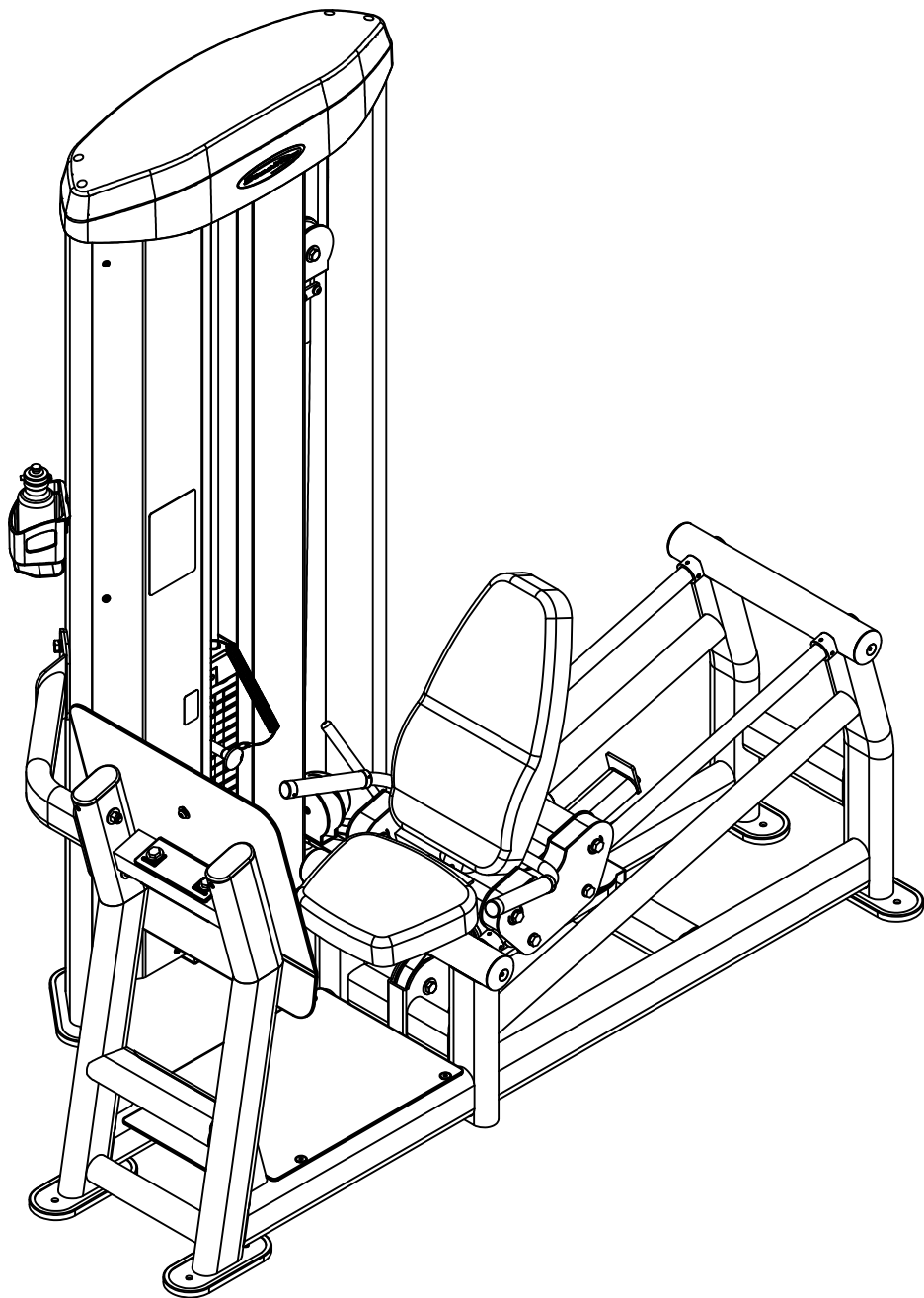


MEGA POWER



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

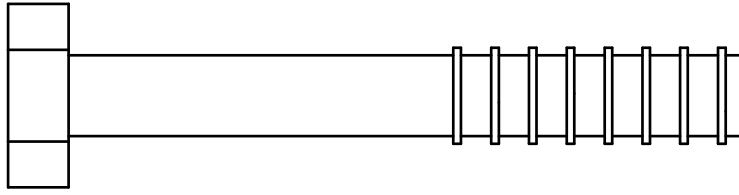
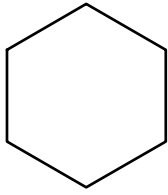
Fax: 886-2-27229750

www.steelflexfitness.com

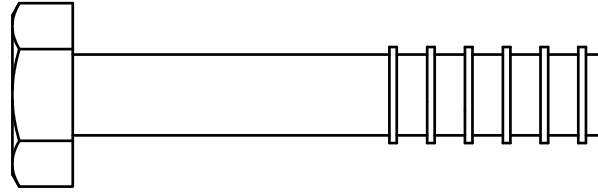
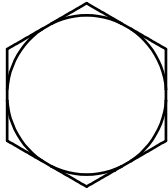
MLP-500.4 OWNER'S MANUAL

MLP500 ASSEMBLY INSTRUCTIONS

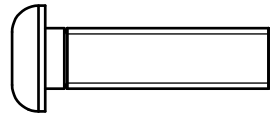
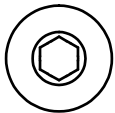
HARDWARE ILLUSTRATION



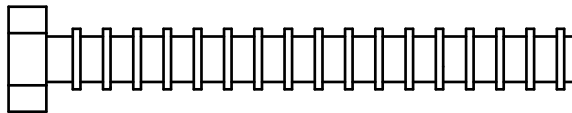
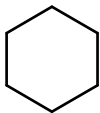
(A1)HEX BOLT 1/2"x3-1/2"L PARTIAL QTY.4



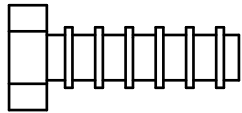
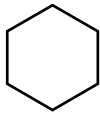
(A2)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.1



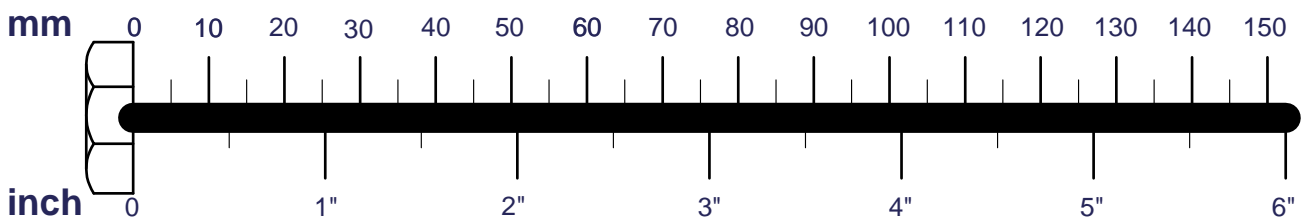
(A3)ROUND INNER SCREW M8X30L PARTIAL THREAD QTY.2



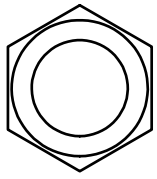
(A4)HEX BOLT 5/16"x2-3/4"L PARTIAL THREAD QTY.2



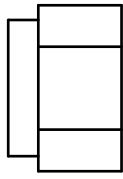
(A5)HEX BOLT 5/16"x1"L PARTIAL THREAD QTY.4



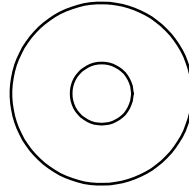
HARDWARE ILLUSTRATION



(B1) NYLON LOCK NUT 1/2" QTY.5



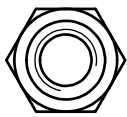
(B2) NYLON LOCK NUT M8 QTY.2



(C3) 5/16" (I.D.) FLAT WASHER Ø24 QTY.6



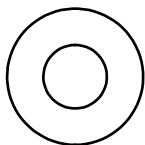
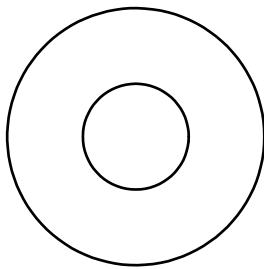
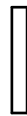
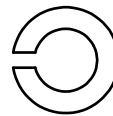
(C1) 1/2" (I.D.) FLAT WASHER Ø34 QTY.10



(C4) SPRING WASHER 5/16" QTY.6



(C2) M8 (I.D.) FLAT WASHER Ø18 QTY.4



mm

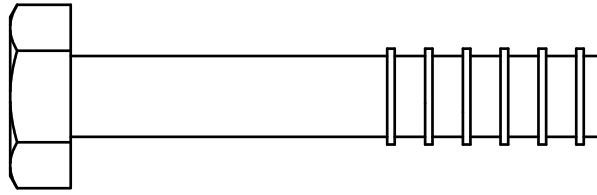
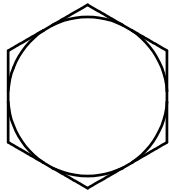
0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

inch

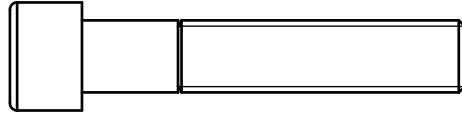
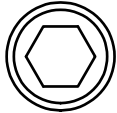
0 1" 2" 3" 4" 5" 6"

MLP500 ASSEMBLY INSTRUCTIONS

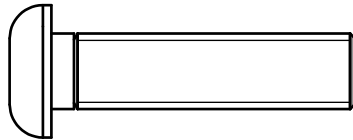
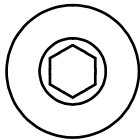
FRAME HARDWARE ILLUSTRATION



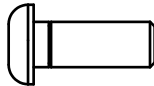
(AA1)HEX BOLT 1/2"x2-3/4"L PARTIAL QTY.4



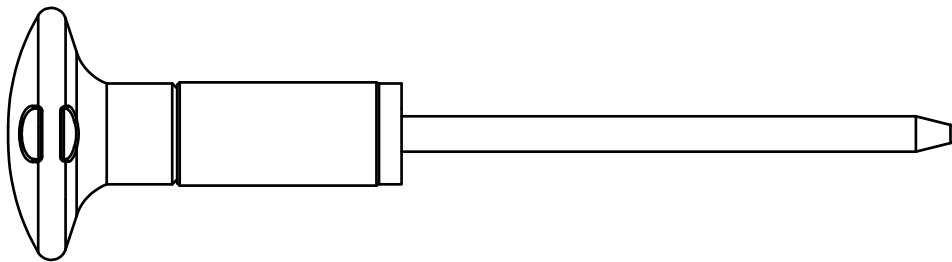
(AA2)ROUND INNER HEAD 3/8"x2"L PARTIAL QTY.1



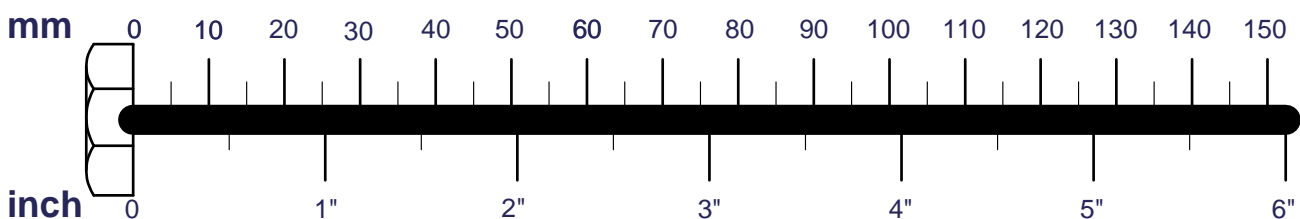
(AA3)ROUND INNER HEX SCREW M10x40L PARTIAL THREAD QTY.1



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

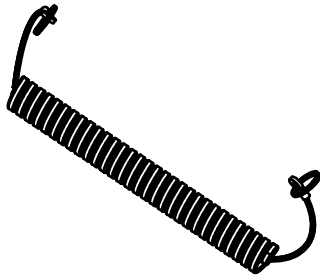


(AA5)10 、 15 、 20LB PIN (8250-162) QTY.1

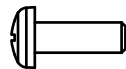


MLP500 ASSEMBLY INSTRUCTIONS

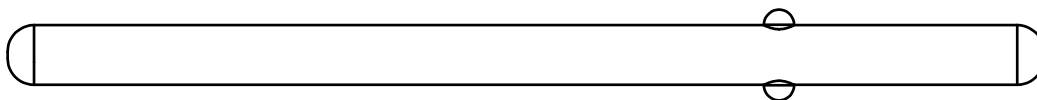
FRAME HARDWARE ILLUSTRATION



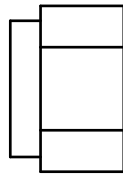
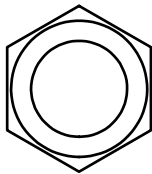
(AA6)ELASTIC BELT (F920003) QTY.1



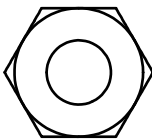
(AA7)ROUND HEAD PHILLIPS M4X12L PARTIAL THREAD QTY.2



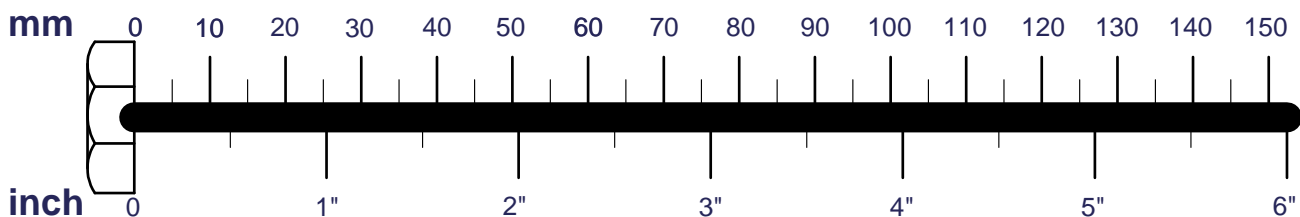
(AA8) Ø7.9 PIN (8250-166) QTY.1



(BB1)NYLON LOCK NUT 1/2" QTY.4

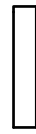
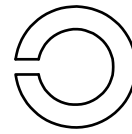
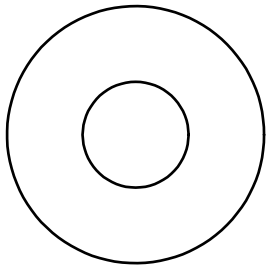


(BB2)NYLON LOCK NUT M10 QTY.1



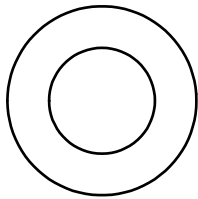
MLP500 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION

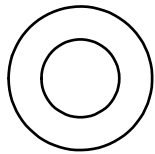


(CC1) 1/2" (I.D.) FLAT WASHER Ø34 QTY. 6

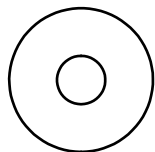
(CC5) SPRING WASHER 3/8" QTY. 1



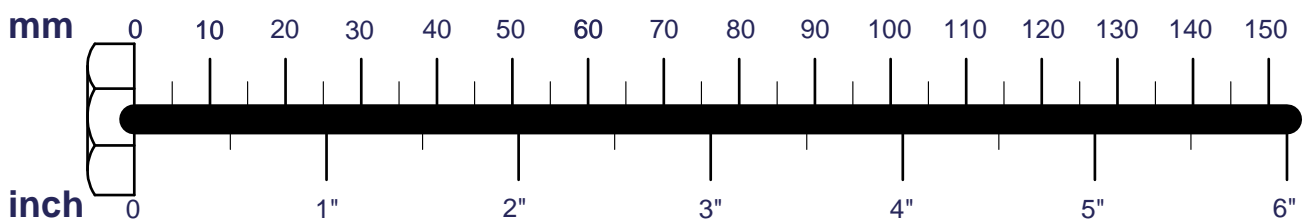
(CC2) 1/2" (I.D.) FLAT WASHER Ø25 QTY. 2



(CC3) M10 (I.D.) FLAT WASHER Ø19 QTY. 2



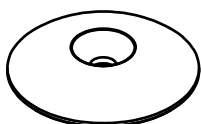
(CC4) M6 (I.D.) FLAT WASHER Ø19 QTY. 16



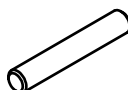
HARDWARE ILLUSTRATION

D1.Ø76 CAP COVER(8130-236)-----	[4PCS]
D2.Ø10X60L SHAFT(8210-156)-----	[1PCS]
D3.58X116X2.5tX30H END CAP(9211-189)-----	[2PCS]
D4.50X100X1.5t END CAP(9261-060)-----	[1PCS]
D5.108X15tX263L RUBBER PAD(9310-075)-----	[4PCS]
D6.Ø115X50L PULLEY(9213-042B)-----	[2PCS]
D7.GRIP TAPE(9440-202)-----	[1PCS]
D8.3265mm BELT(FMLP500A)-----	[1PCS]

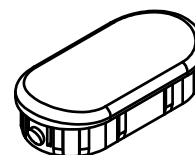
D1.



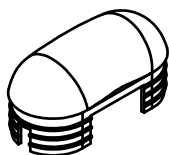
D2.



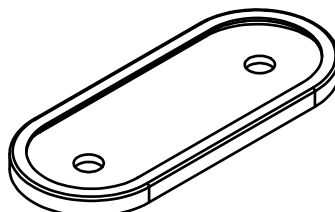
D3.



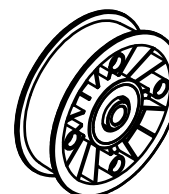
D4.



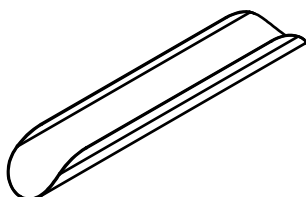
D5.



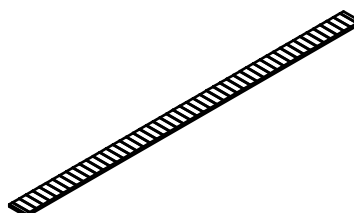
D6.



D7.



D8.



MLP500 ASSEMBLY INSTRUCTIONS

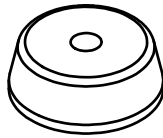
FARME HARDWARE ILLUSTRATION

DD1.Ø3/4" SHAFT COLLAR(9211-147)-----	[2PCS]
DD2.Ø4" RUBBER PAD(9310-017)-----	[2PCS]
DD3.108X14.5tX263L RUBBER PAD (9310-075)-----	[2PCS]
DD5.Ø115X50L PULLEY(9213-042B)-----	[4PCS]
DD6.BOTTLE BRACKET(8388-025)-----	[1PCS]
DD7.BOTTLE HOLDER(9260-320)-----	[1PCS]
DD8.BOTTLE(9260-123)-----	[1PCS]
DD9.2520mm BELT(FMLP500B1)-----	[1PCS]
DD12.TOP PLATE(8400-033)-----	[1PCS]
DD13.Ø3/4" SHAFT COLLAR(9211-167)-----	[2PCS]
DD14.WEIGHT SELECTOR BAR(8210-216C)-----	[1PCS]

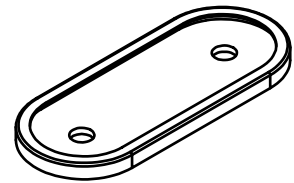
DD1.



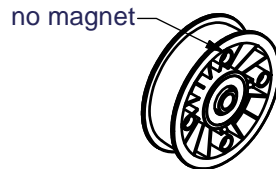
DD2.



DD3.



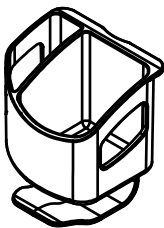
DD5.



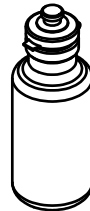
DD6.



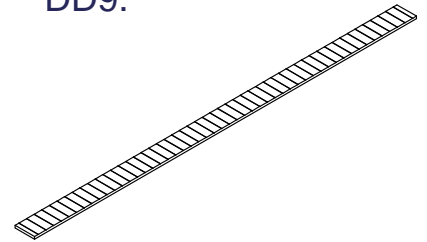
DD7.



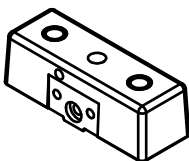
DD8.



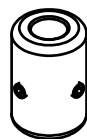
DD9.



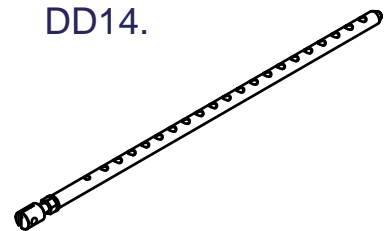
DD12.



DD13.



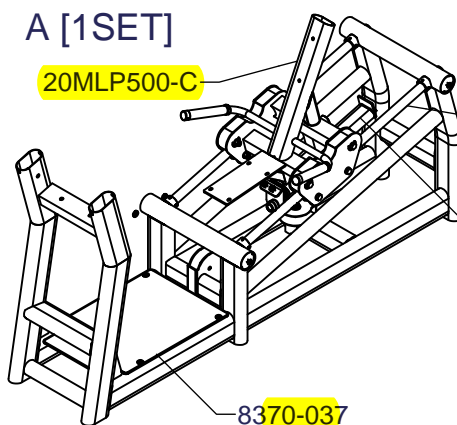
DD14.



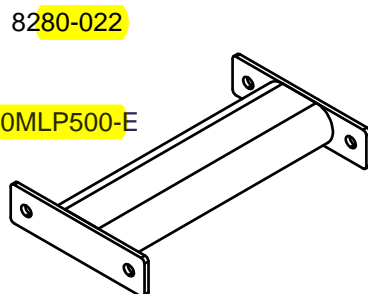
MLP500 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

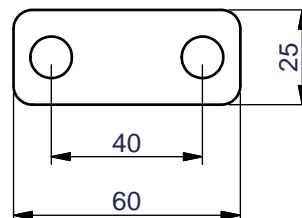
A [1SET]



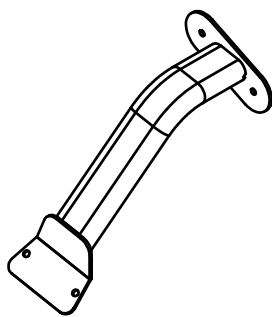
B [1SET]



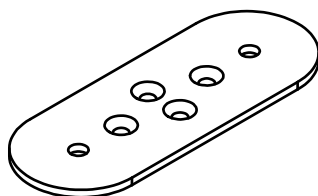
C [2SET]
8311-117



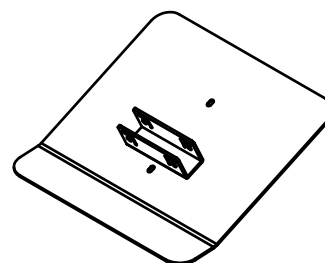
D [1SET]



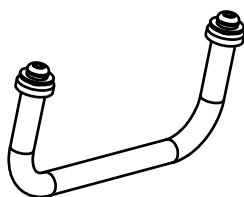
E [4PCS]
8313-144



F1 [1SET]



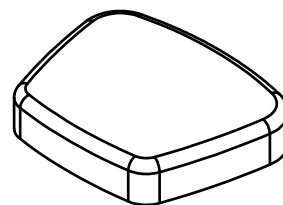
G [1SET]



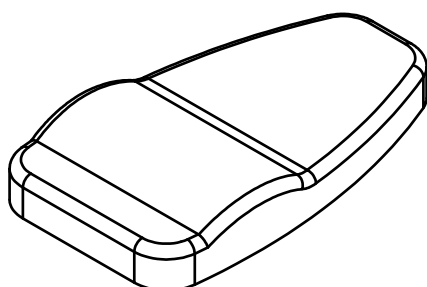
H [1SET]
8240-092



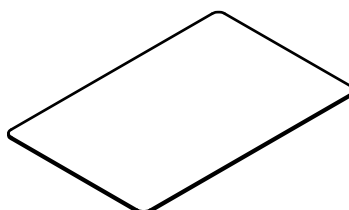
J [1PCS]
9121-072



K [1PCS]
9111-070

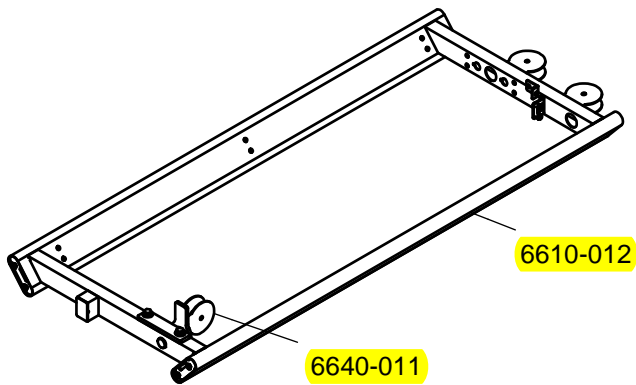


L [1PCS]
9420-101

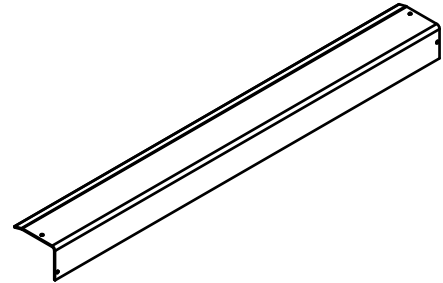


FARME PARTS ILLUSTRATION SHEET

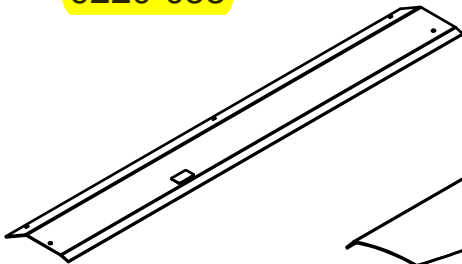
AA1 [1SET]



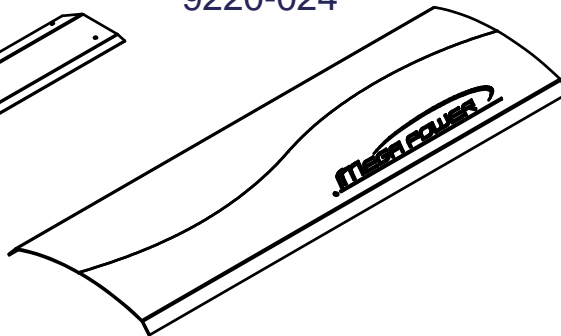
AC [1PCS]
9220-022



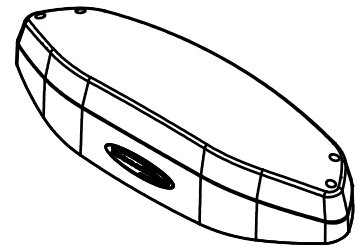
AD1 [1PCS]
9220-053



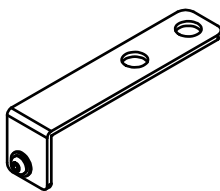
AE [1SET]
9220-024



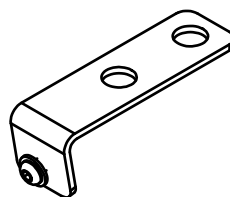
AF [1SET]
9211-148



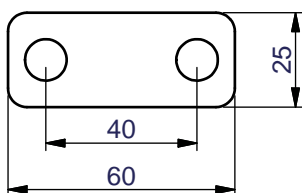
AG [1SET]
8331-057



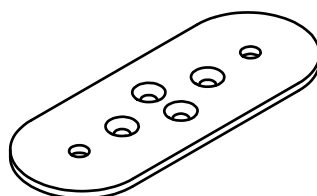
AH [2SET]
8331-058



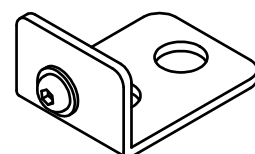
AJ [3PCS]
8311-117



AK [2PCS]
8313-144



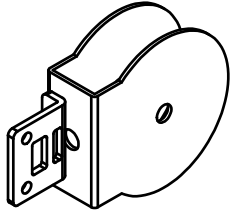
AL [1SET]
8331-056



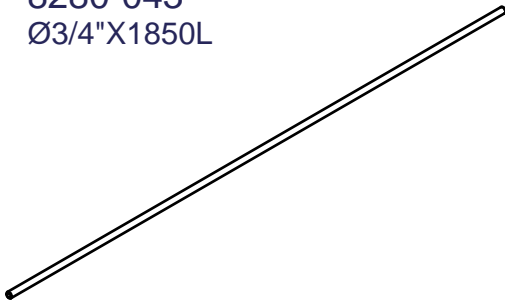
MLP500 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

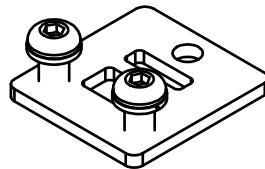
AM [1SET]
6640-009



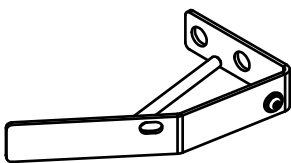
AP1 [2PCS]
8280-043
Ø3/4"X1850L



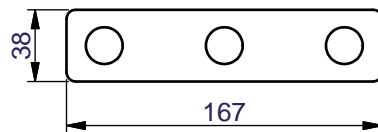
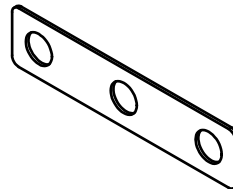
AQ[1PCS]
8313-169



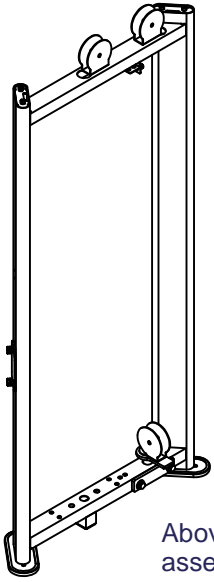
AS[1PCS]
6640-022



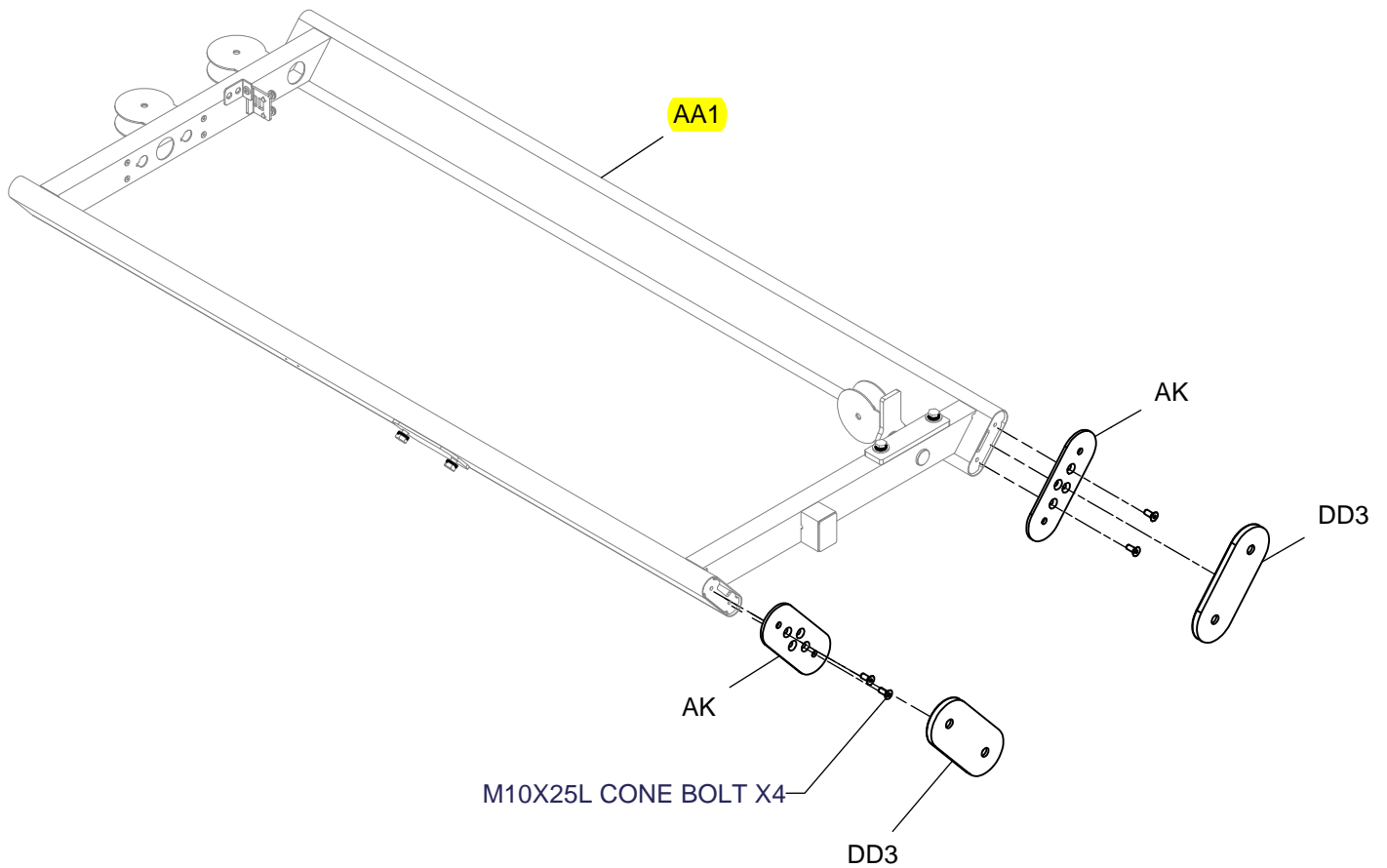
AT[1PCS]
8311-194



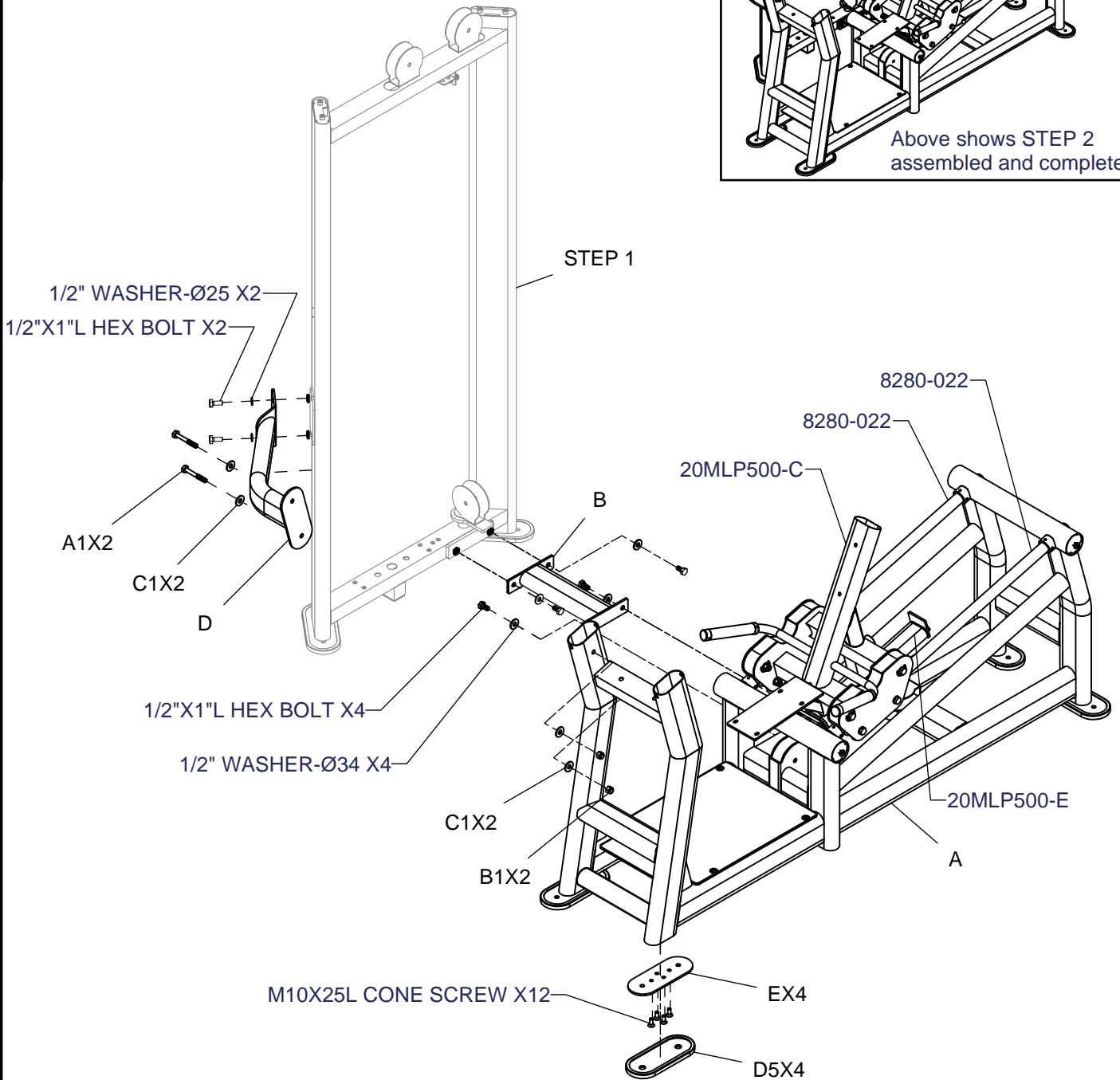
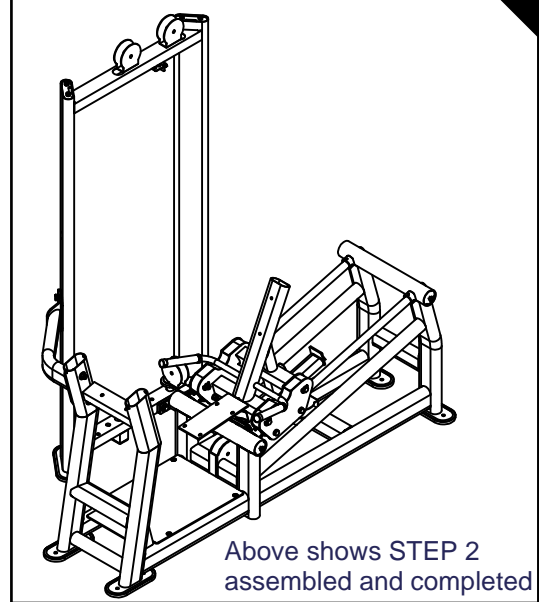
MLP500 ASSEMBLY INSTRUCTIONS



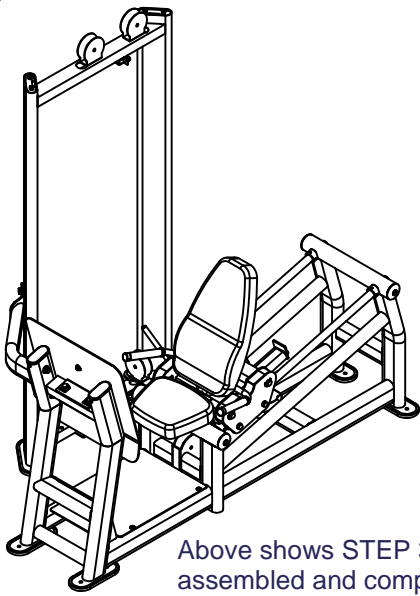
Above shows STEP 1
assembled and completed



MLP500 ASSEMBLY INSTRUCTIONS

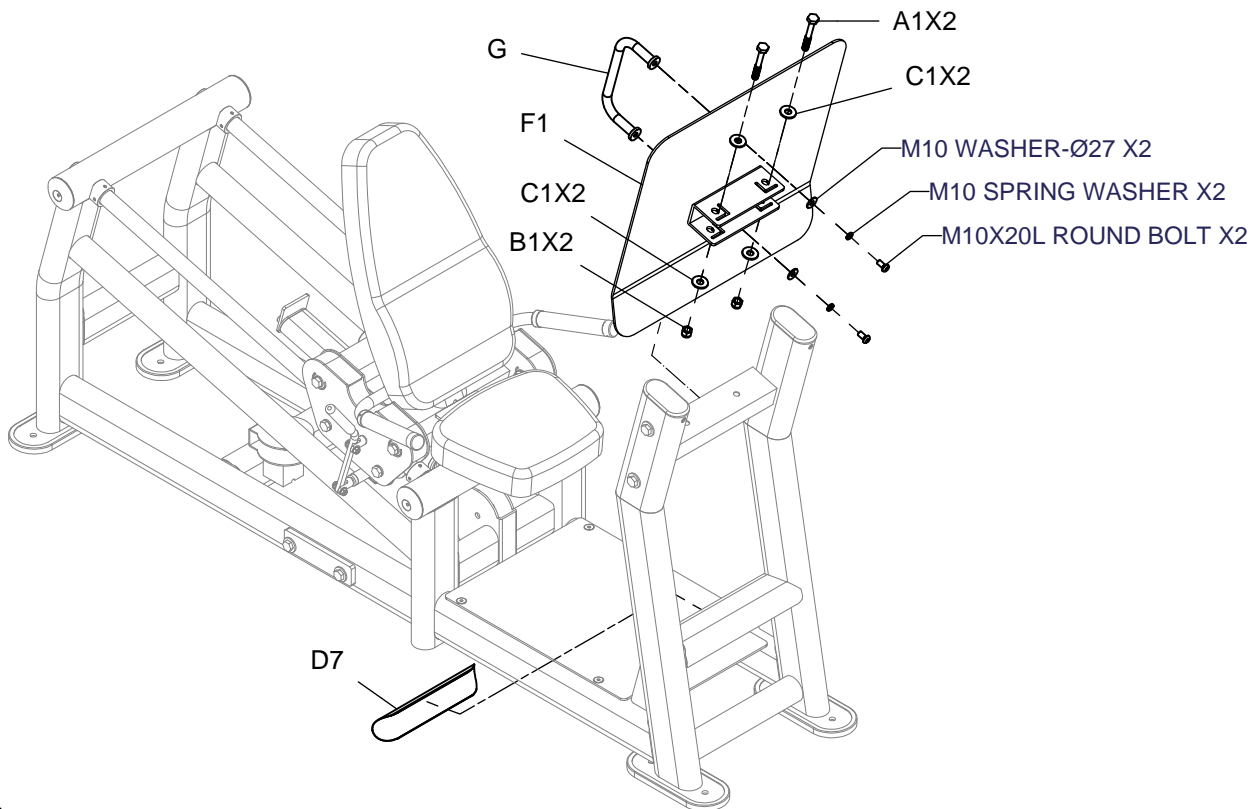
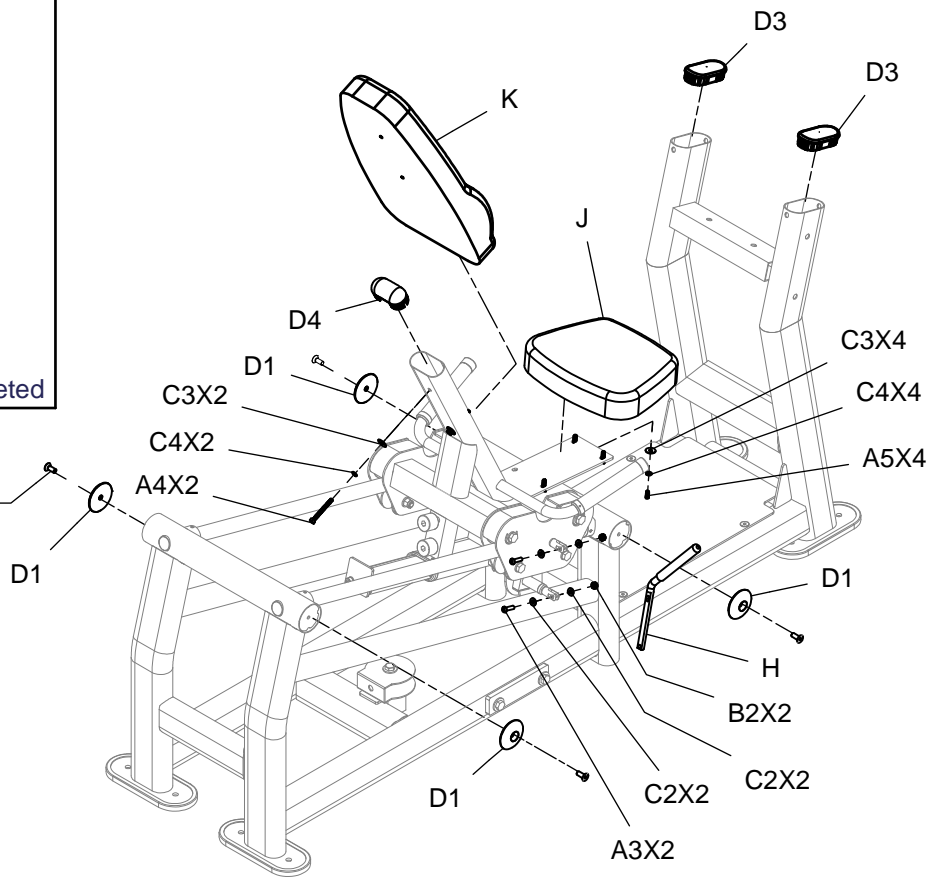


MLP500 ASSEMBLY INSTRUCTIONS

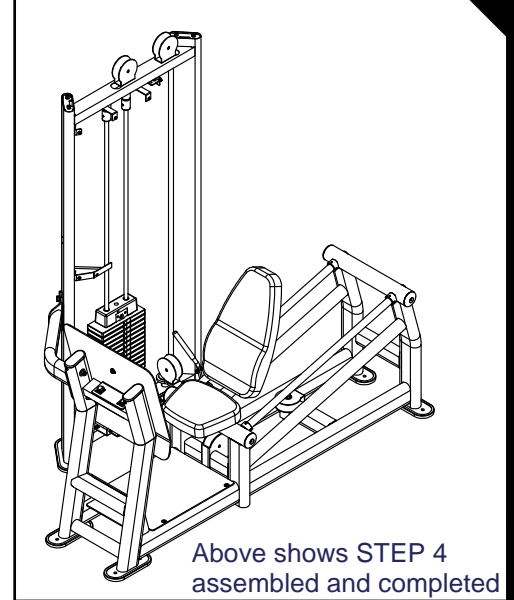
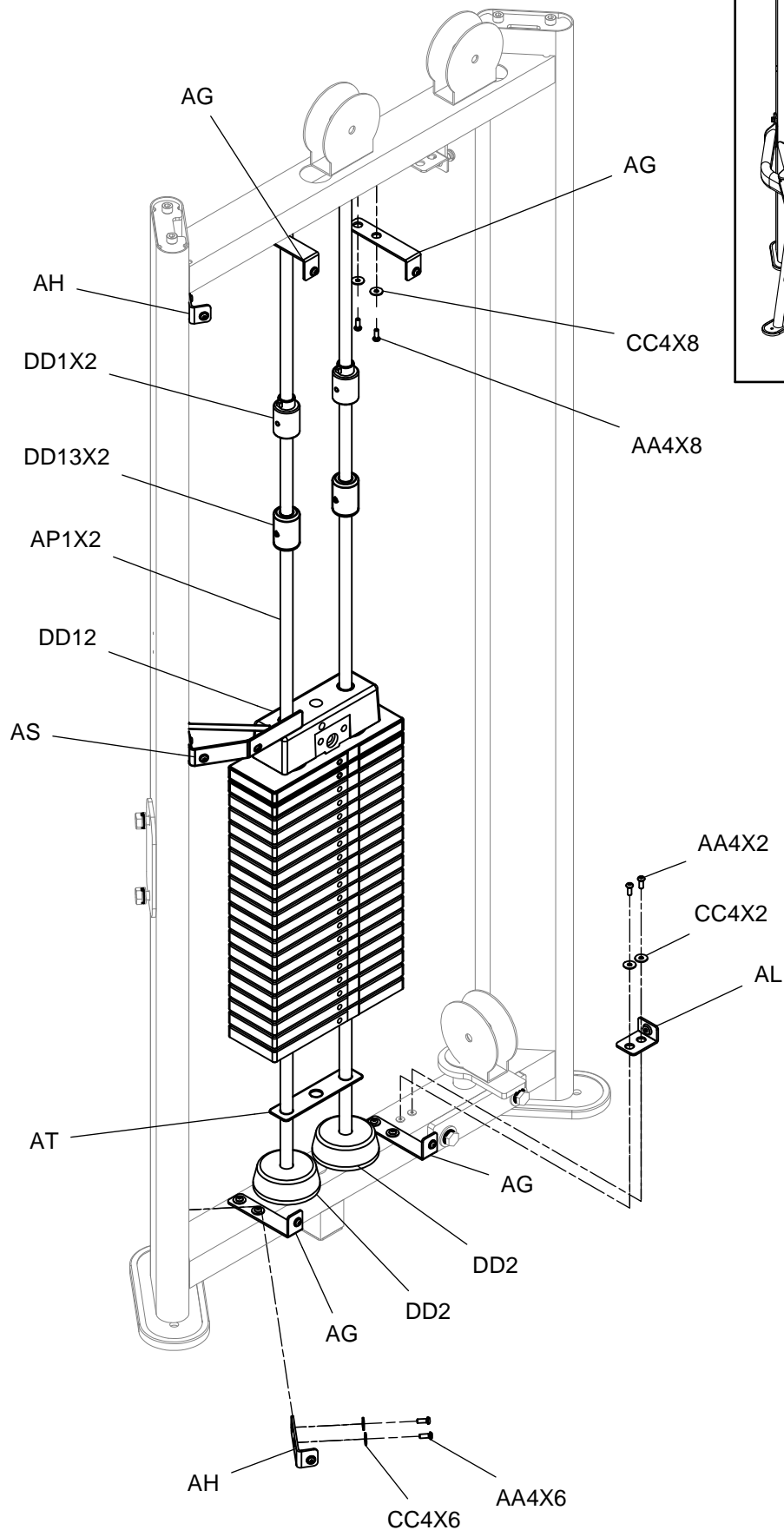


Above shows STEP 3 assembled and completed

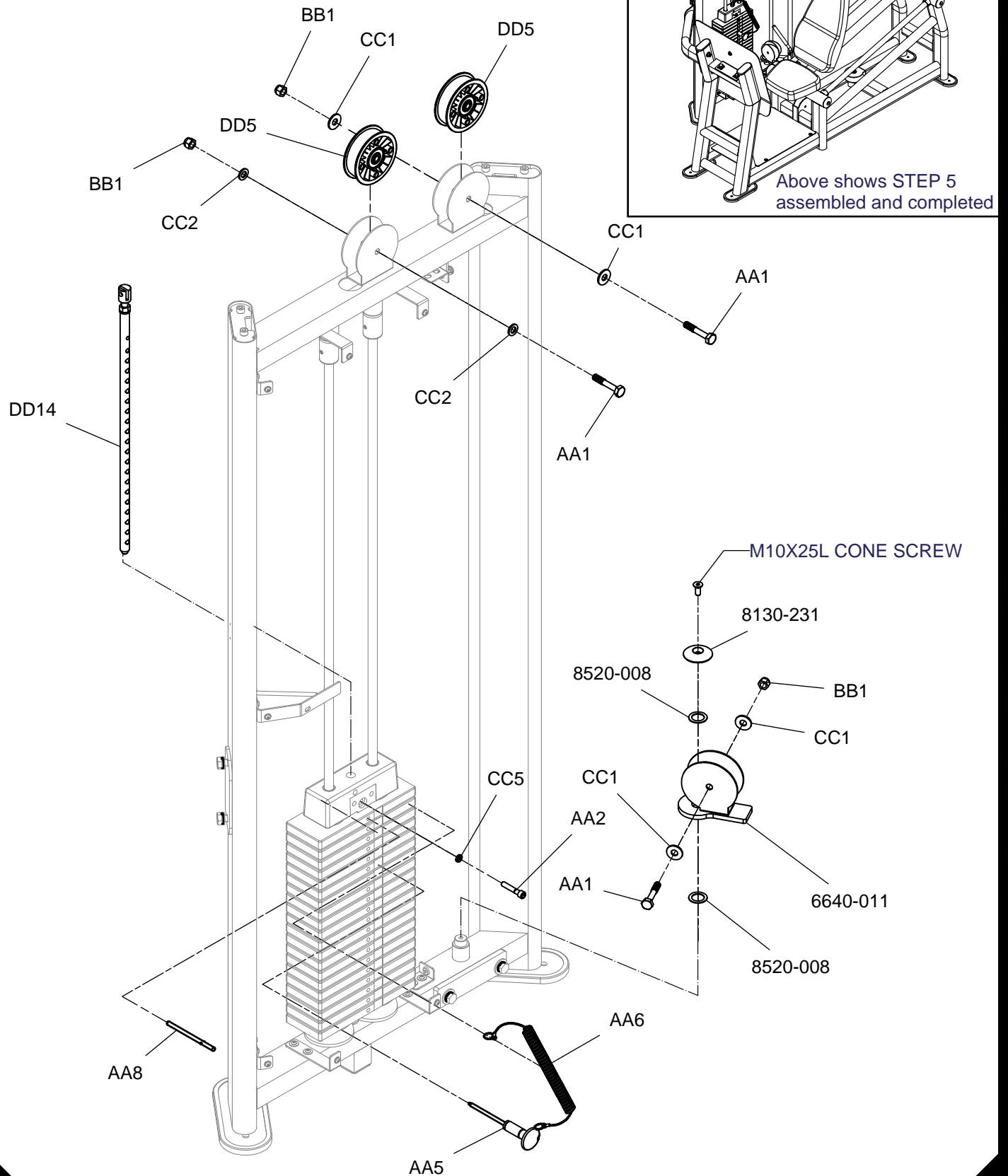
M10X25L CONE SCREW X4



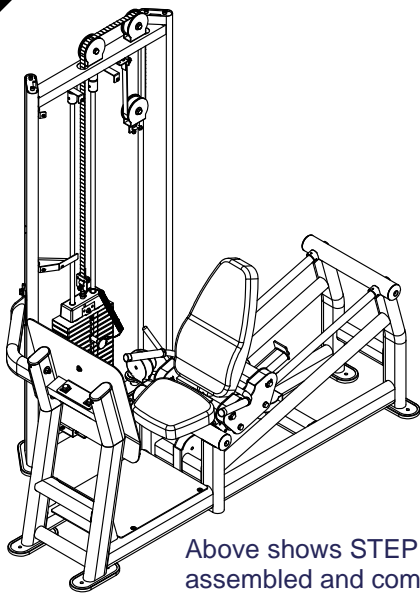
MLP500 ASSEMBLY INSTRUCTIONS



MLP500 ASSEMBLY INSTRUCTIONS

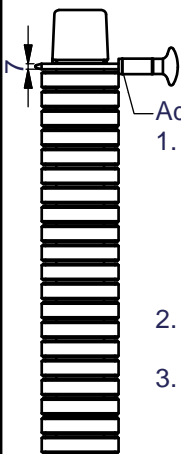
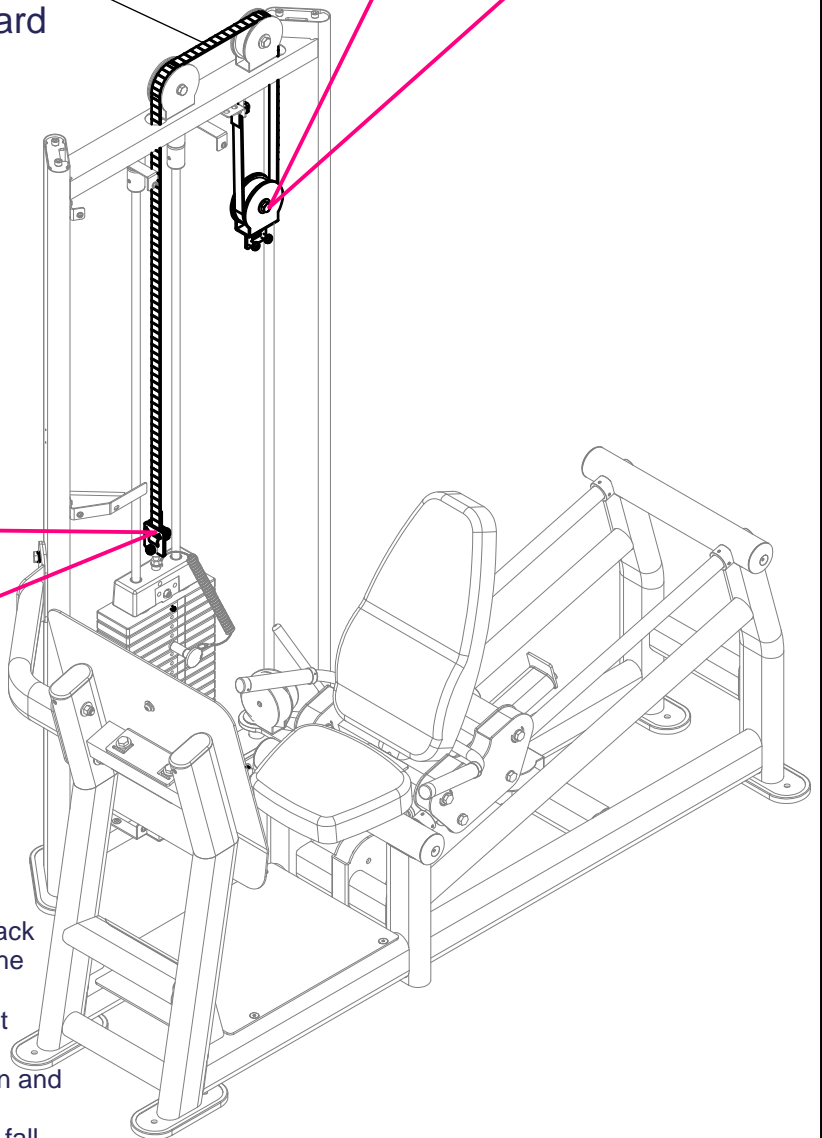
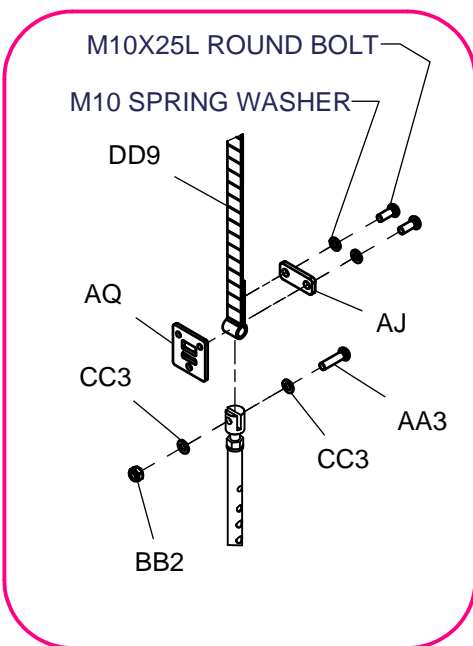
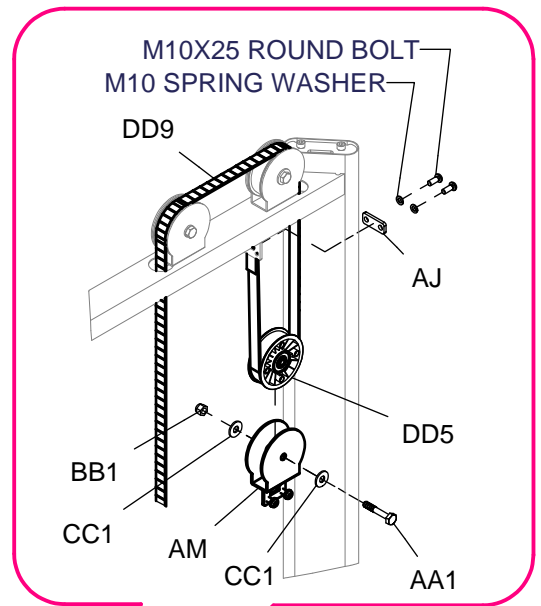


MLP500 ASSEMBLY INSTRUCTIONS



Above shows STEP 6 assembled and completed

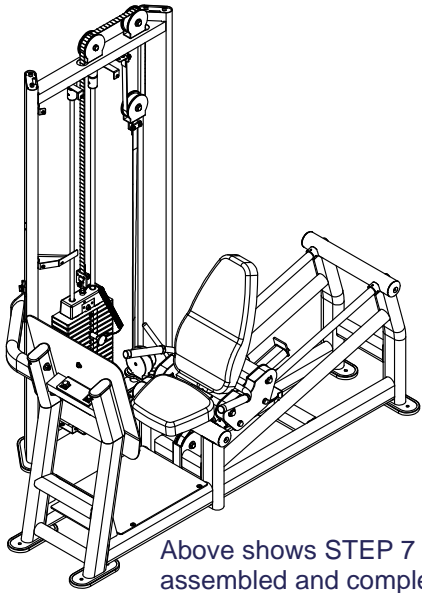
The tread side should be outward



Adjust Belt Procedure:

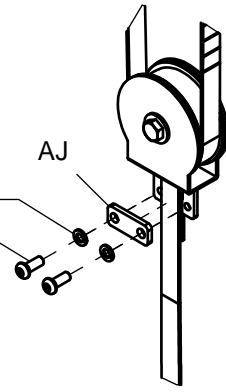
1. Lift the selector rod a little and then insert the pin between first weight stack and top plate (Do not insert though the first hole of the rod), and there are 7 mm gap between top plate and first weight stack.
2. Adjust the belt to have proper tension and then tighten the belt clamps
3. Remove the pin and let the top plate fall on the first weight plate.

MLP500 ASSEMBLY INSTRUCTIONS



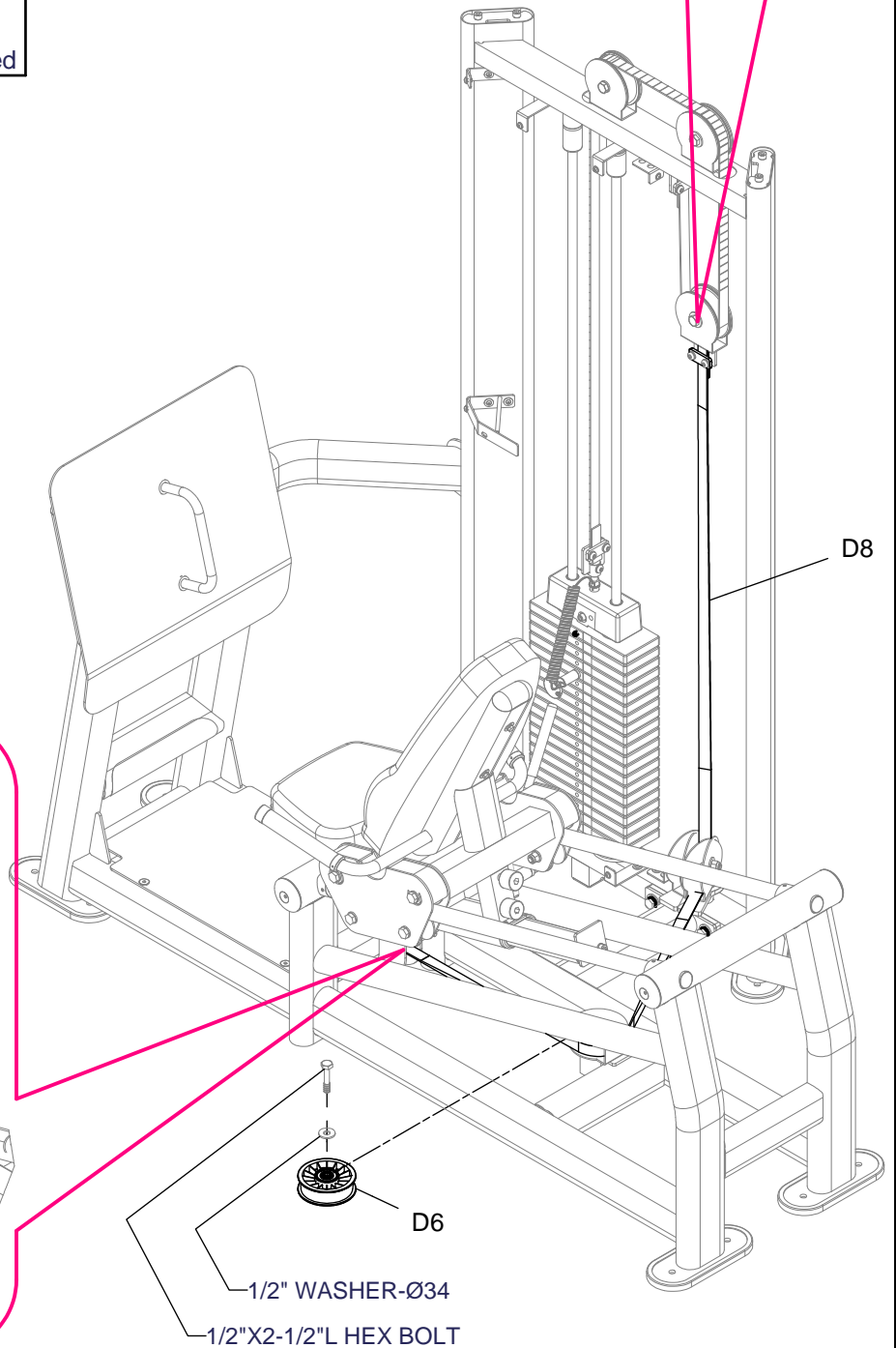
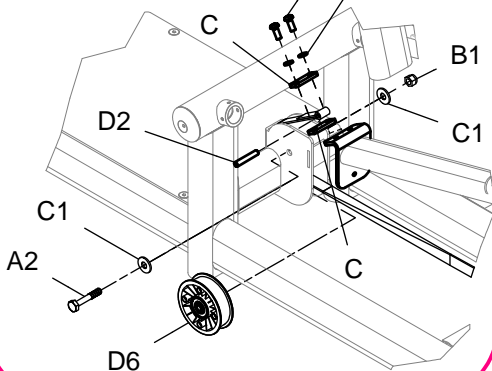
DETAIL VIEW

M10 SPRING WASHER
M10X25L ROUND BOLT

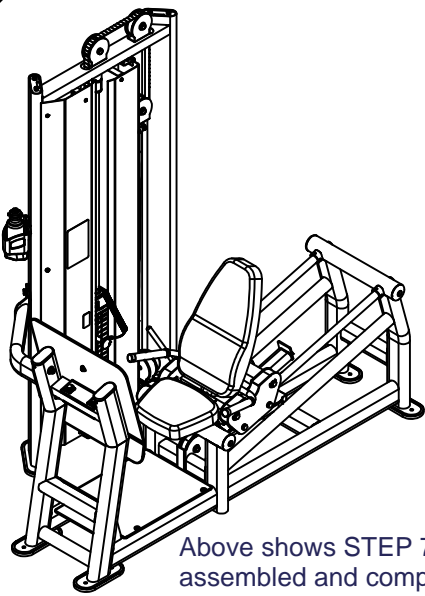


DETAIL VIEW

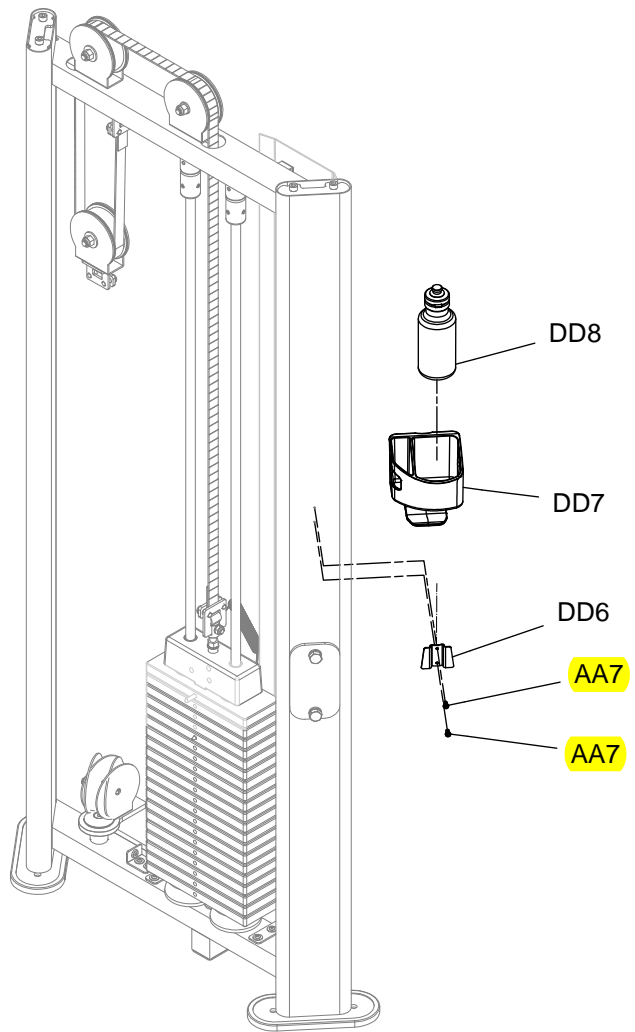
M10 SPRING WASHER
M10X25L ROUND BOLT



MLP500 ASSEMBLY INSTRUCTIONS



Above shows STEP 7 assembled and completed



DD8

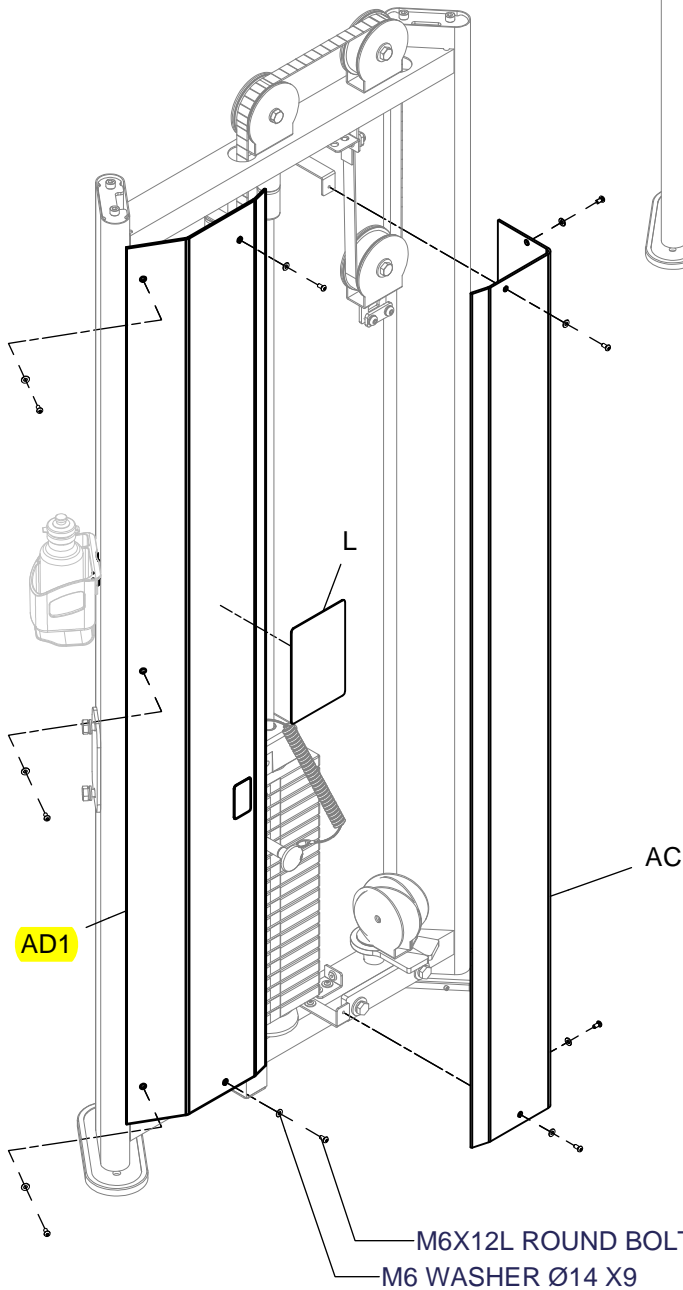
DD7

DD6

AA7

AA7

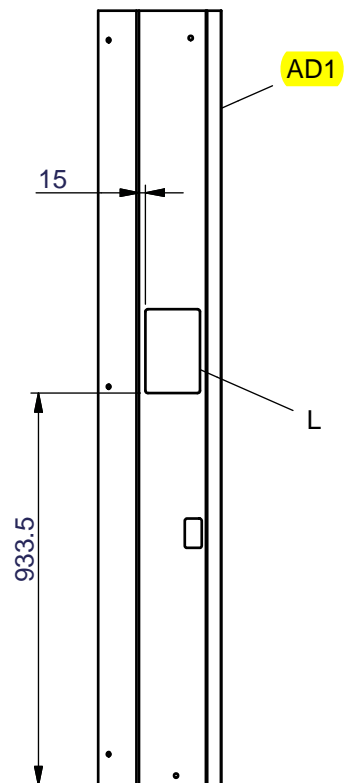
Post location



AD1

AC

M6X12L ROUND BOLT X9
M6 WASHER Ø14 X9



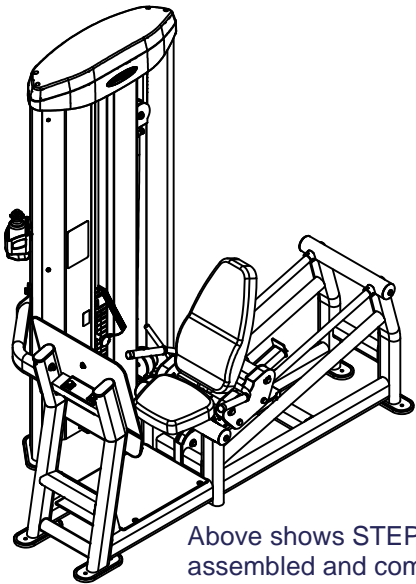
AD1

15

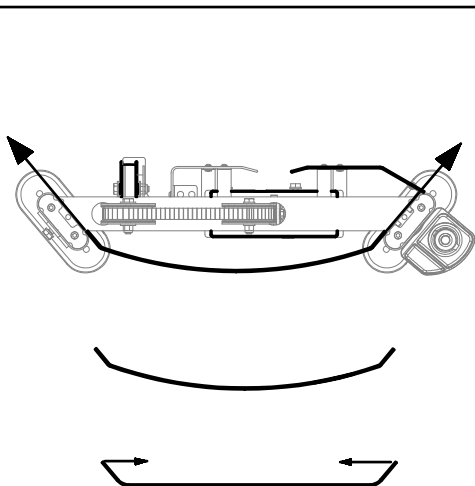
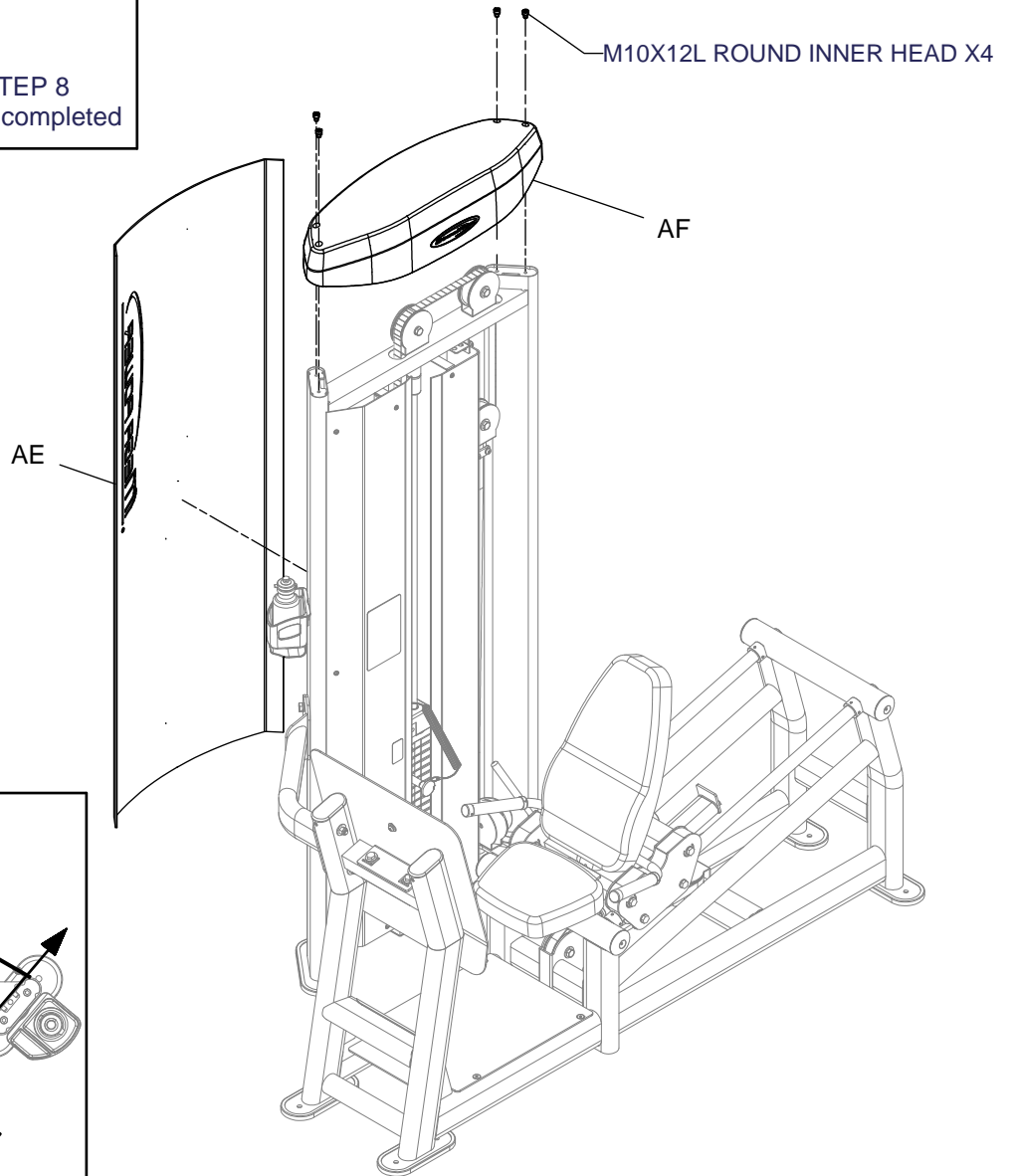
933.5

L

MLP500 ASSEMBLY INSTRUCTIONS



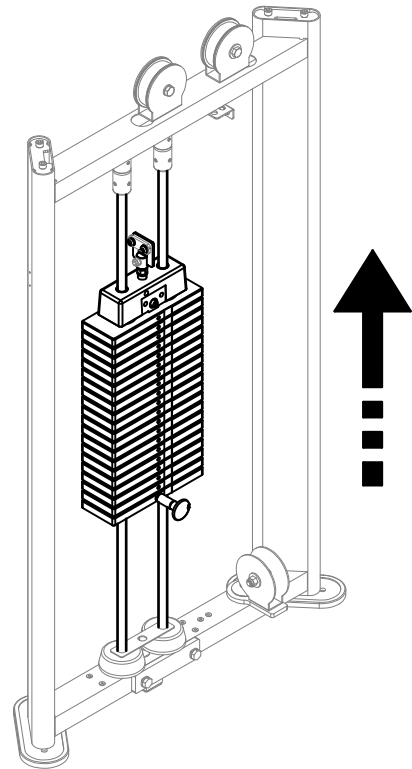
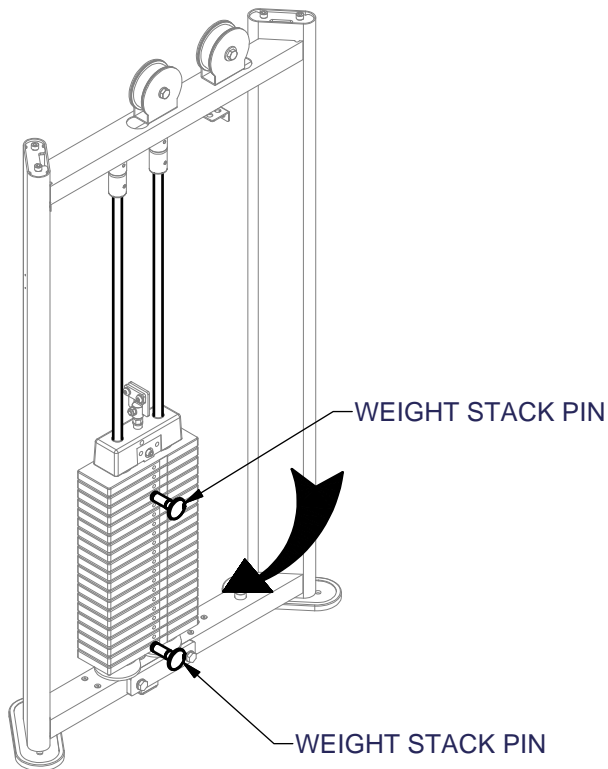
Above shows STEP 8 assembled and completed



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.

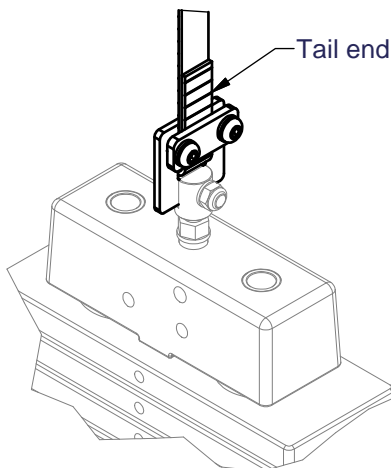
ASSEMBLY INSTRUCTIONS

Adjust Flat Belt Steps



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

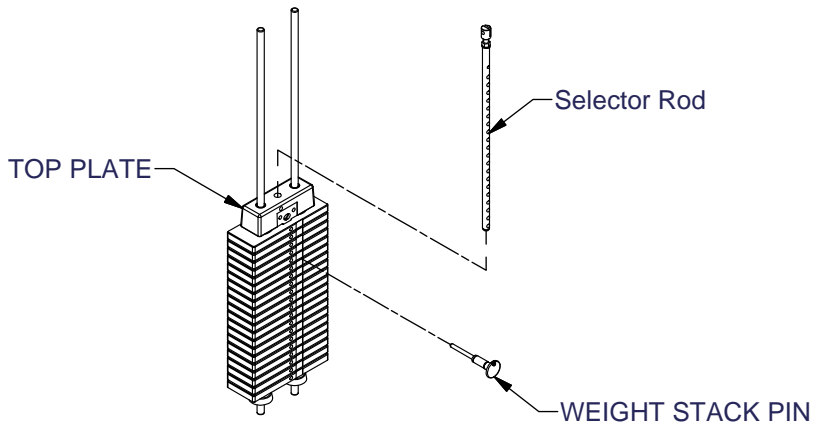
2. When weight stack pin put into 20th weight stack, please do workout with the machine around 1 minute or 5-10 sets in order to extend the flat belt, flat belt will be loosed a little bit.



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.)

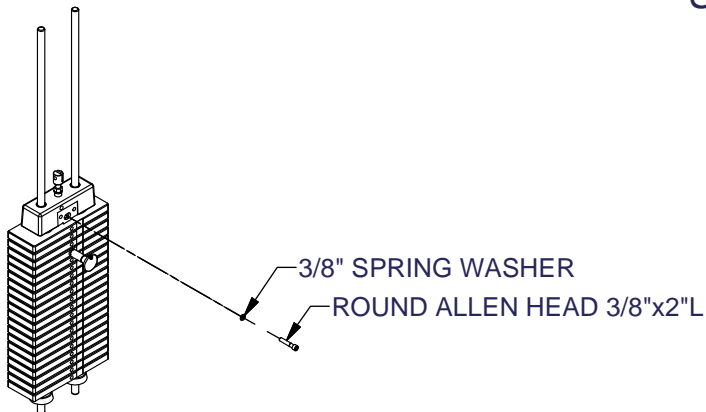
Guide on Selector Rod Adjustment

STEP 1



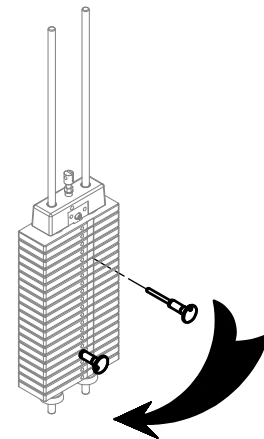
Step 1
Place Selector Rod into Top Plate.
Then put selector pin into the weight plate to fix the rod.

STEP 2

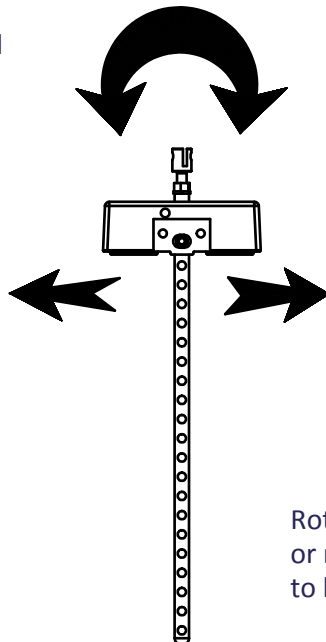


Step 2
Screw the 3/8"x2"L Round Allen Head
into Top Plate but not tighten it up.

STEP 3



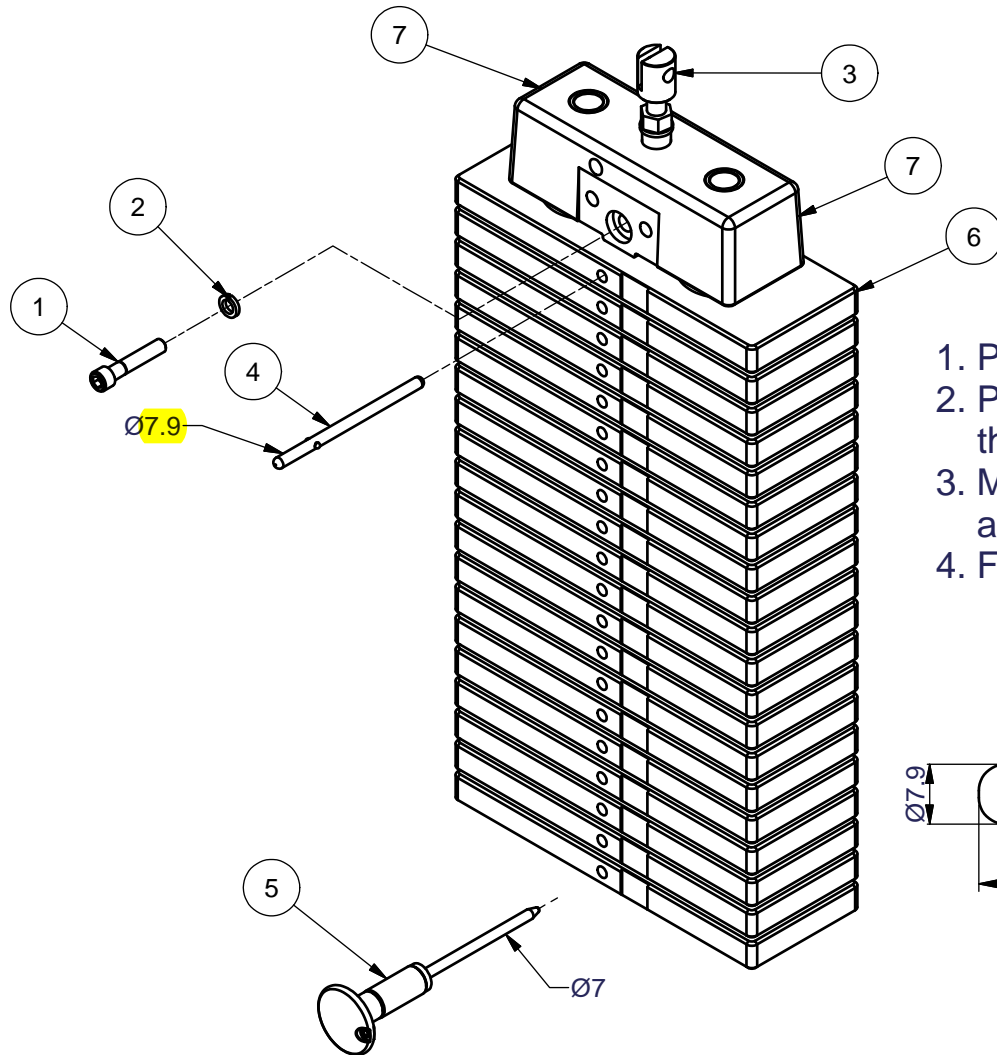
Step 3
Place the selector pin to each weight plate
(5,10,15,20...) to check the smoothness.



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.

