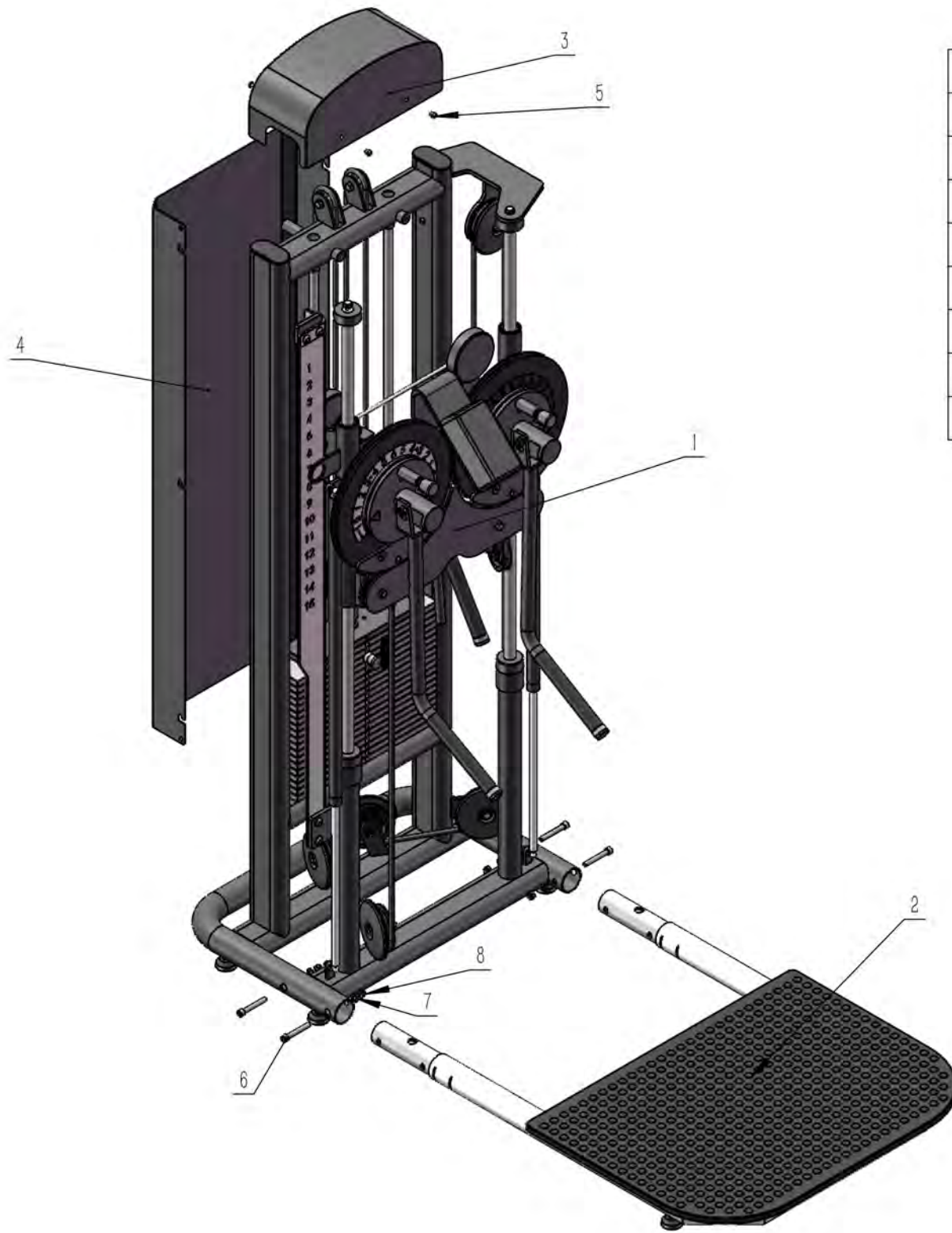




# **MD Muscle-Flight Trainer (MT-MFTR)**



## **Installation Manual**



No.	Name	QTY
1	Main Frame	1
2	Foot Plate	1
3	Frame Cap	1
4	Frame Cover	1
5	Hexagon Socket Button Head Screws M8x10	4
6	Hexagon Socket Head Cap Screws M10x70	4
7	Flat Washers 10	4
8	Locknut M10	4

## Step 1

Push the foot platform into the base of the main unit and secure with the 4 Hex screws (#6), washers (#7), and Locknuts (#8)...see the diagram below.



## Step 2

Attach (screw in) the 6 rubber feet to the underside of the main frame and platform(3 on each side)...easy just to tip the one side forward to gain access to the underside of the frame...repeat on the other side. These feet can be adjusted in and out to level the machine more in and out as all floors are not level.

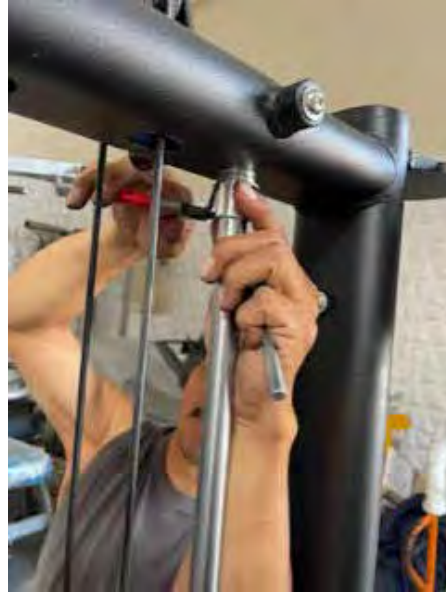


### Step 3

Attach 2 arms to cams on the front of the machine.

### Step 4

Loosen the guide rods by unscrewing the 2 metal caps on top of the frame...Note that there is a split ring collar on the top of each guide rod on each aluminum retainer.



### Step 5

Lift off the top plate and cable attached assembly.

### Step 6

Feed the selector plates onto the guide rod making sure that the openings for each plate are facing forward so that the selector pin can slide into each plate.

### Step 7

Replace the top plate onto the guide rods being careful not to tangle the cables.



## Step 8

Screws each guide rod into the aluminum retainer and reposition the split ring collars into the groove of each retainer.



## Step 9

Slide Frame Caps (#3) onto the top of the machine above the guide rods...and line up the holes with the proper mounts welded to the frame. Note the you might have to gently pull and open the Frame Cap to fit it onto the frame.



## Step 10

Use 4 Hexagon Socket Head screws(#5) to attach Frame cap to the Main frame.



## Step 11

Loosen the 3 screws on each inside of the frame slightly then place the Frame Cover (#4) onto each screws...then tighten the screws. Note that the weight stack is in the way of tightening the lower screw on each side of the frame. So use one of the arms to raise the weight stack so that it clears the way to tighten the lower screw on each side of the frame.



## Step 12

Slide Frame Caps (#3) onto the top of the machine above the guide rods...and line up the holes with the proper mounts welded to the frame. Note the you might have to gently pull and open the Frame Cap to fit it onto the frame.

