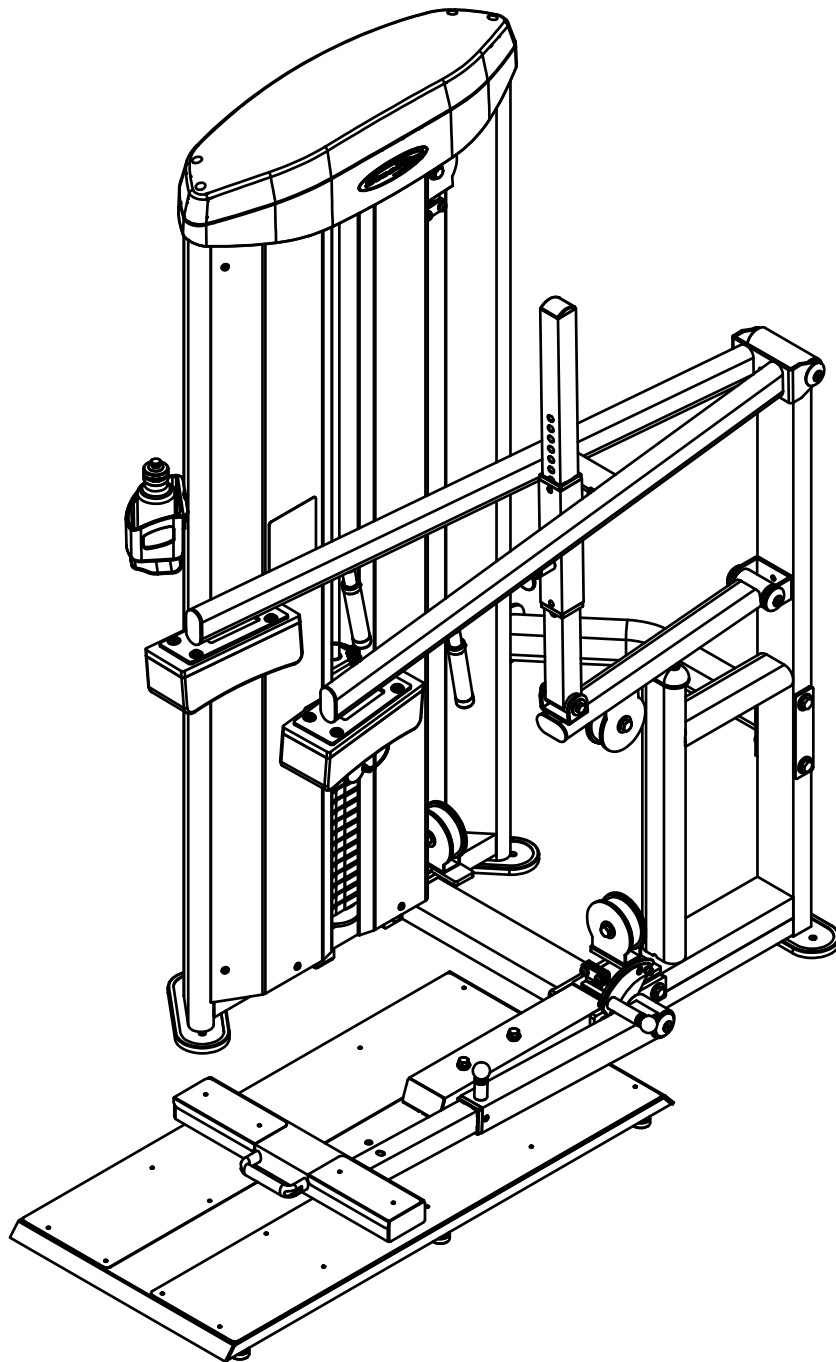


MEGA POWER



**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

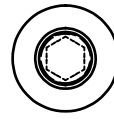
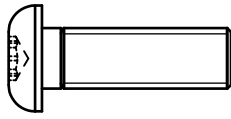
Fax: 886-2-27229750

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

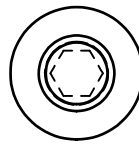
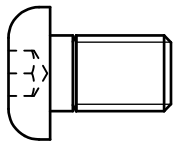
MCP-2200.1 OWNER'S MANUAL

# MCP-2200 ASSEMBLY INSTRUCTIONS

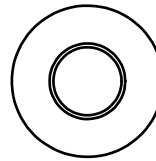
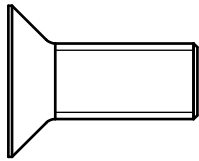
## HARDWARE ILLUSTRATION



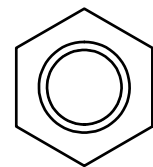
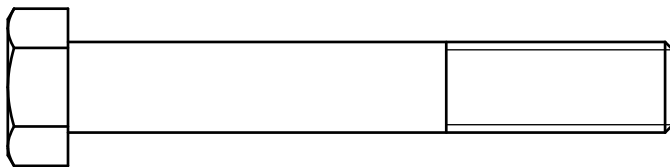
(A1) ROUND ALLEN HEAD M8X25L PARTIAL THREAD QTY.8



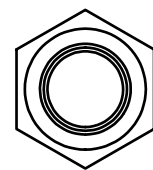
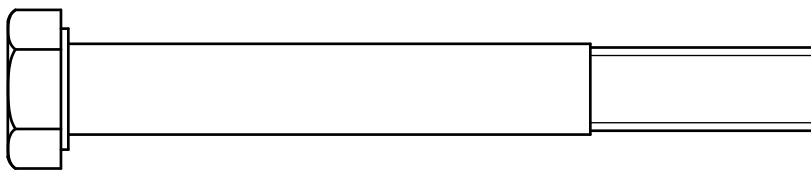
(A2) ROUND ALLEN HEAD M10X16L PARTIAL THREAD QTY.2



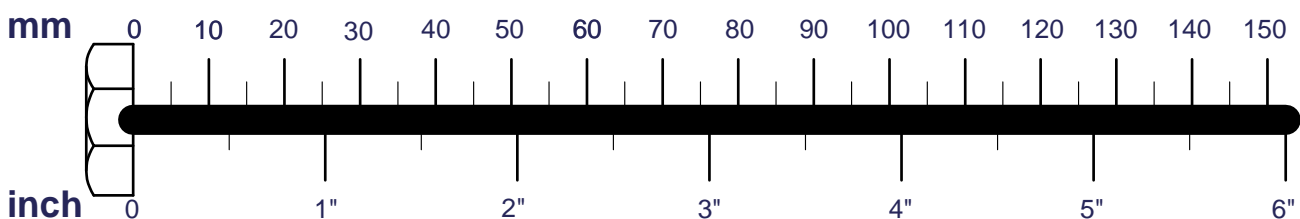
(A3) M10X25L CONE SCREW PARTIAL THREAD QTY.5



(A4) HEX BOLT M12X80L PARTIAL THREAD QTY.2

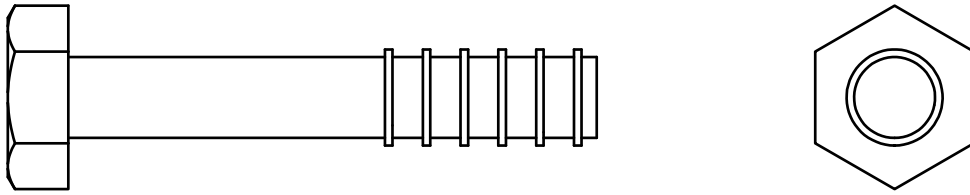


(A5) HEX BOLT M12X100L PARTIAL THREAD QTY.1

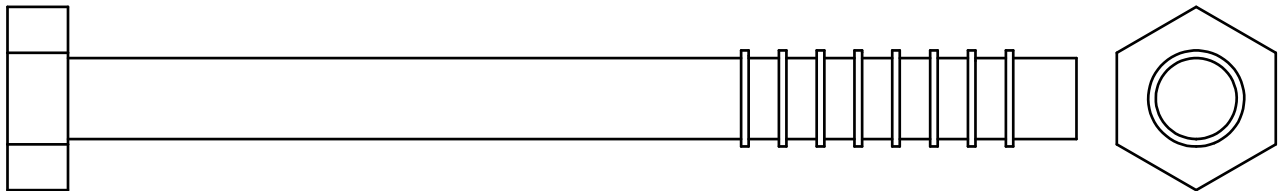


# MCP-2200 ASSEMBLY INSTRUCTIONS

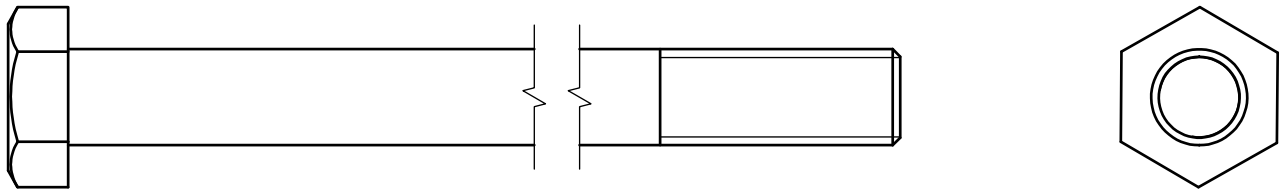
## HARDWARE ILLUSTRATION



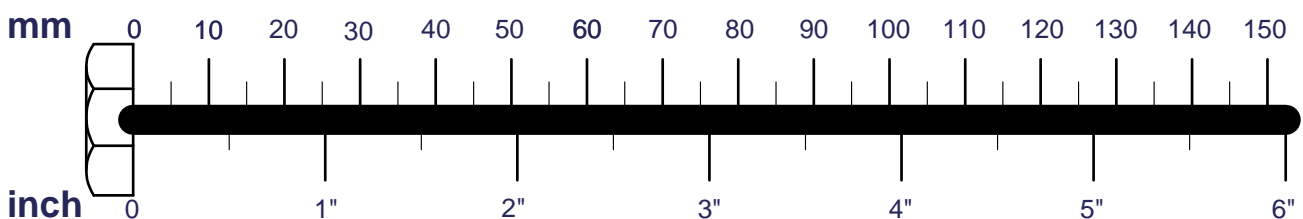
(A6)HEX BOLT 1/2"X2-3/4"L PARTIAL THREAD QTY.2



(A7)HEX BOLT 1/2"X5-1/4"L PARTIAL THREAD QTY.2

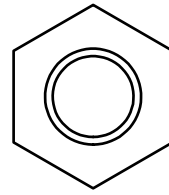
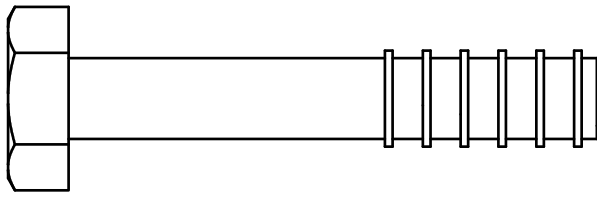


(A8)HEX BOLT 1/2"X5-3/4"L PARTIAL THREAD QTY.2

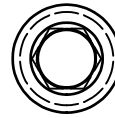
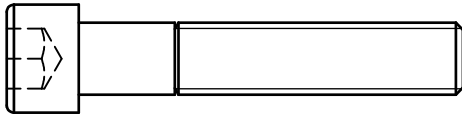


# MCP-2200 ASSEMBLY INSTRUCTIONS

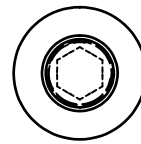
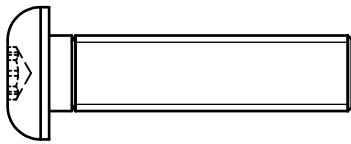
## DOOR FRAME HARDWARE ILLUSTRATION



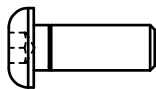
(A9)HEX BOLT 1/2"x2-3/4"L PARTIAL THREAD QTY.4



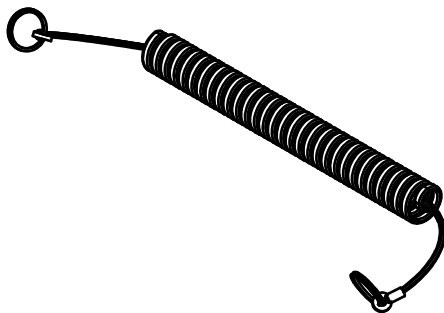
(A10)ROUND ALLEN HEAD 3/8"x2"L PARTIAL THREAD QTY.1



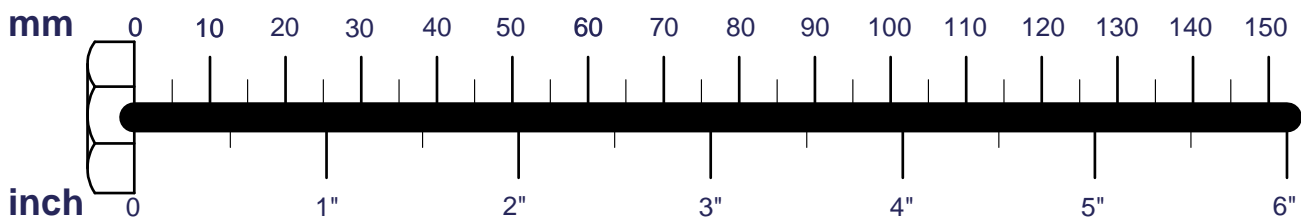
(A11)ROUND ALLEN HEAD M10X40L PARTIAL THREAD QTY.1



(A12)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.16

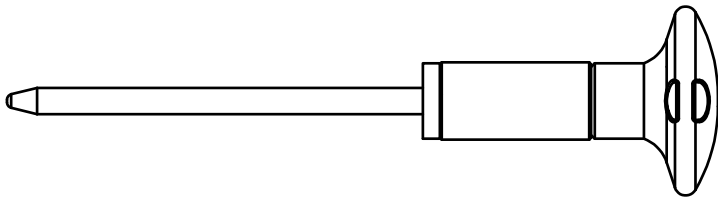


(A13)ELASTIC BELT (F920003) QTY.1

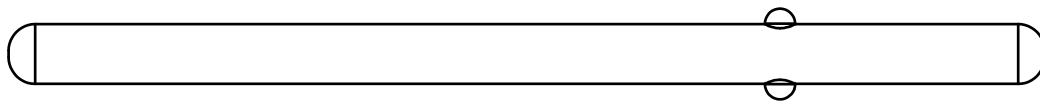


# MCP-2200 ASSEMBLY INSTRUCTIONS

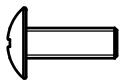
## DOOR FRAME HARDWARE ILLUSTRATION



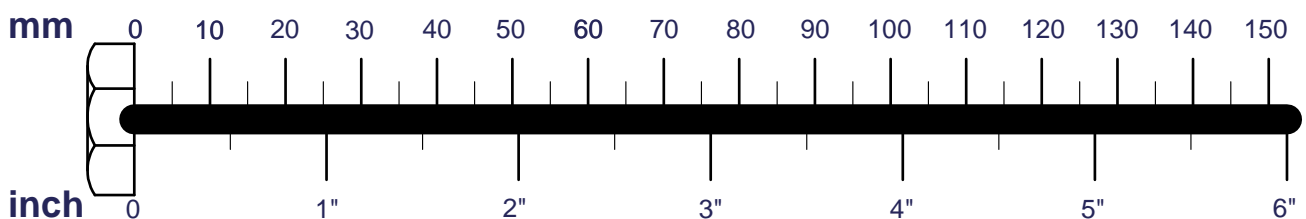
(A14)10、15、20LB PIN (8250-162) QTY.1



(A15)Ø7.9 FIXED PIN (8250-166) QTY.1

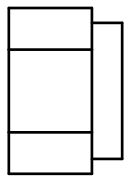


(A16)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2

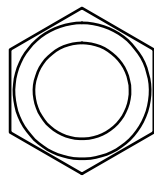


# MCP-2200 ASSEMBLY INSTRUCTIONS

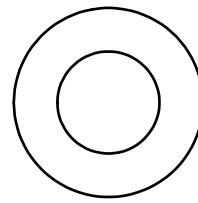
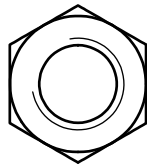
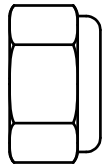
## HARDWARE ILLUSTRATION



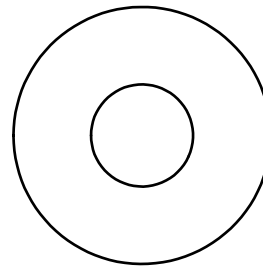
(B1) NYLON LOCK NUT 1/2" QTY.6



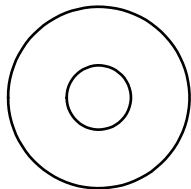
(B2) NYLON LOCK NUT M12 QTY.1



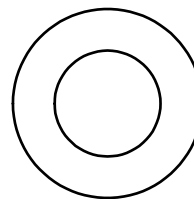
(C4) M12(I.D.) FLAT WASHER Ø25 QTY.2



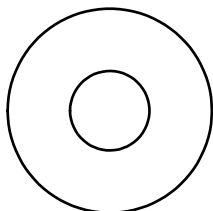
(C5) M12(I.D.) FLAT WASHER Ø34 QTY.2



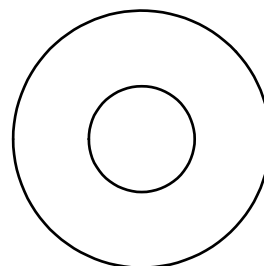
(C1) M8(I.D.) FLAT WASHER Ø24 QTY.8



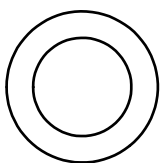
(C6) 1/2"(I.D.) FLAT WASHER Ø25 QTY.1



(C2) M10(I.D.) FLAT WASHER Ø27 QTY.2



(C7) 1/2"(I.D.) FLAT WASHER Ø34 QTY.11



(C3) M12(I.D.) FLAT WASHER Ø20 QTY.2



mm

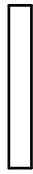
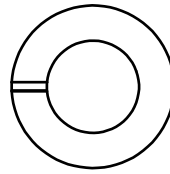
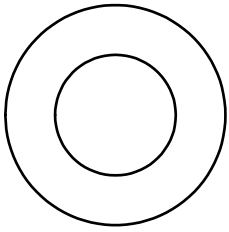
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inch

0 1" 2" 3" 4" 5" 6"

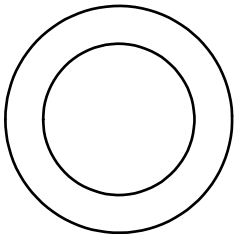
# MCP-2200 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

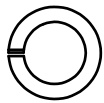


(C8)5/8"(I.D.)FLAT WASHER Ø29 QTY.2

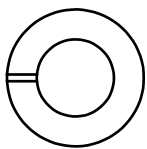
(C12)M12 SPRING WASHER QTY.2



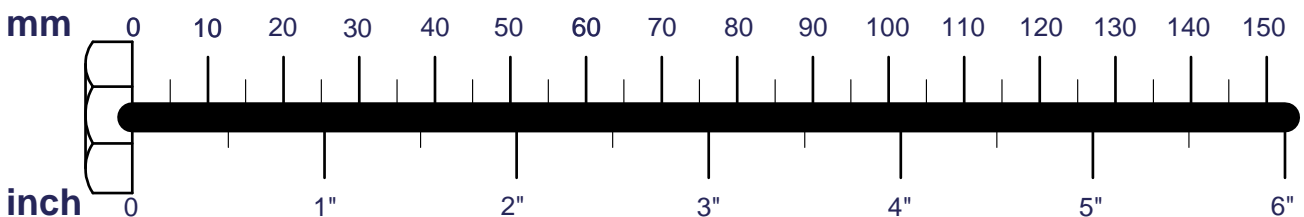
(C9)M20(I.D.)FLAT WASHER Ø30 QTY.2



(C10)M8 SPRING WASHER QTY.8

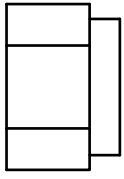


(C11)M10 SPRING WASHER QTY.2

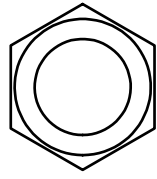


# MCP-2200 ASSEMBLY INSTRUCTIONS

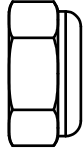
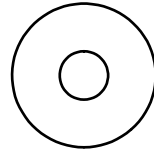
## DOOR FRAME HARDWARE ILLUSTRATION



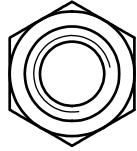
(B3) NYLON LOCK NUT 1/2" QTY.4



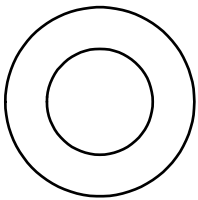
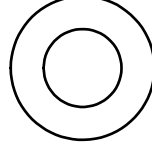
(C16) M6 (I.D.) FLAT WASHER Ø19 QTY.16



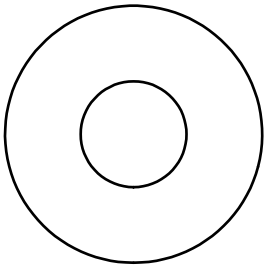
(B4) NYLON LOCK NUT M10 QTY.1



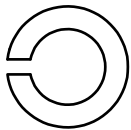
(C17) M10 (I.D.) FLAT WASHER Ø19 QTY.2



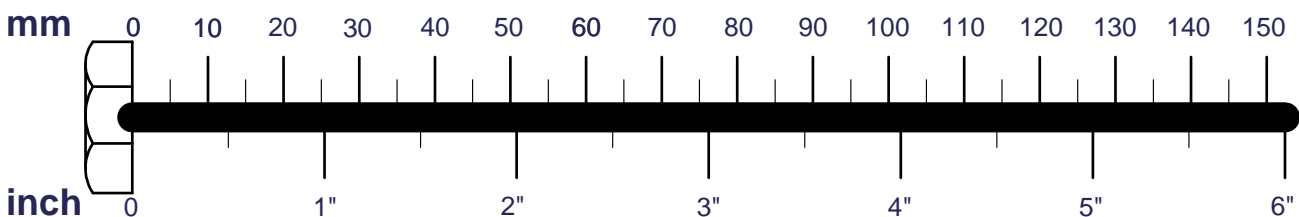
(C13) 1/2" (I.D.) FLAT WASHER Ø25 QTY.2



(C14) 1/2" (I.D.) FLAT WASHER Ø34 QTY.6



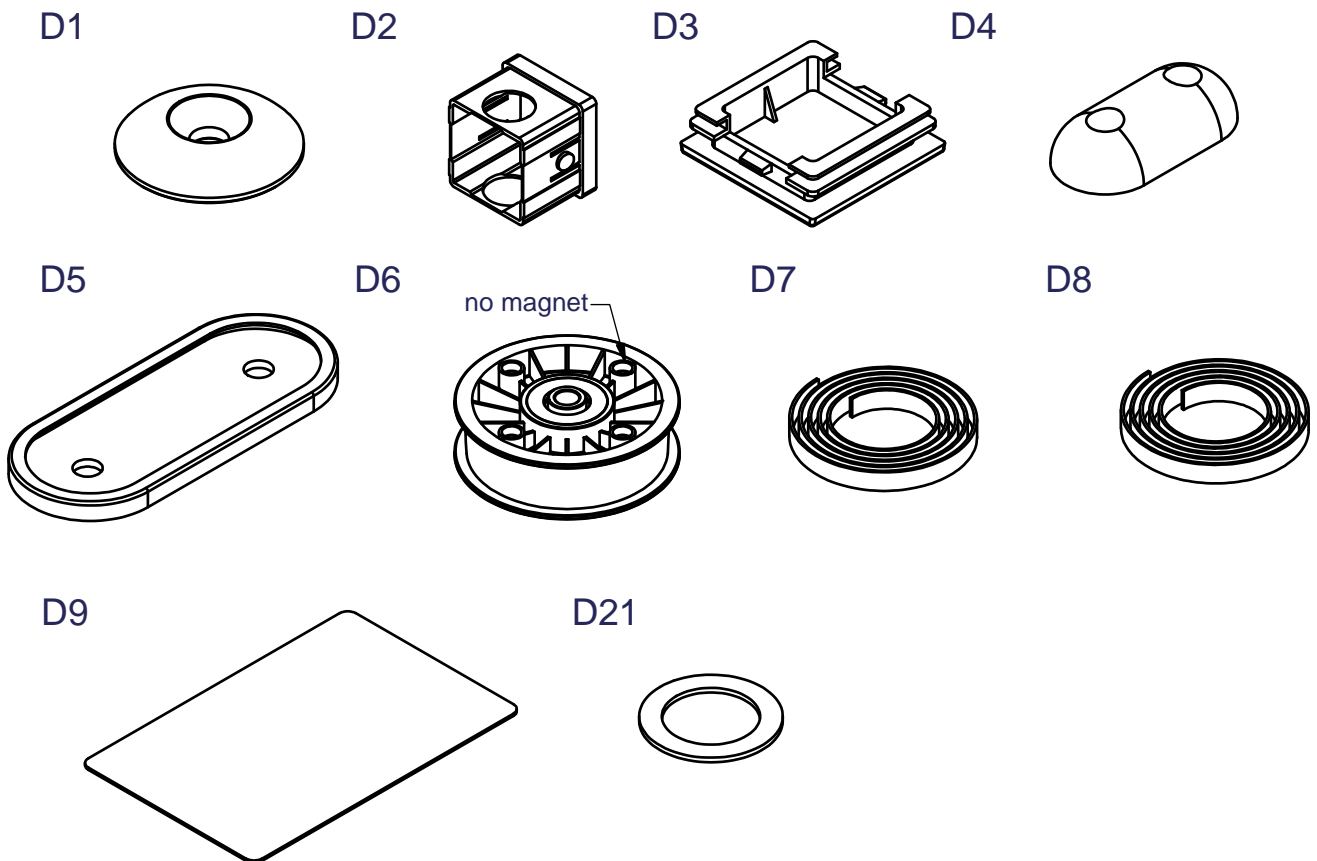
(C15) 3/8" SPRING WASHER QTY.1



# MCP-2200 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

D1.Ø50 CAP COVER(8130-131)-----	[5PCS]
D2. 60x50 NYLON BUSHING(9211-033) -----	[2PCS]
D3. 2"x2" End Cap (9211-005)-----	[1PCS]
D4. Rubber Stopper (9310-057) -----	[1PCS]
D5.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D6.Ø115 PULLEY(9213-042B)-----	[2PCS]
D7.3680mm BELT(FMCP2200A)-----	[1PCS]
<b>D8.2570mm BELT(FMCP2200B1)-----</b>	<b>[1PCS]</b>
D9.EXERCISE CHART (9420-146)-----	[1PCS]
D21.Ø1" CU WASHER(8520-008) -----	[2PCS]

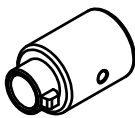


# MCP-2200 ASSEMBLY INSTRUCTIONS

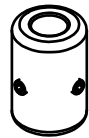
## DOOR FRAME HARDWARE ILLUSTRATION

D10.3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
D11.3/4" SHAFT COLLAR(9211-167)-----	[2PCS]
D12.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
D13.108X263 RUBBER PAD(9310-075)-----	[2PCS]
D15.Ø115 PULLEY(9213-042B)-----	[4PCS]
D16.BOTTLE BRACKET(8388-025)-----	[1PCS]
D17.BOTTLE RACK(9260-320)-----	[1PCS]
D18.BOTTLE(9260-123)-----	[1PCS]

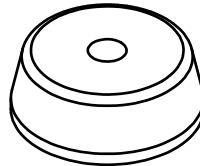
D10



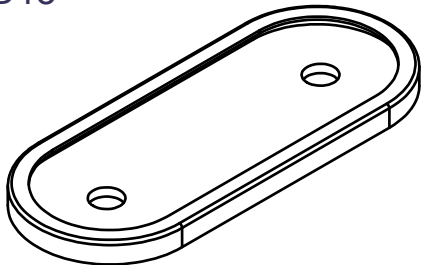
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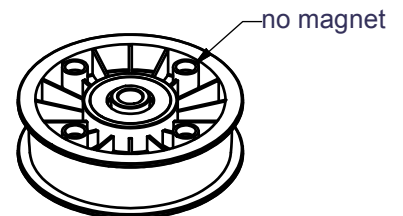
D12



D13



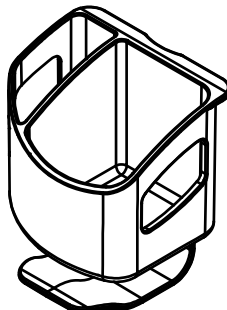
D15



D16



D17



D18



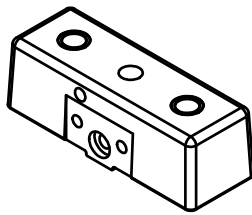
# MCP-2200 ASSEMBLY INSTRUCTIONS

## DOOR FRAME HARDWARE ILLUSTRATION

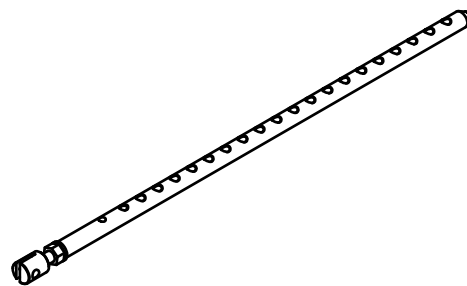
D19.TOP PLATE(8400-033)-----[1PCS]

D20.Selector Rod(8210-216C)-----[1PCS]

D19



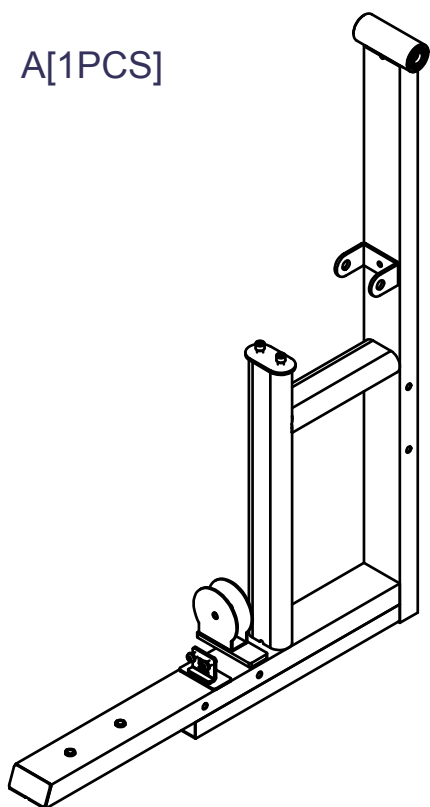
D20



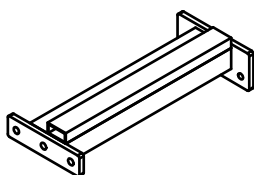
# MCP-2200 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

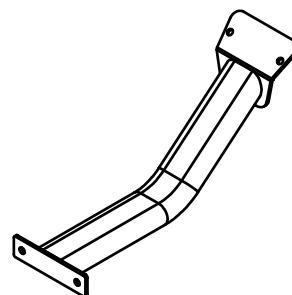
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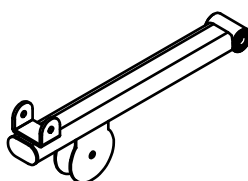
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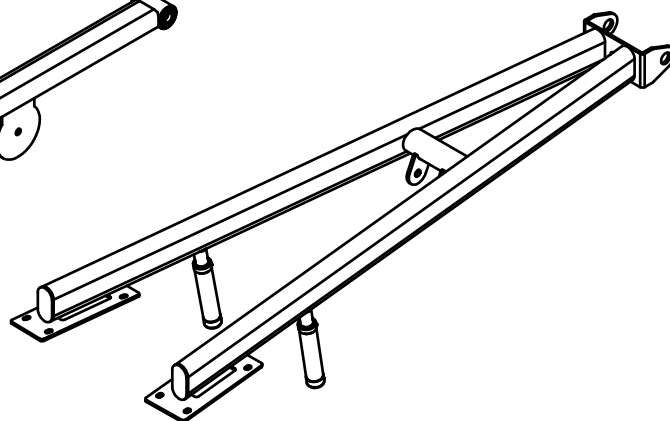
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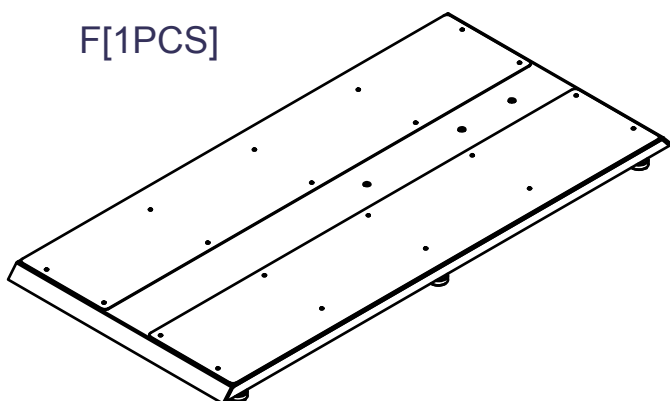
D[1PCS]



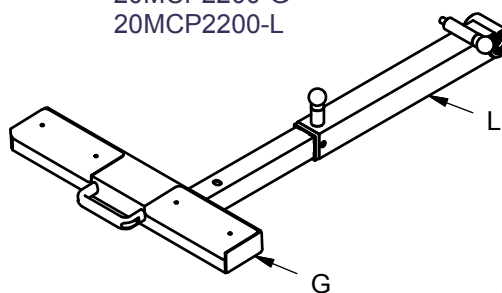
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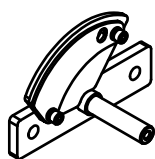
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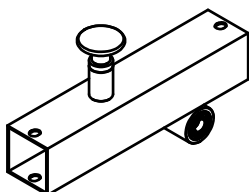
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20MCP2200-L



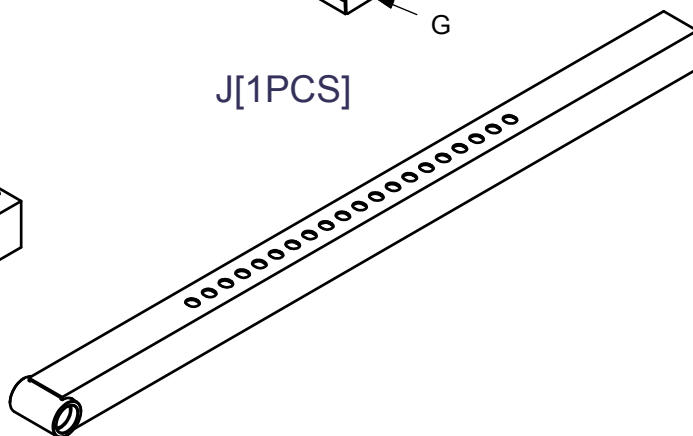
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I[1PCS]



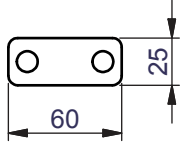
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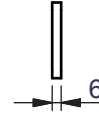
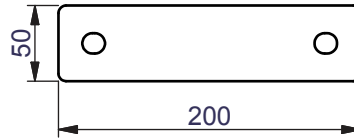
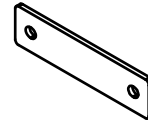
# MCP-2200 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

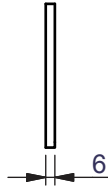
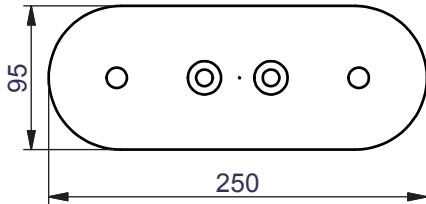
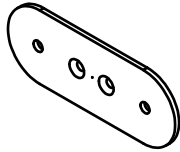
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8311-117



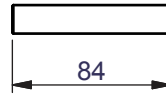
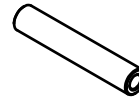
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8312-077



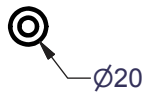
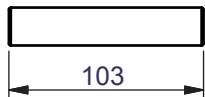
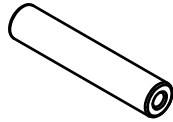
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8313-188



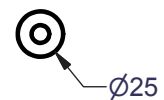
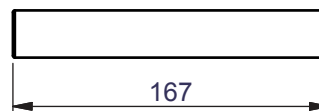
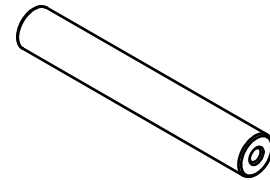
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Ø15X84L



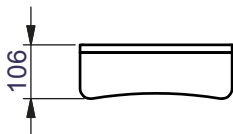
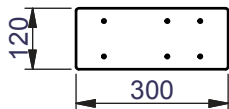
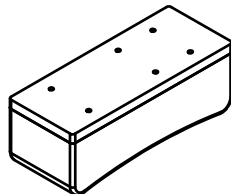
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Ø20X103L



U[1PCS]  
8220-306  
Ø25X167L



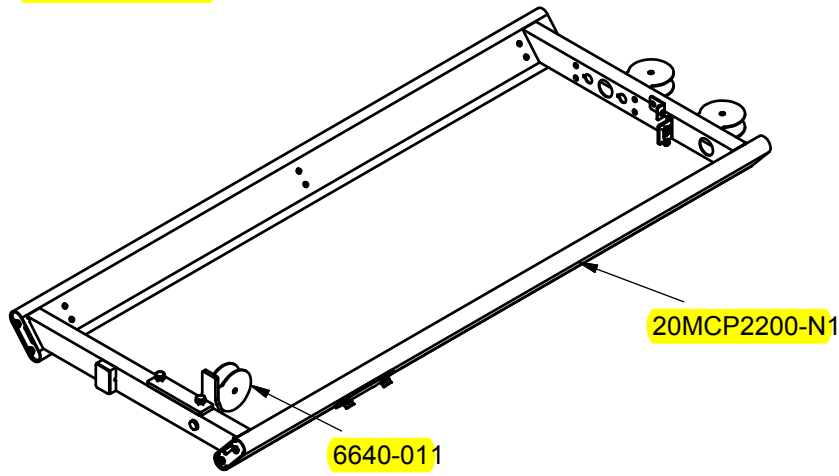
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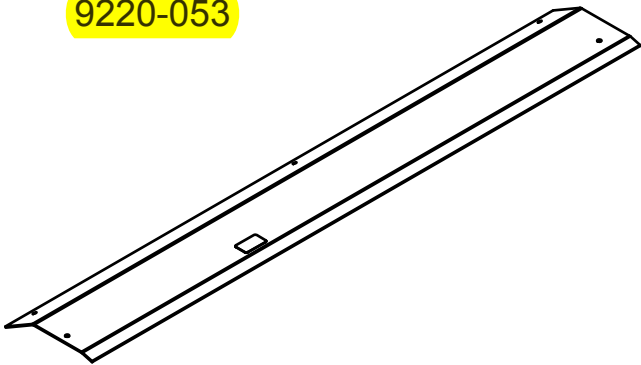
# MCP-2200 ASSEMBLY INSTRUCTIONS

## DOOR FRAME PARTS ILLUSTRATION SHEET

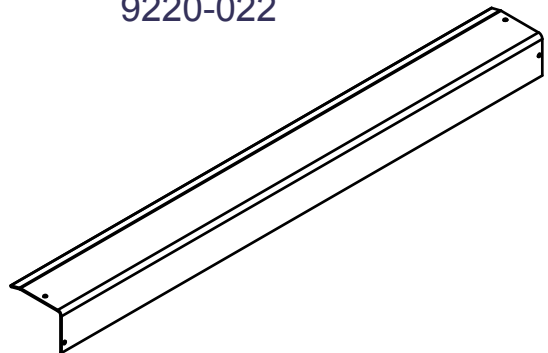
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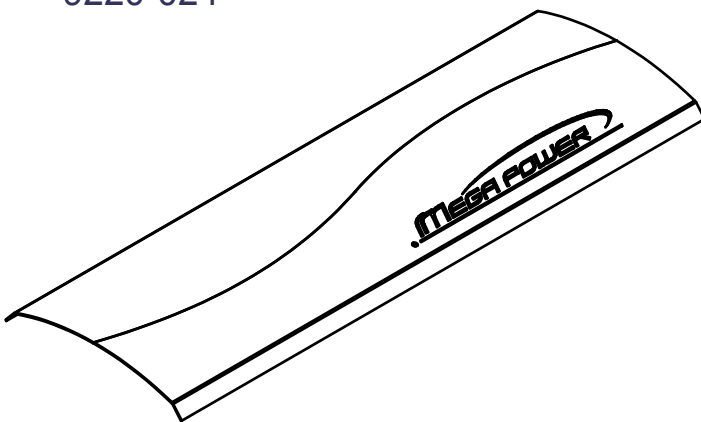
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9220-053



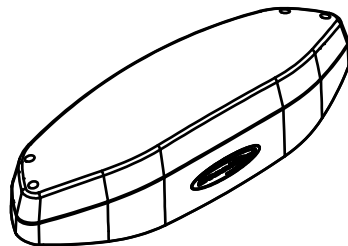
AD[1PCS]  
9220-022



AE[1PCS]  
9220-024



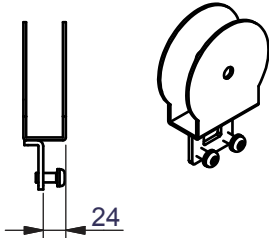
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9211-148



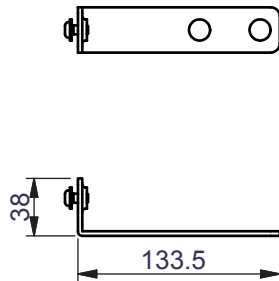
# MCP-2200 ASSEMBLY INSTRUCTIONS

## DOOR FRAME PARTS ILLUSTRATION SHEET

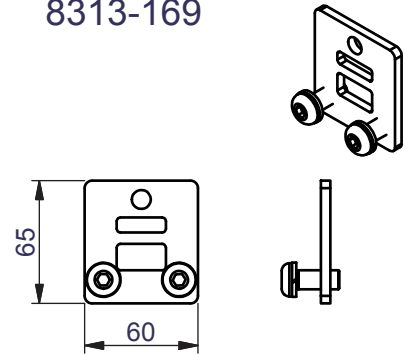
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6640-009



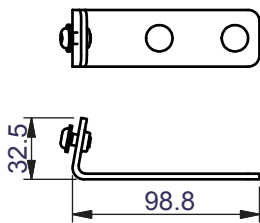
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8331-057



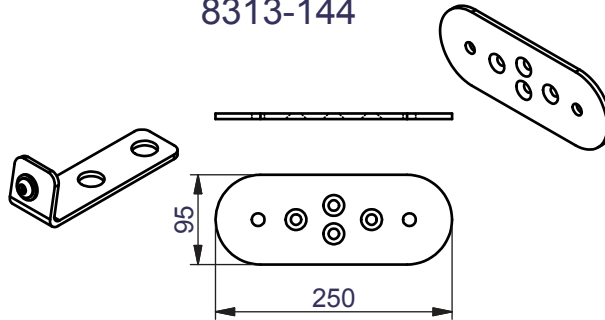
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8313-169



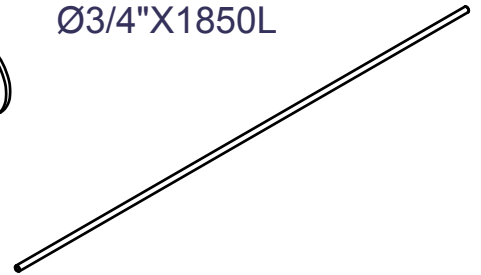
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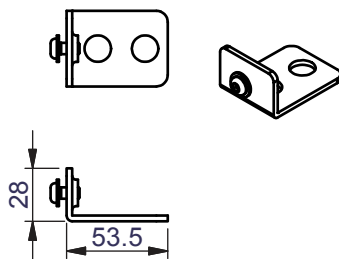
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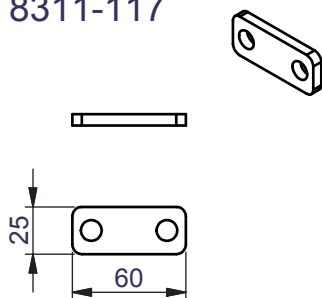
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8280-043  
Ø3/4"X1850L



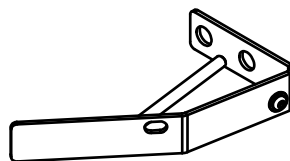
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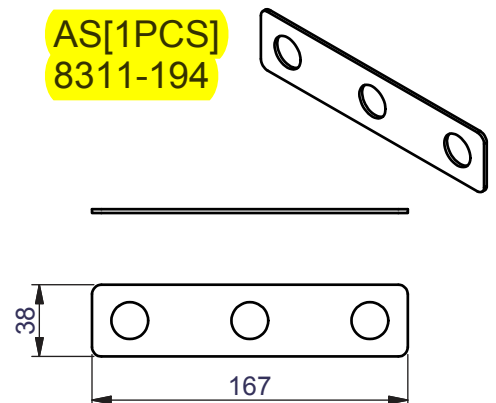
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8311-117



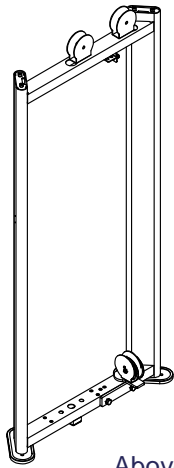
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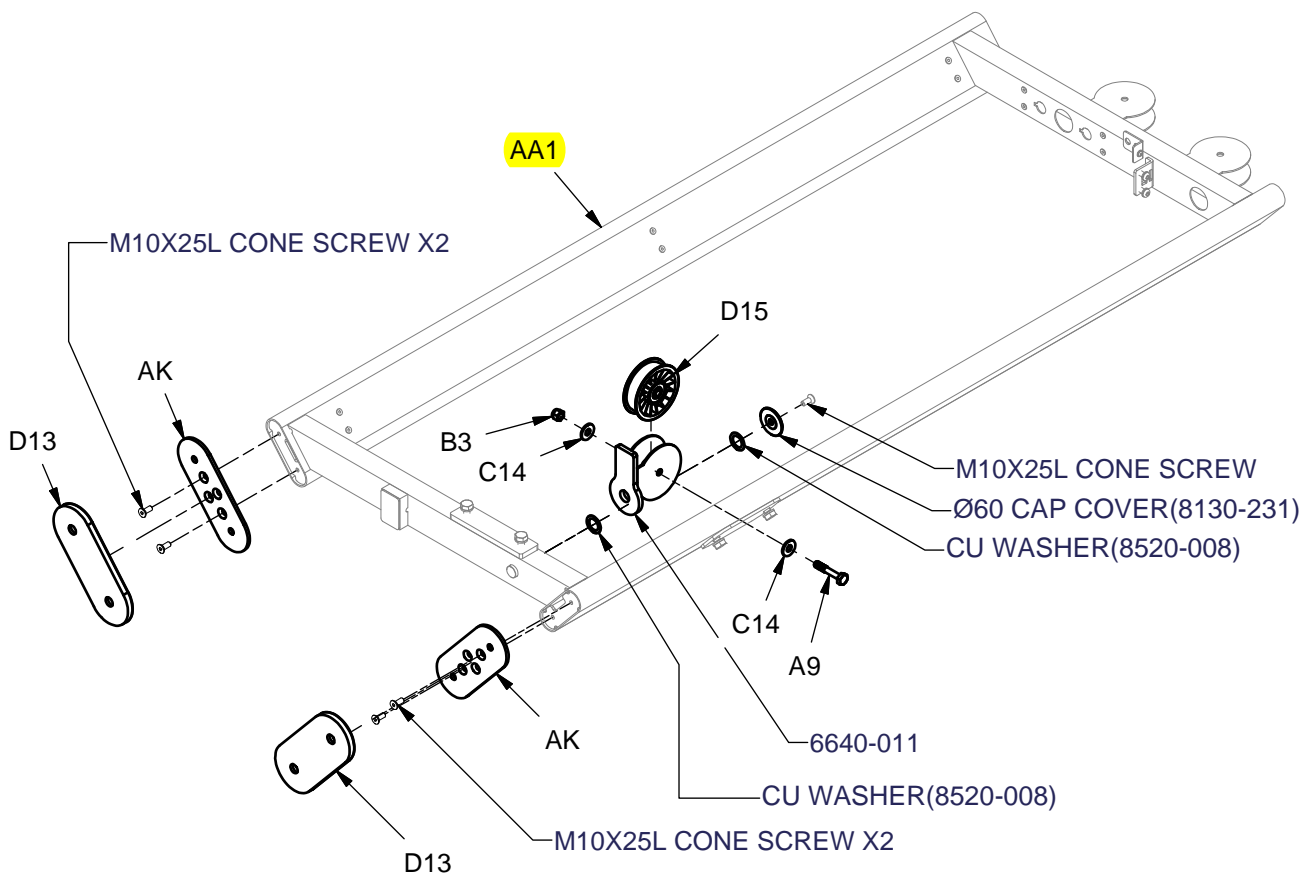
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8311-194



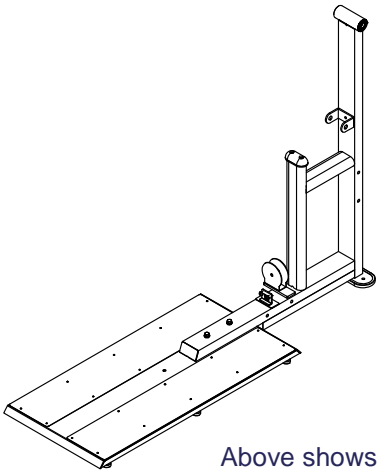
# MCP-2200 ASSEMBLY INSTRUCTIONS



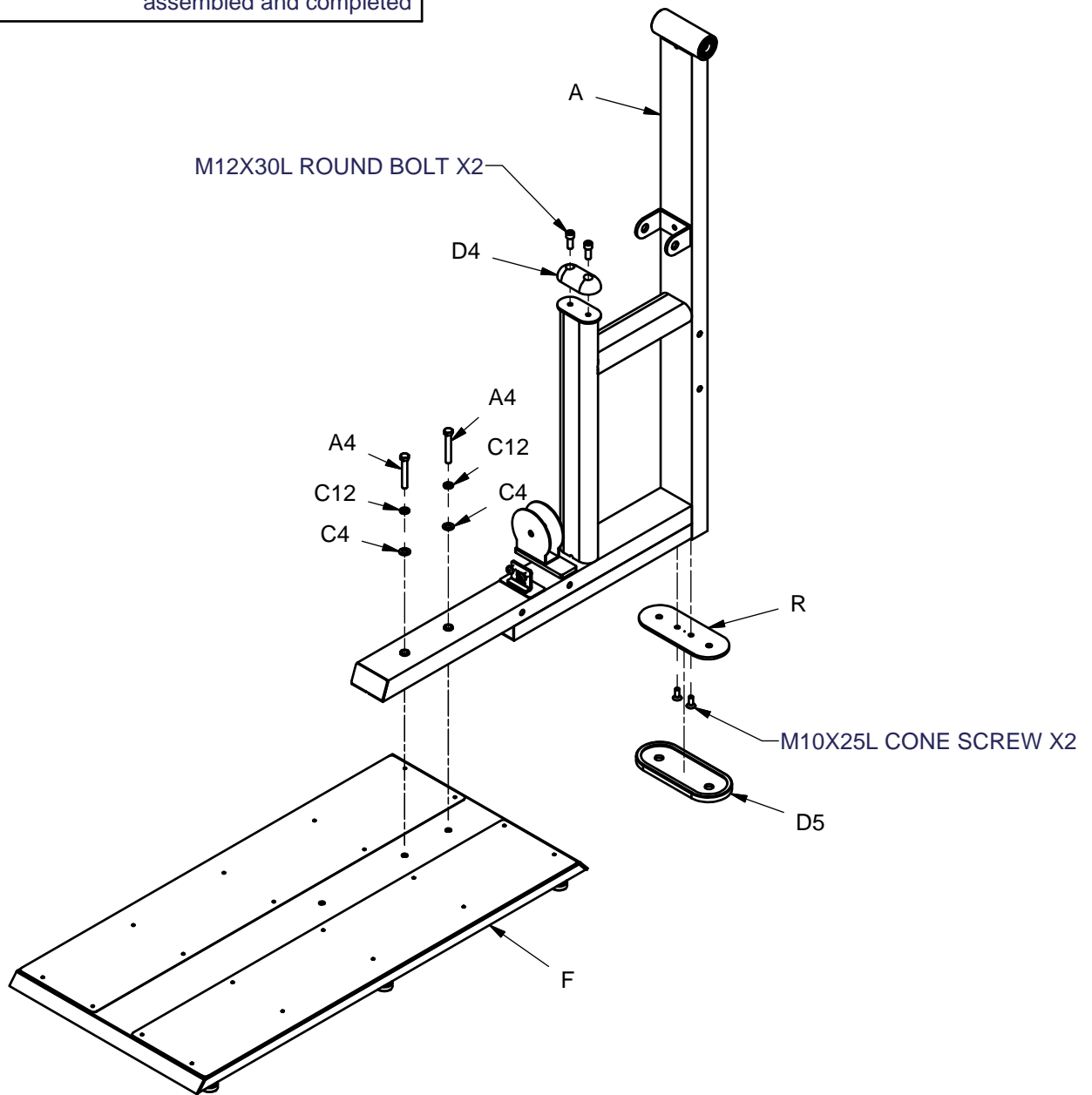
Above shows STEP 1 assembled and completed



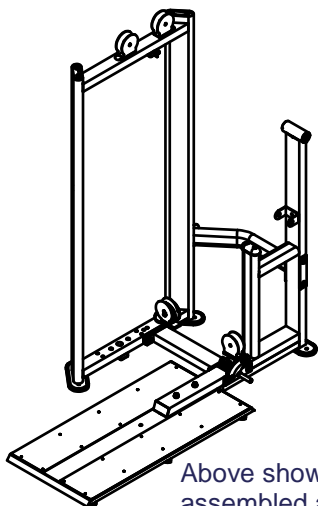
# MCP-2200 ASSEMBLY INSTRUCTIONS



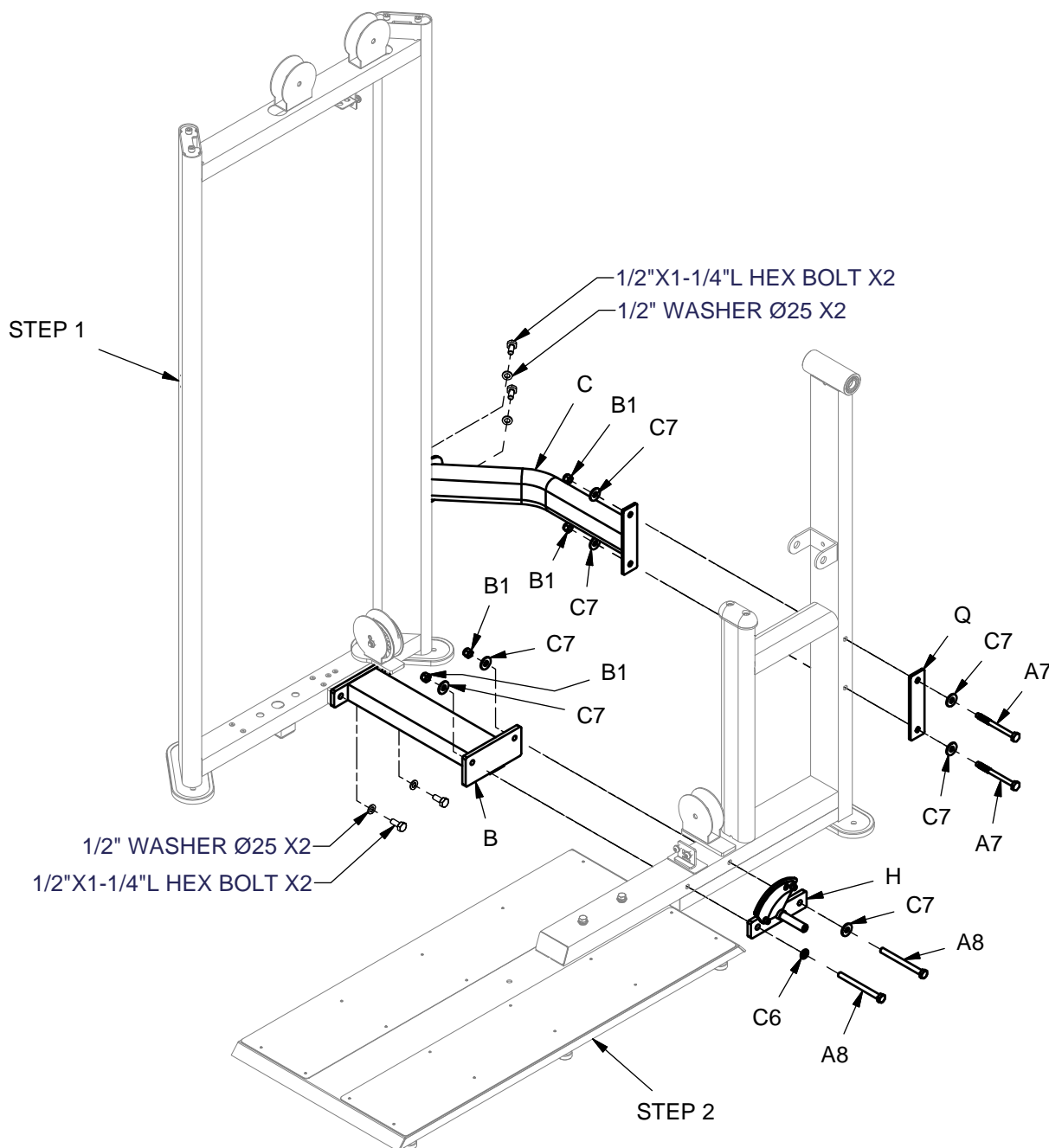
Above shows STEP 2  
assembled and completed



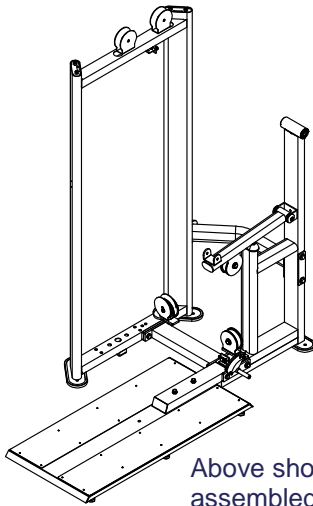
# MCP-2200 ASSEMBLY INSTRUCTIONS



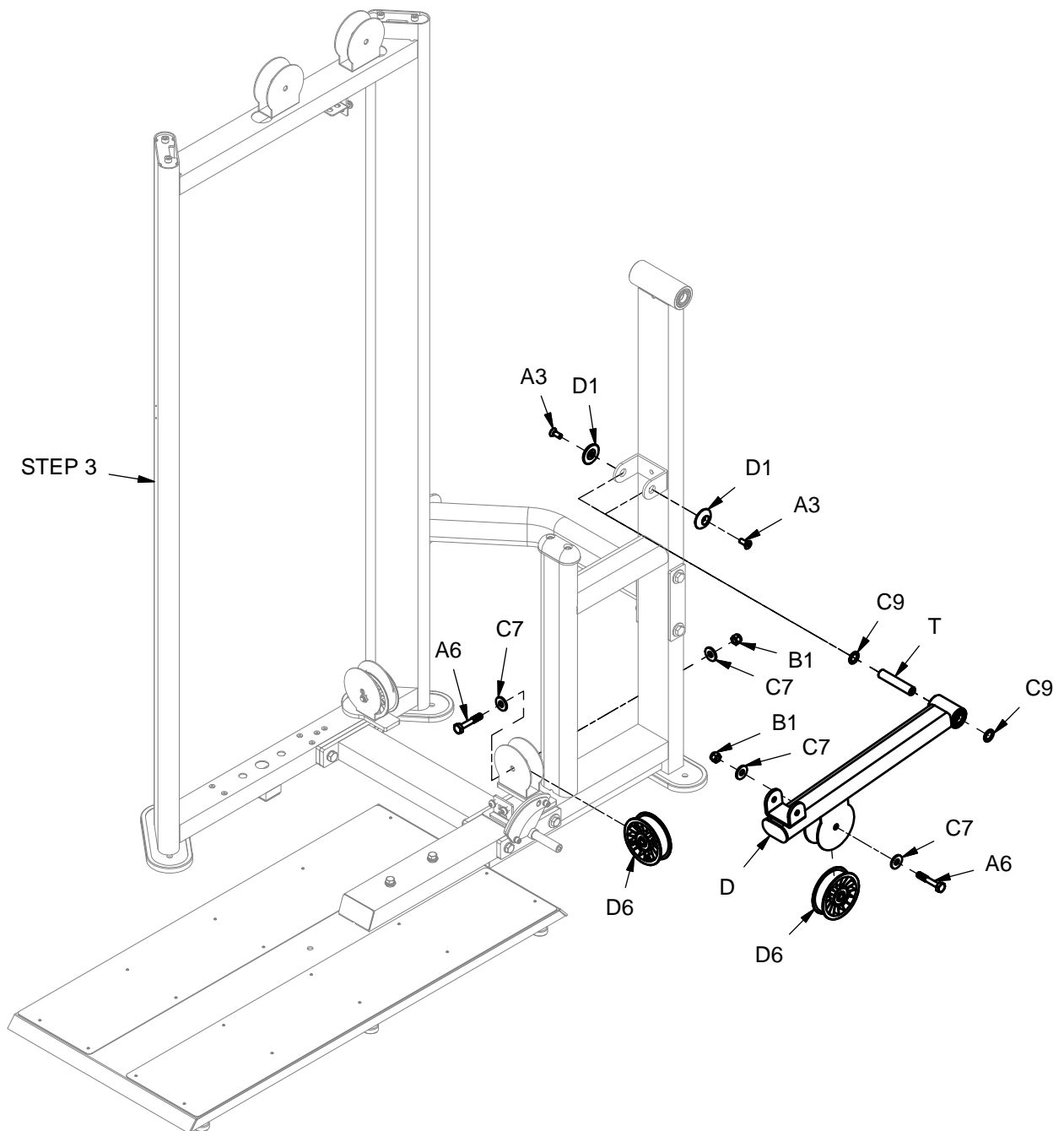
Above shows STEP 3 assembled and completed



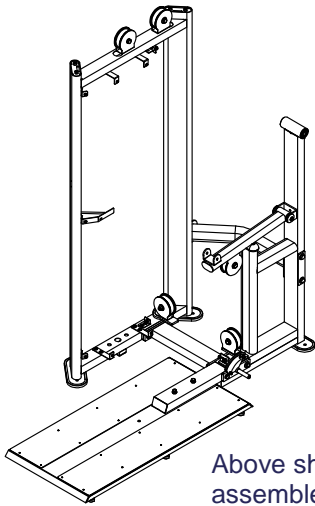
# MCP-2200 ASSEMBLY INSTRUCTIONS



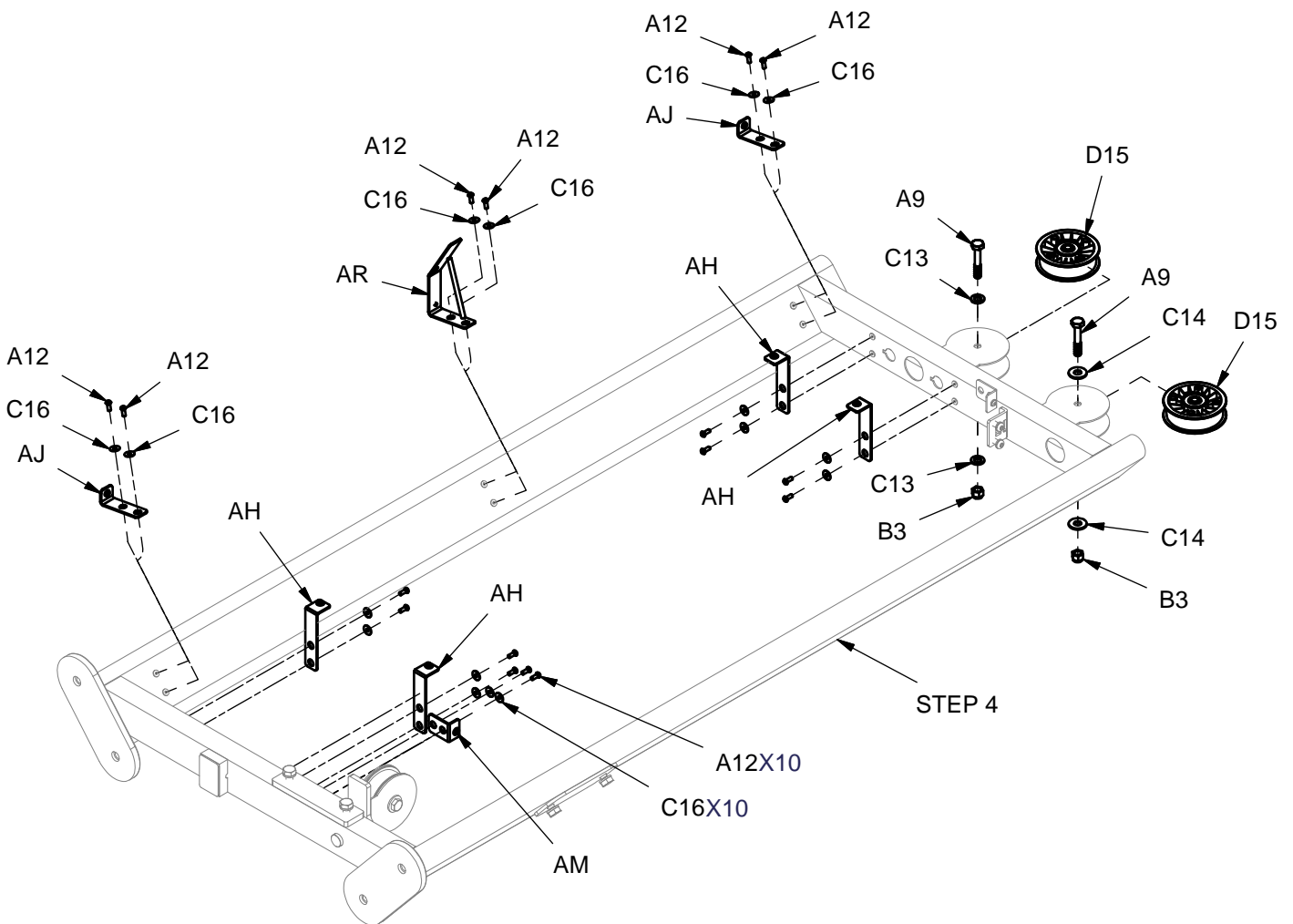
Above shows STEP 4 assembled and completed



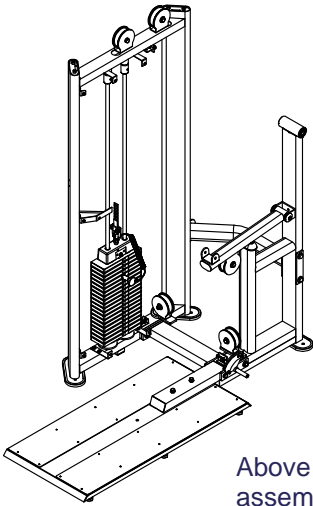
# MCP-2200 ASSEMBLY INSTRUCTIONS



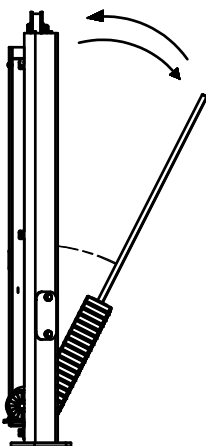
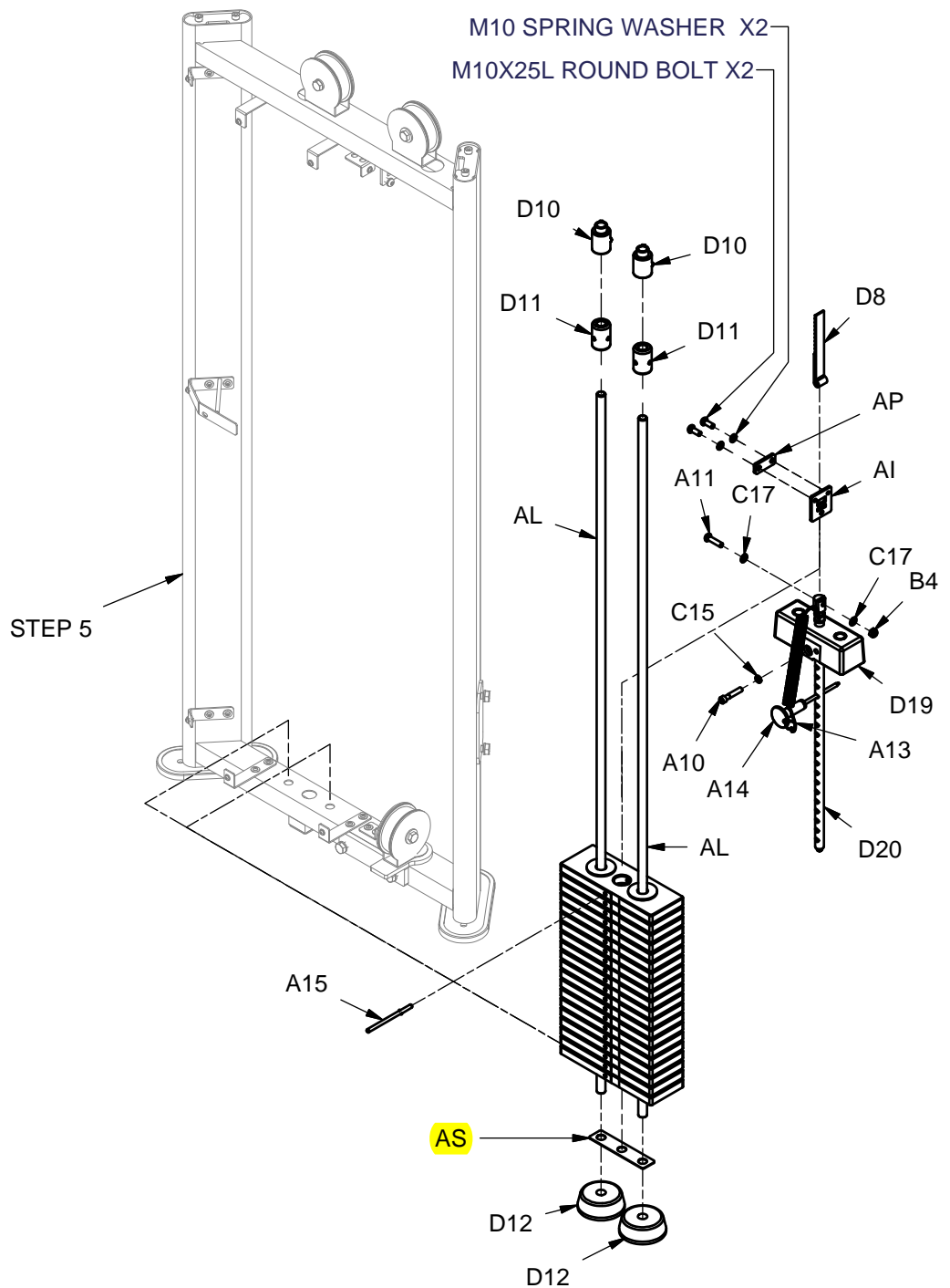
Above shows STEP 5 assembled and completed



# MCP-2200 ASSEMBLY INSTRUCTIONS



Above shows STEP 6 assembled and completed



# MCP-2200 ASSEMBLY INSTRUCTIONS

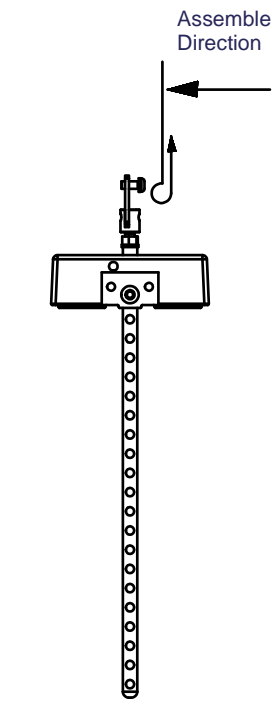
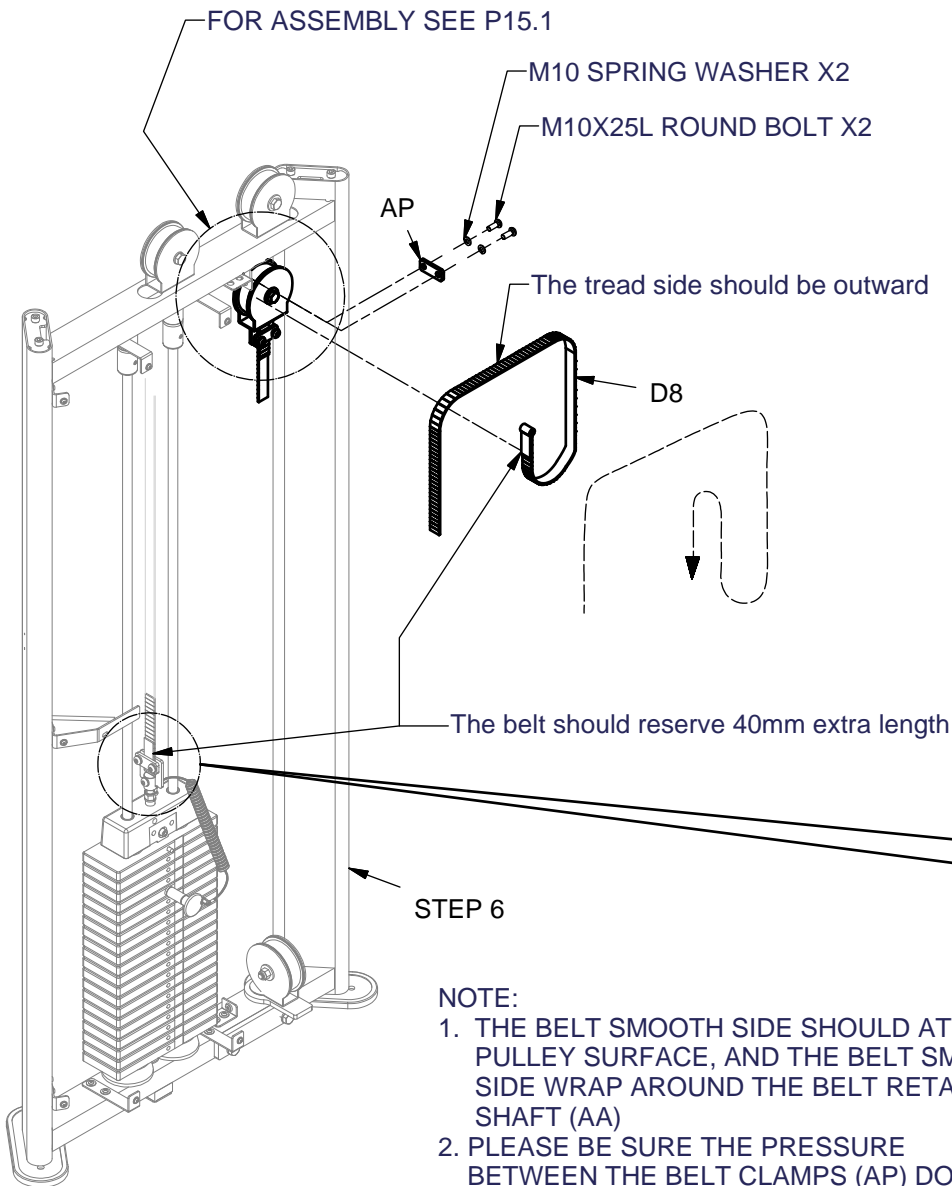


Figure 2

**NOTE:**

1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (AA)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (AP) DO NOT EXCEED 70 PSI

**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 7 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.

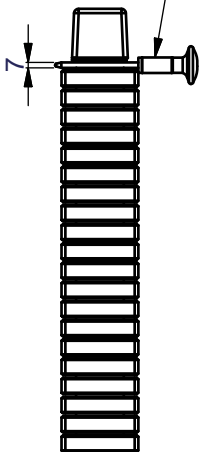
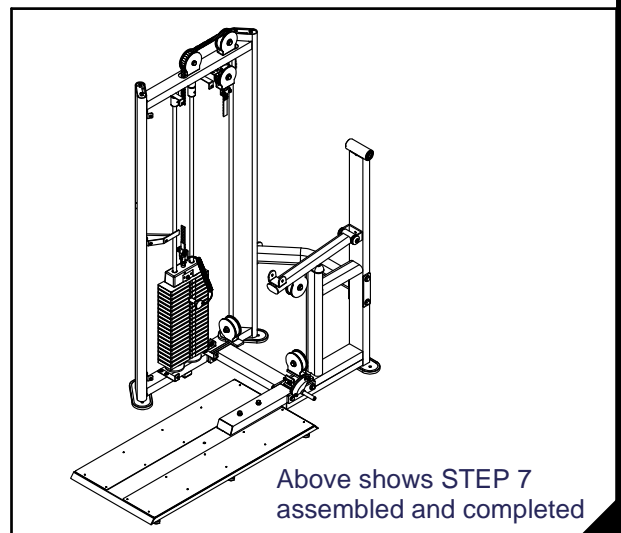


Figure 3



# MCP-2200 ASSEMBLY INSTRUCTIONS

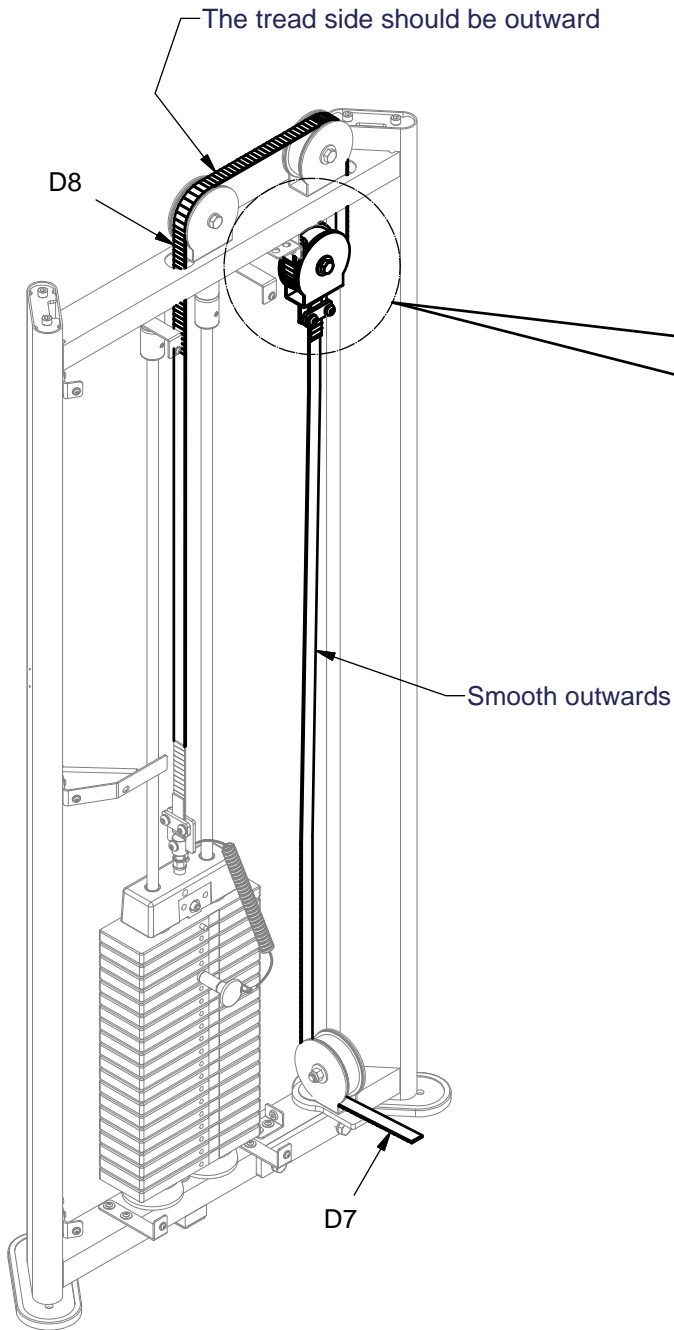


Figure 4

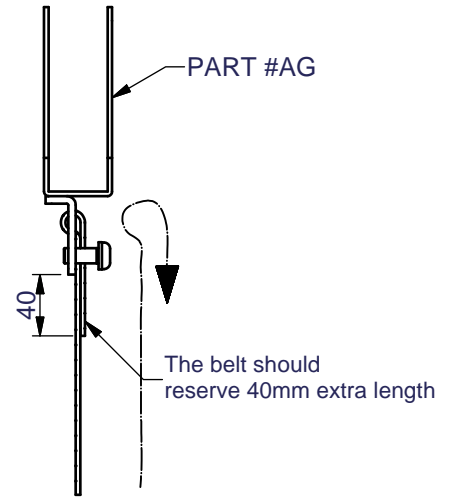
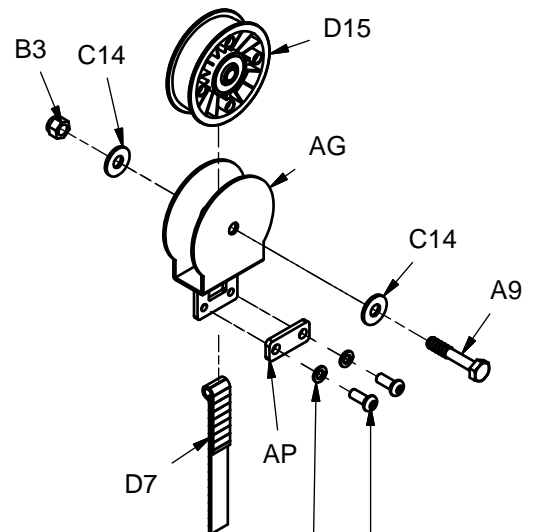
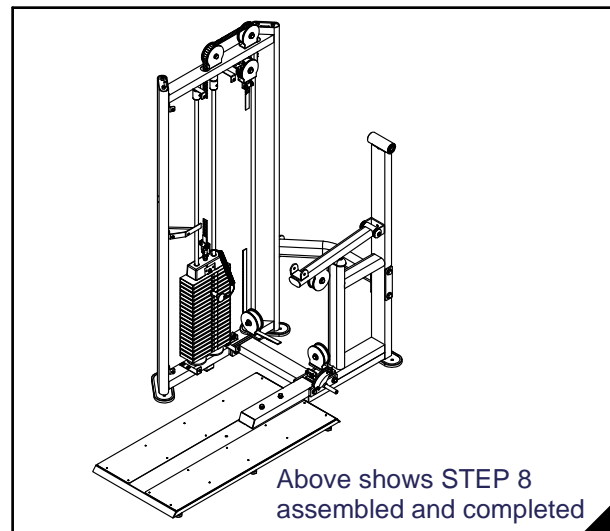


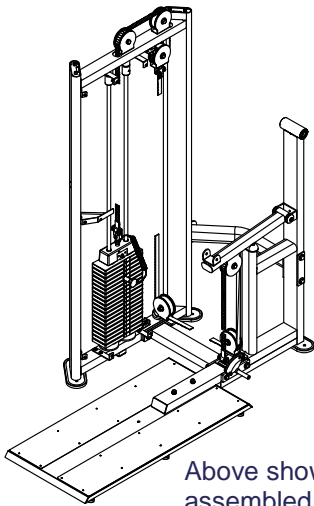
Figure 5



M10 SPRING WASHER X2  
M10X25L ROUND BOLT X2



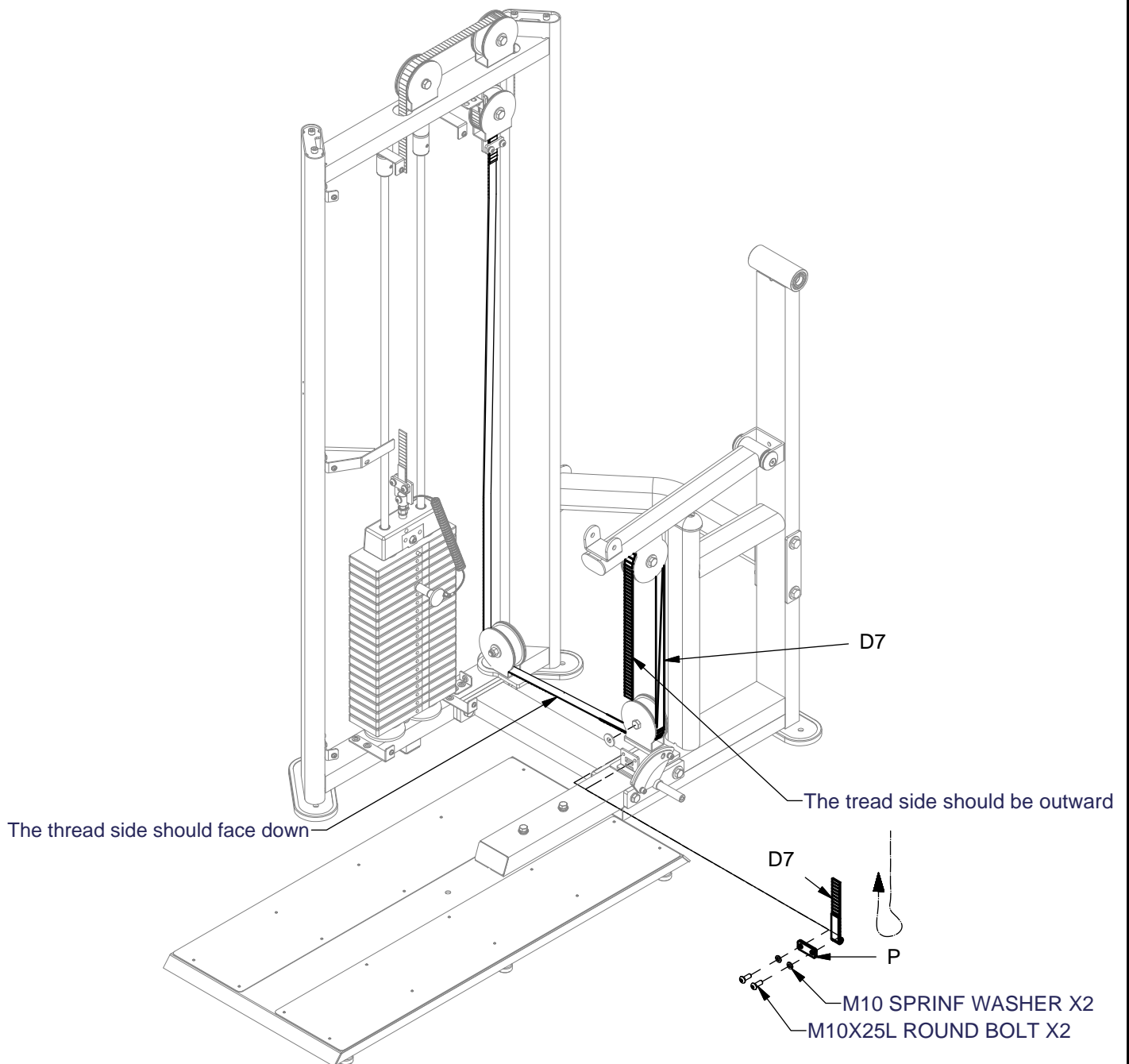
# MCP-2200 ASSEMBLY INSTRUCTIONS



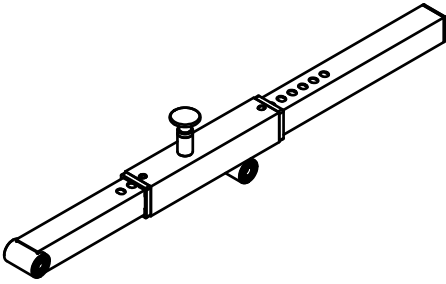
Above shows STEP 9 assembled and completed

## NOTE:

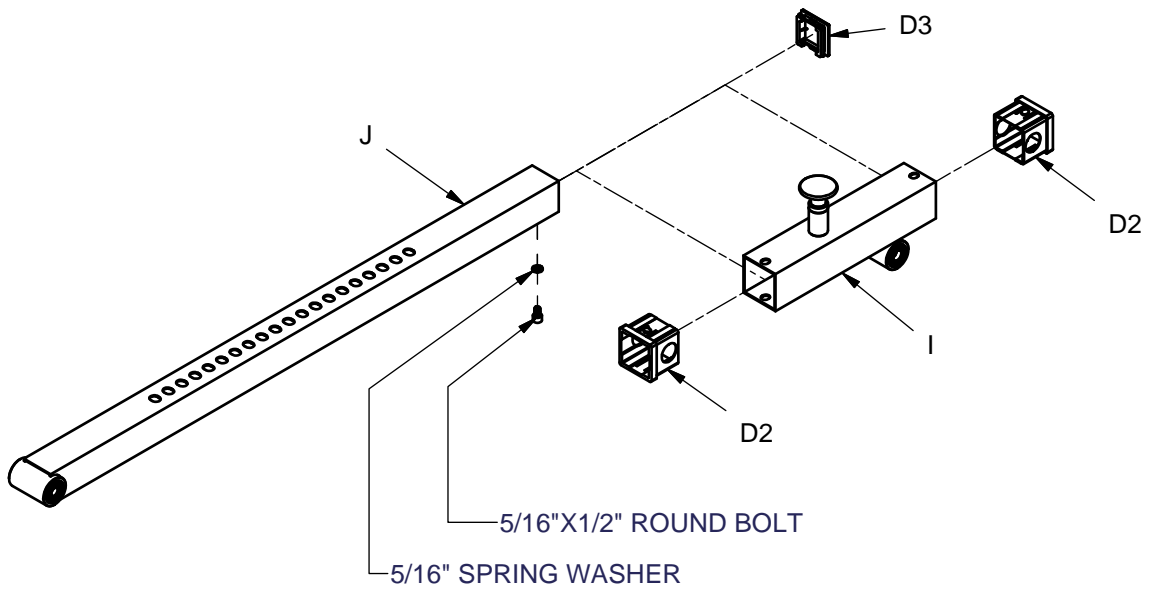
1. THE BELT SMOOTH SIDE SHOULD ATTACH ON PULLEY SURFACE, AND THE BELT SMOOTH SIDE WRAP AROUND THE BELT RETAINER SHAFT (A)
2. PLEASE BE SURE THE PRESSURE BETWEEN THE BELT CLAMPS (P) DO NOT EXCEED 70 PSI



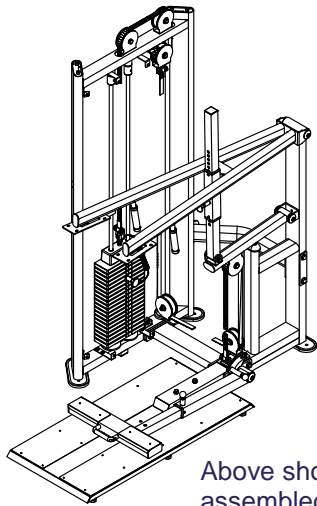
# MCP-2200 ASSEMBLY INSTRUCTIONS



Above shows STEP 10  
assembled and completed



# MCP-2200 ASSEMBLY INSTRUCTIONS



Above shows STEP 11 assembled and completed

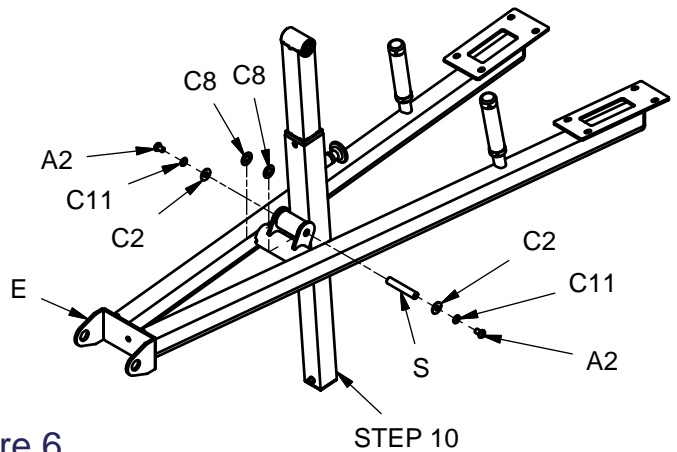
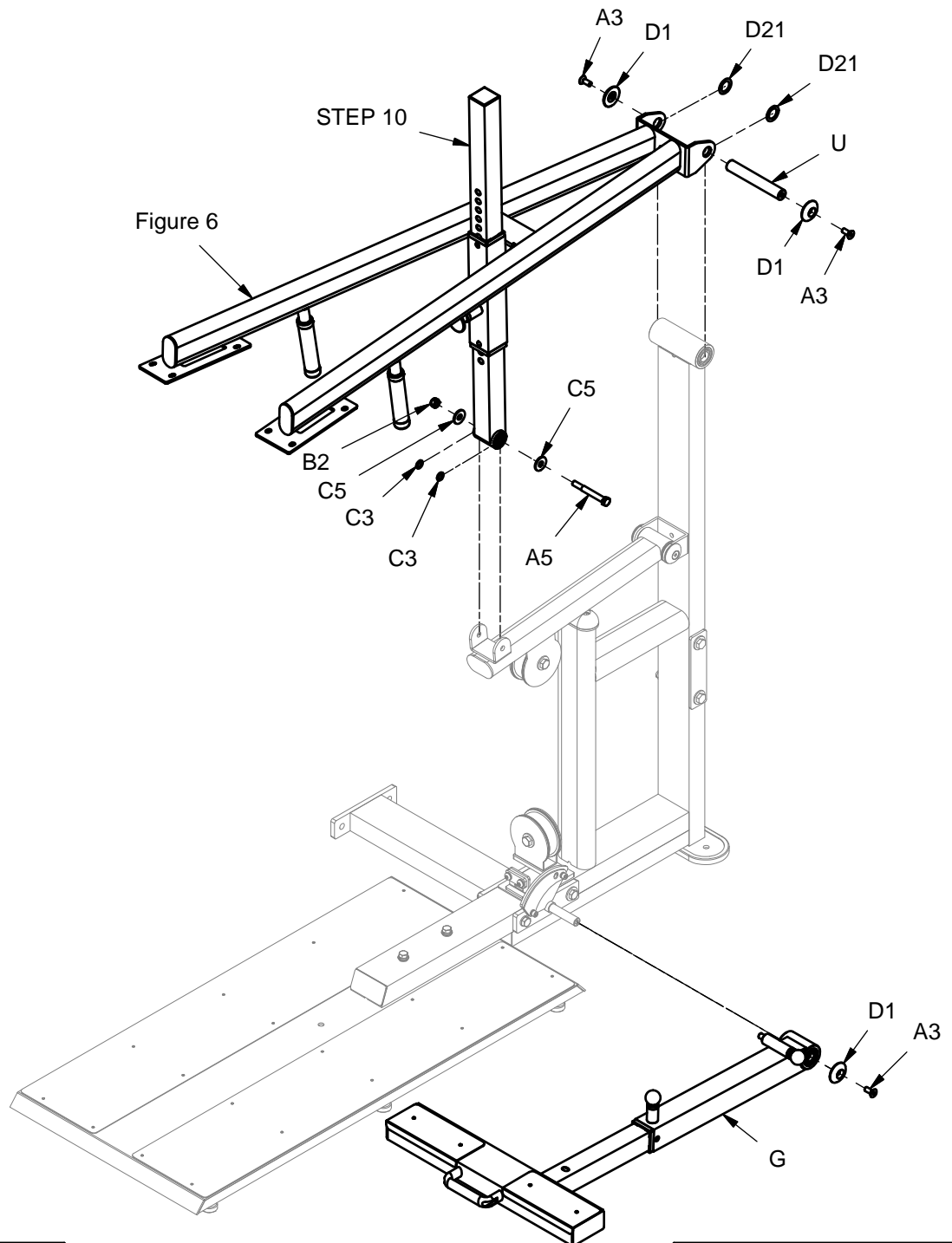


Figure 6

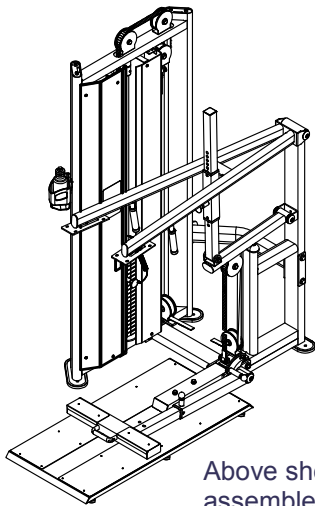
STEP 10



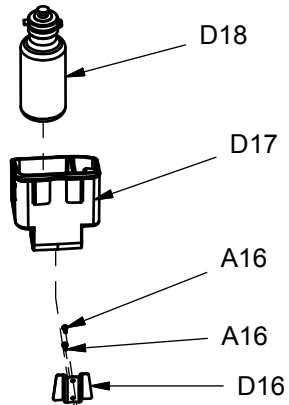
STEP 10

Figure 6

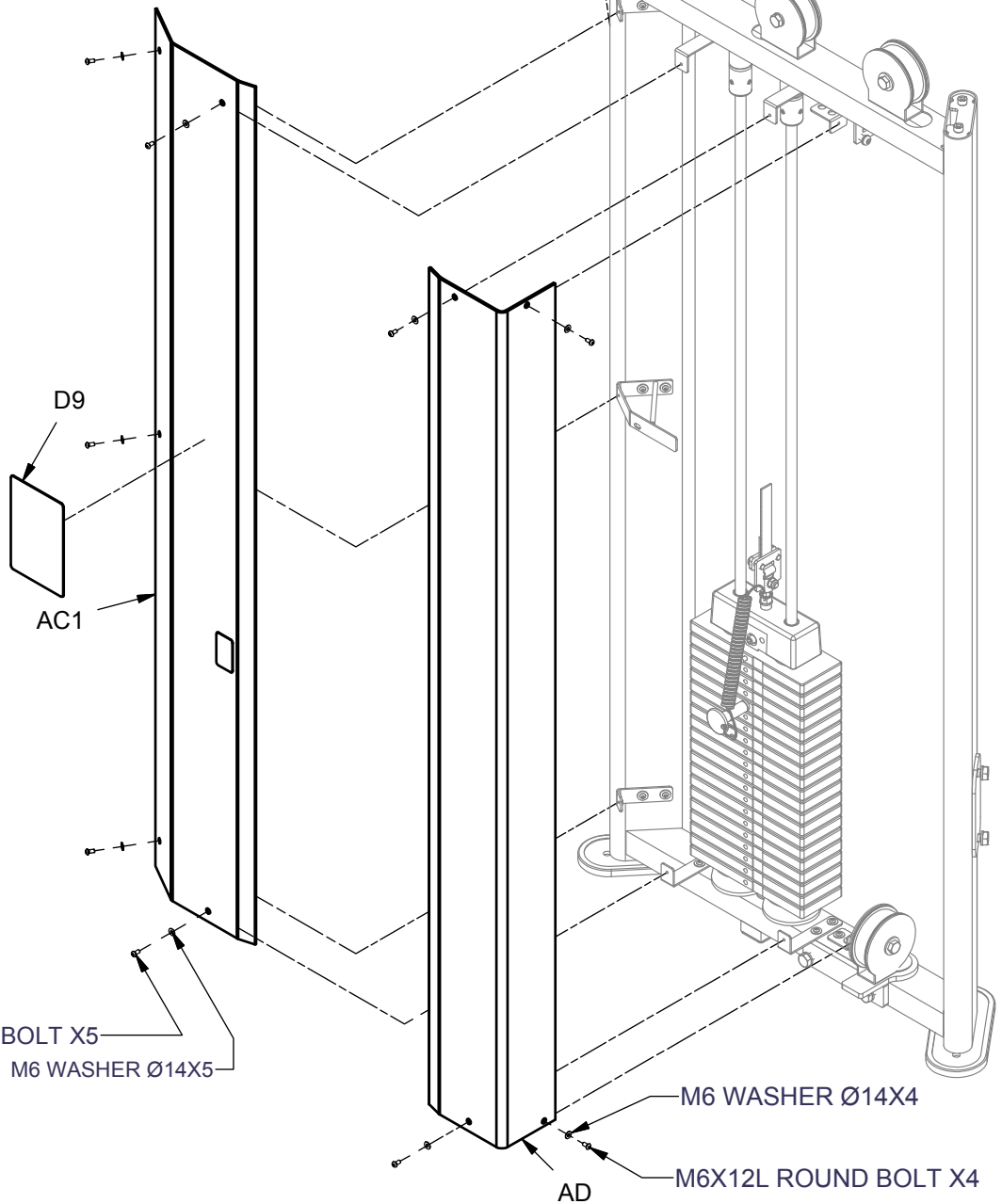
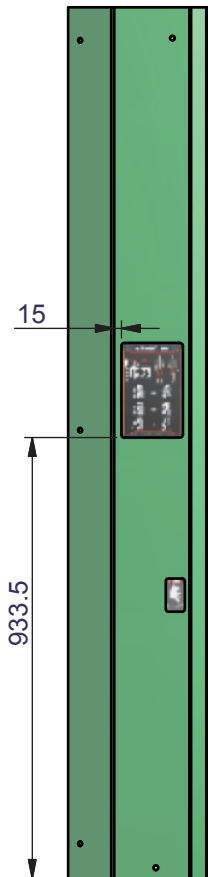
# MCP-2200 ASSEMBLY INSTRUCTIONS



Above shows STEP 12 assembled and completed



Post location

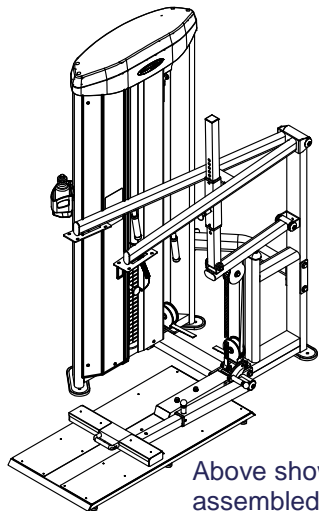


M6X12L ROUND BOLT X5  
M6 WASHER Ø14X5

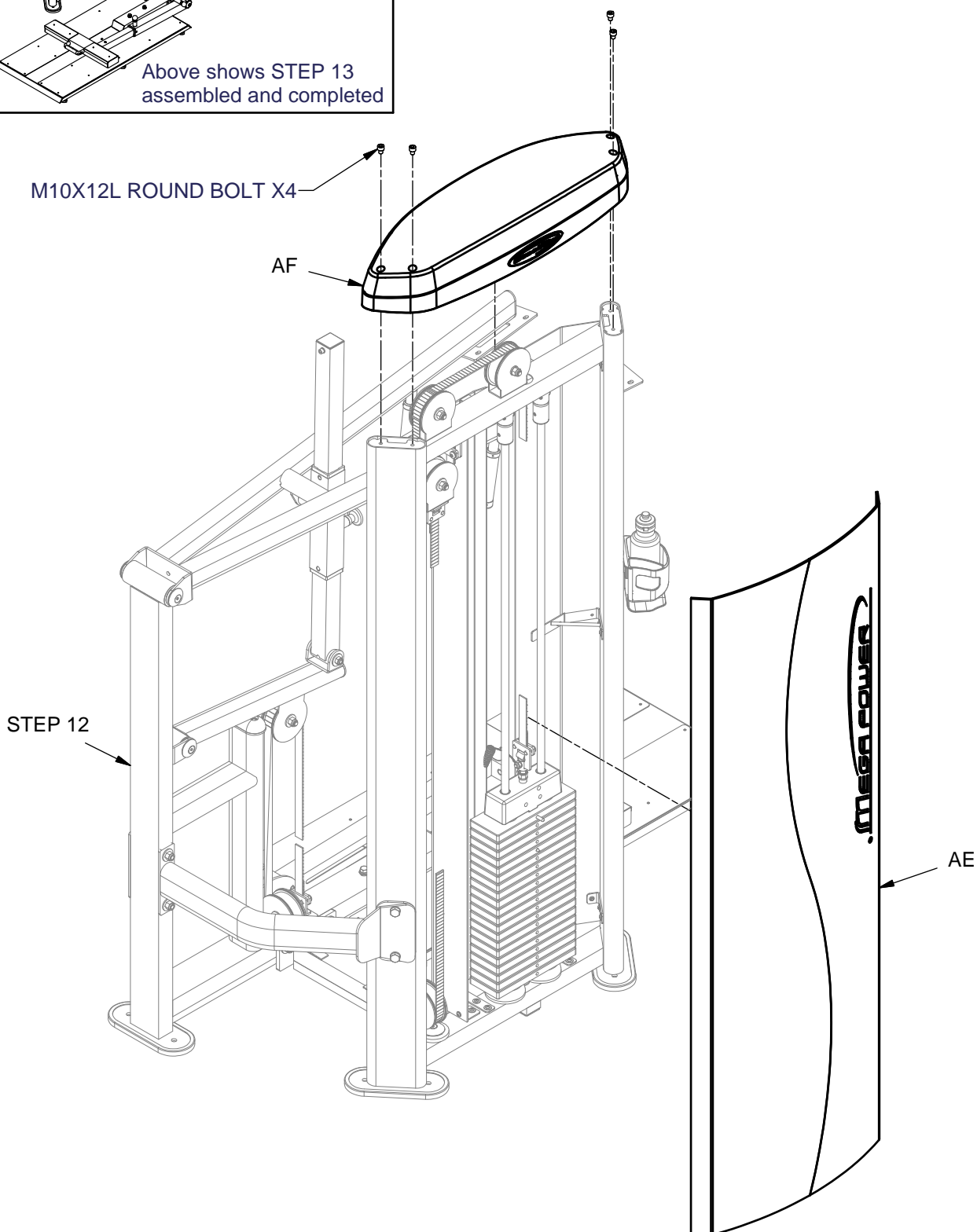
M6 WASHER Ø14X4

M6X12L ROUND BOLT X4

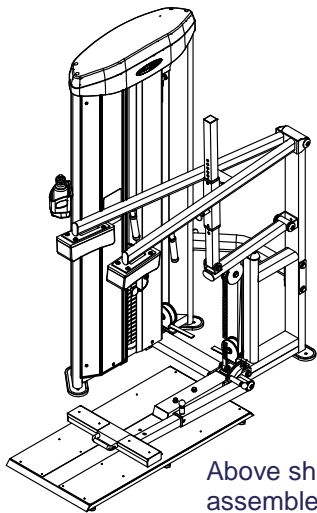
# MCP-2200 ASSEMBLY INSTRUCTIONS



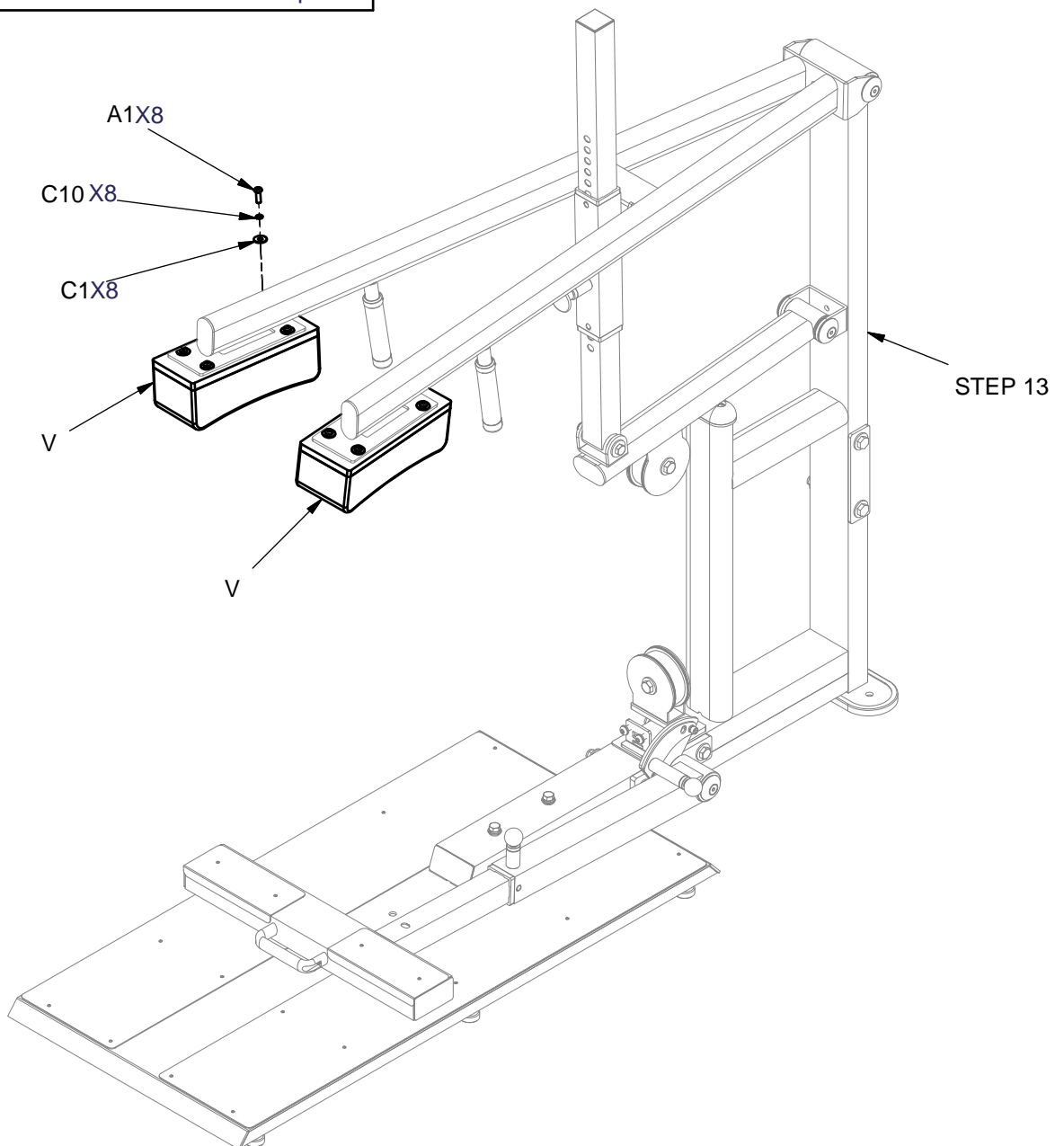
Above shows STEP 13  
assembled and completed



# MCP-2200 ASSEMBLY INSTRUCTIONS

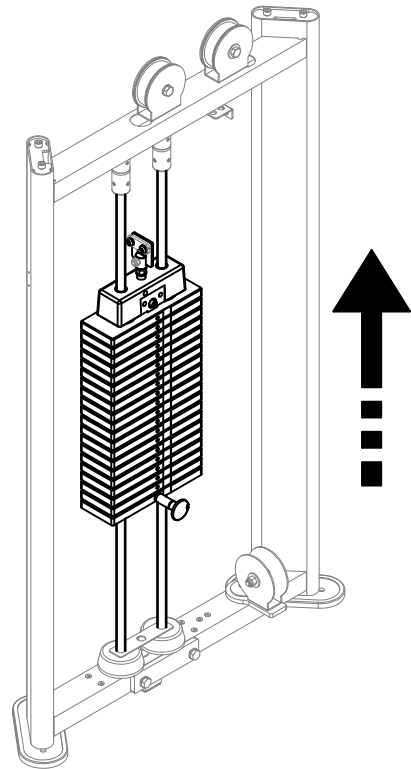
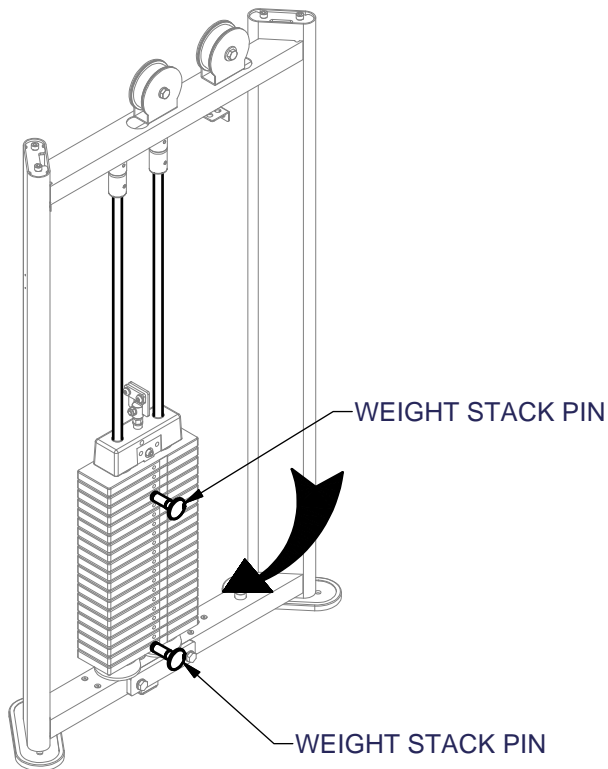


Above shows STEP 14 assembled and completed



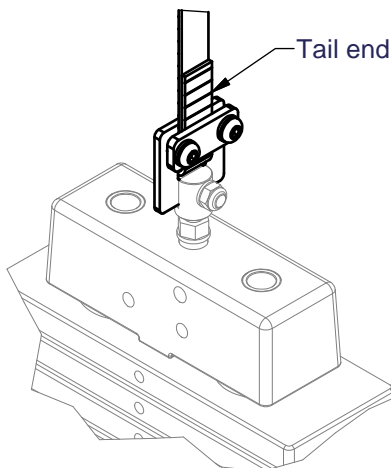
# ASSEMBLY INSTRUCTIONS

## 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.

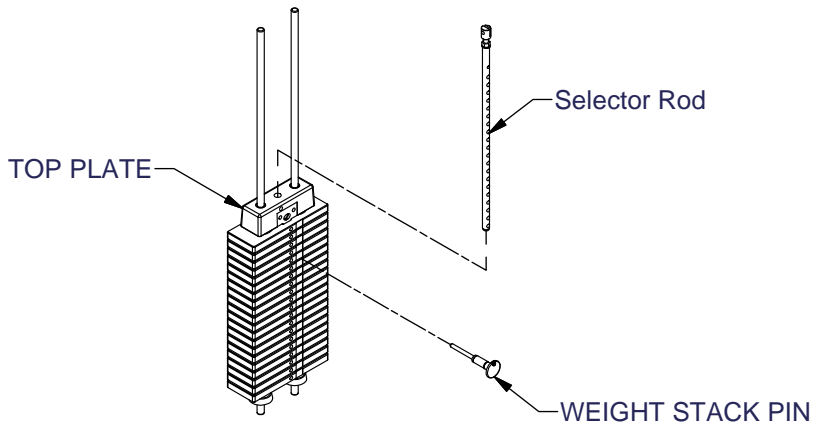
2. When weight stack pin put into 20<sup>th</sup> weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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.)

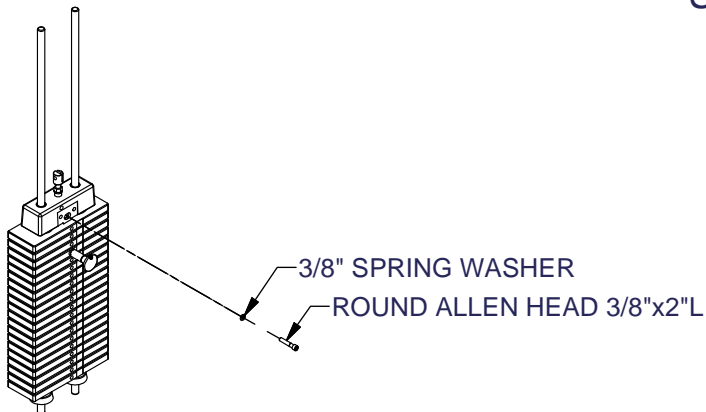
## Guide on Selector Rod Adjustment

### STEP 1



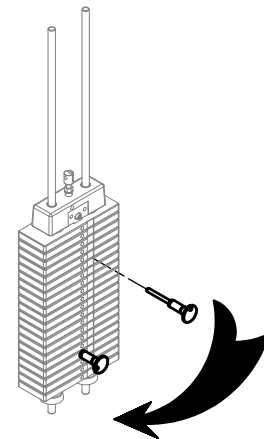
Step 1  
Place Selector Rod into Top Plate.  
Then put selector pin into the weight plate to fix the rod.

### STEP 2

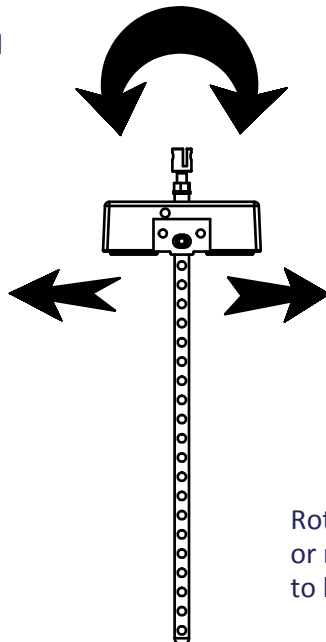


Step 2  
Screw the 3/8"x2"L Round Allen Head  
into Top Plate but not tighten it up.

### STEP 3



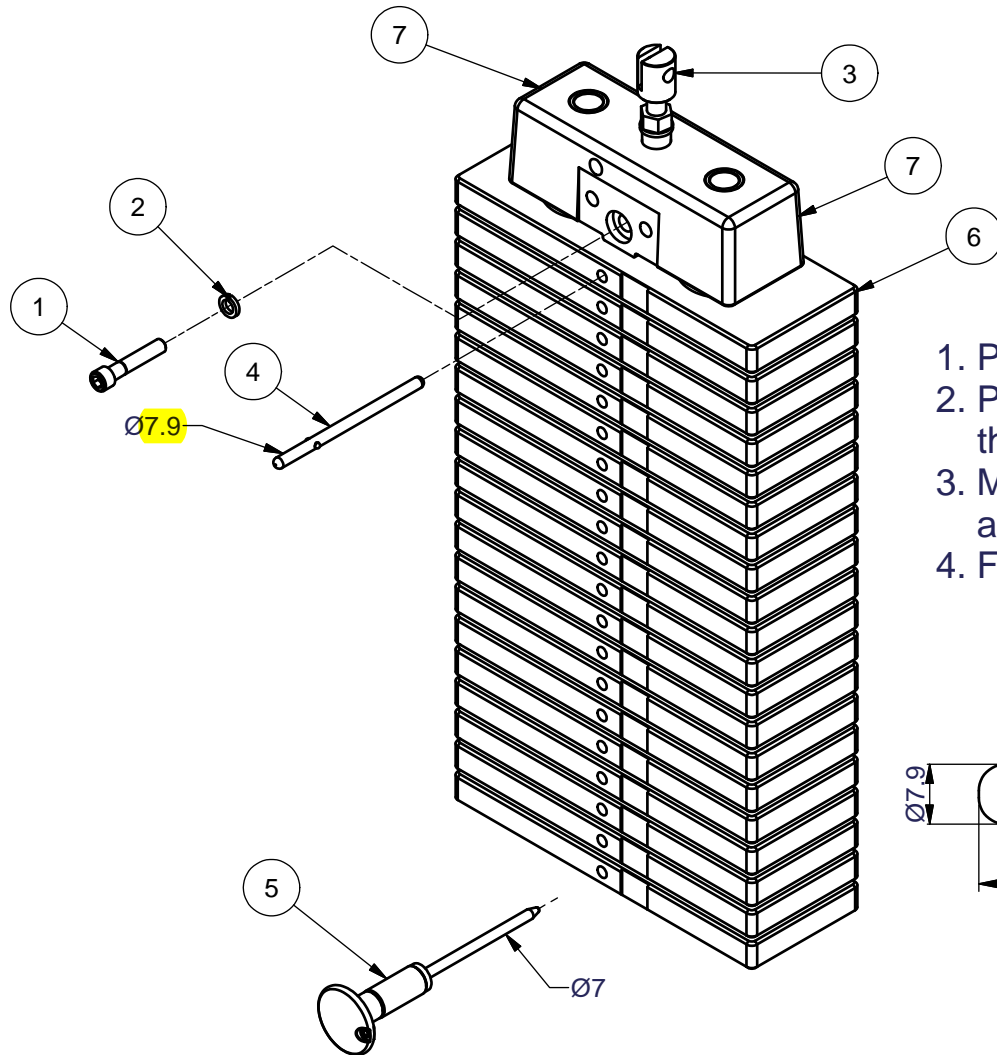
Step 3  
Place the selector pin to each weight plate  
(5,10,15,20...) to check the smoothness.



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

# 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	102x22tx280L 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.

