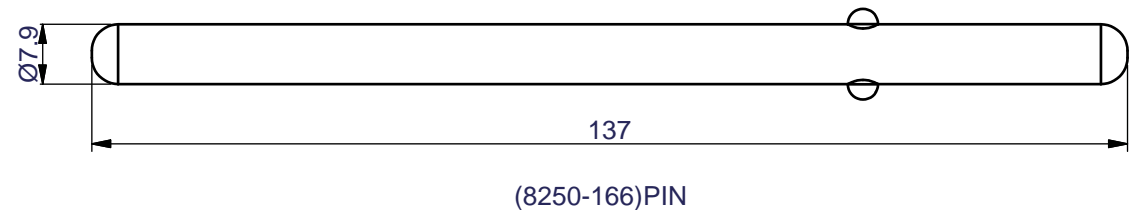
Note: When installing the shroud (AE), push both sides of the shroud toward center in order to bend it a little. After insert it to the door frame and then releasing it. The shroud will be locked on the door frame.

# MEGA POWER series JUNGLE GYM series

project	Part number	Name	Specification	Quantity	Remark
1	38-200 CAP	round allen head	3/8"X2"L round allen head-CAP	1	
2	38-SPWAS 8732003	3/8" spring washer		1	
3	8210-216C	20 hole Selector Rod		1	
4	8250-166	pin	Ø7.9X137L	1	
5	8250-162	weight stack pin	Ø7X110L	1	
6	8400-010	10LB weight stack plate	102x222x280L 10LB	20	
7	8400-033	top plate		1	

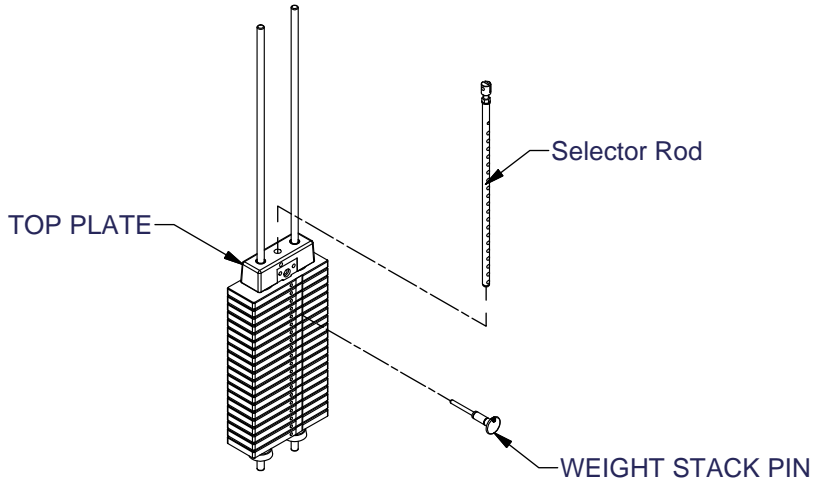


1. Place #4 - 8250-166 (pin) into the first weight plate.
2. Place #5 - 8250-162 (weight stack pin) into the the hole 20th of the weight stack.
3. Make sure #7 (top plate) cling to #6 (first weight plate) and fix in #1 - 3/8"X2"L screw and #2 - 3/8" spring washer.
4. Finally remove #5 - 8250-162 (weight stack pin) and use as usual.



## Guide on Selector Rod Adjustment

### STEP 1

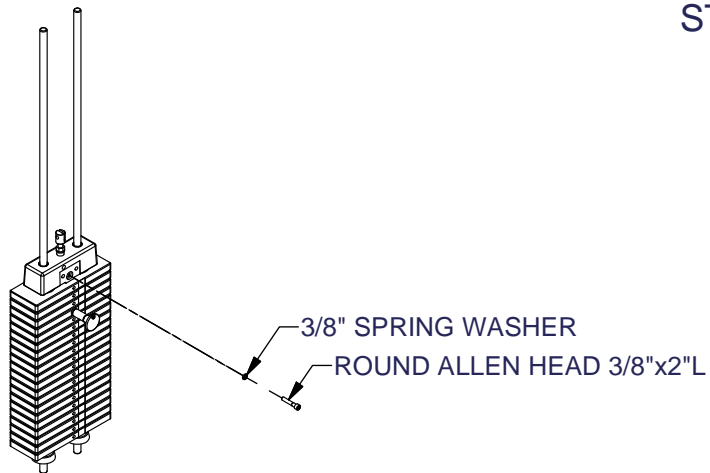


#### Step 1

Place Selector Rod into Top Plate.

Then put selector pin into the weight plate to fix the rod.

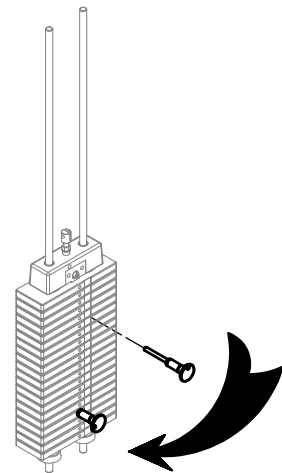
### STEP 2



#### Step 2

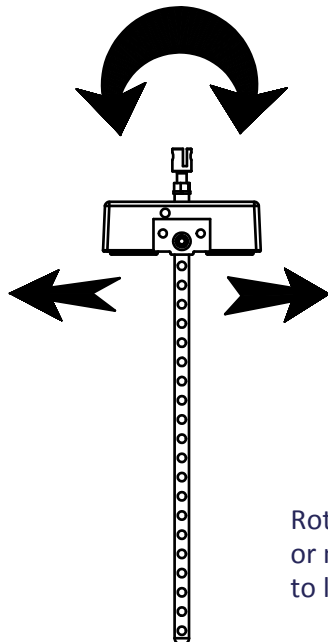
Screw the 3/8"x2"L Round Allen Head into Top Plate but not tighten it up.

### STEP 3



#### Step 3

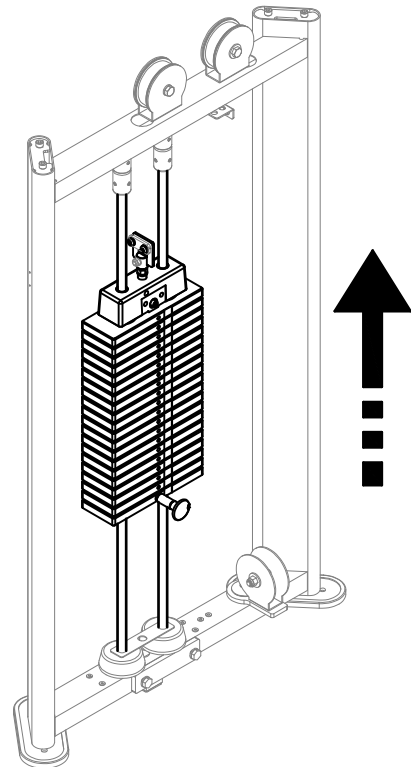
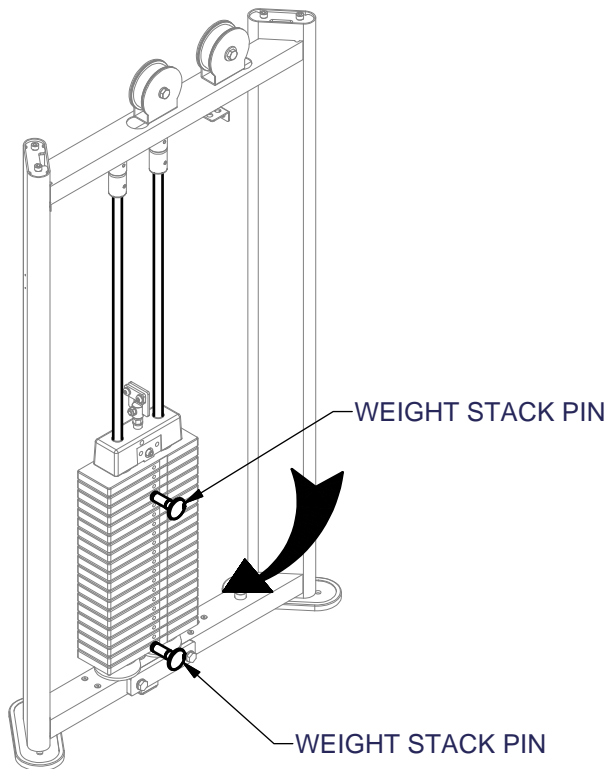
Place the selector pin to each weight plate (5,10,15,20...) to check the smoothness.



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

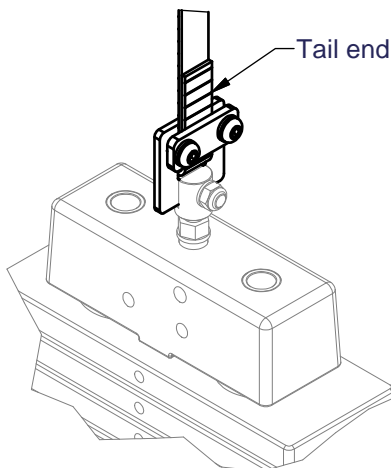
# ASSEMBLY INSTRUCTIONS

## Adjust Flat Belt Steps



1. When installing flat belt, please put the weight stack pin into 4<sup>th</sup> weight stack. After installing flat belt, please put the weight stack pin into 20<sup>th</sup> weight stack.

2. When weight stack pin put into 20<sup>th</sup> weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



3. Pull end of flat belt as drawing showed to make the flat belt be tightened.  
(After using the machine 3 months to 6 months, please check flat belt. If the flat belt is loosed, please follow this step to tighten the belt again.)