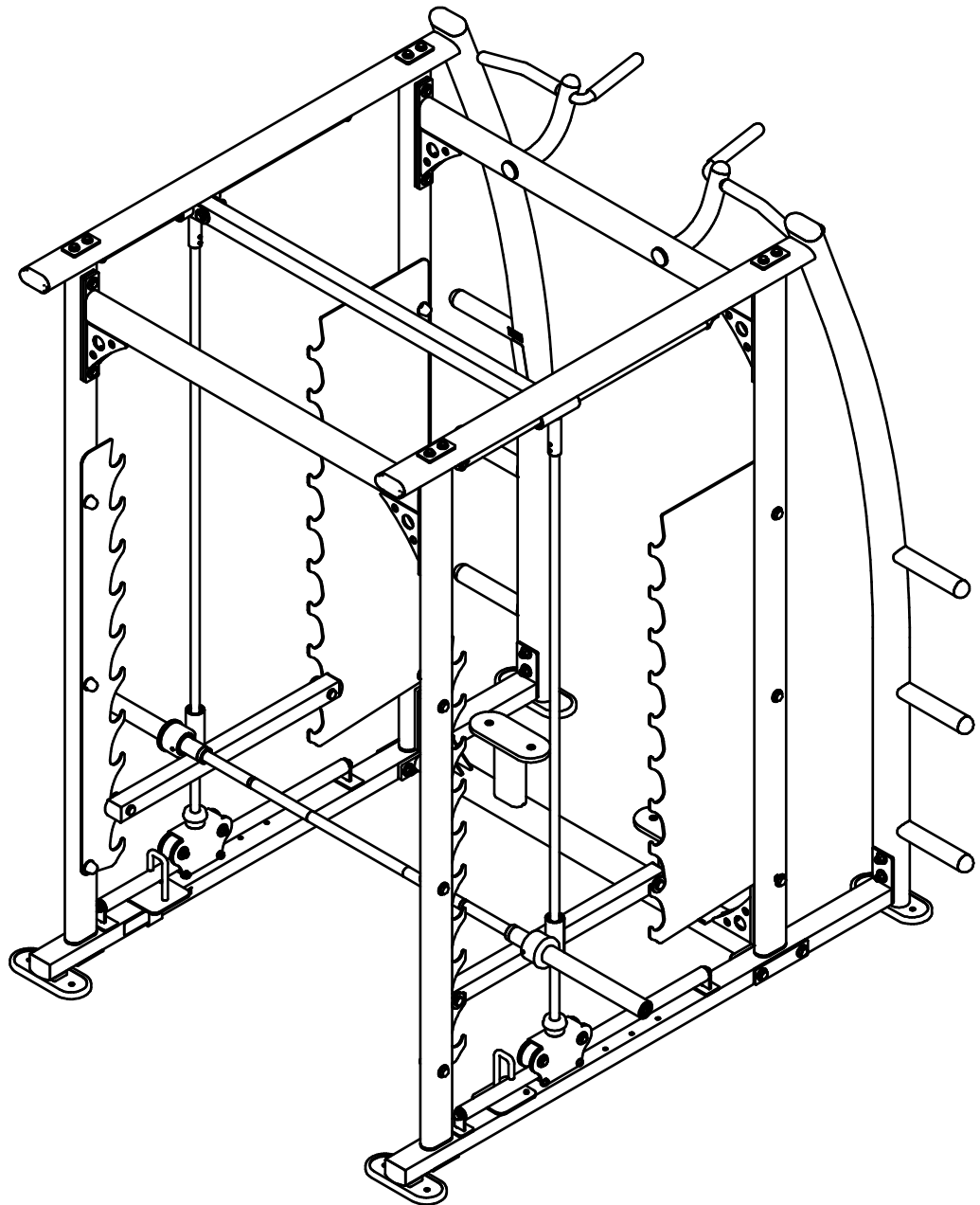


**MEGA POWER**



**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

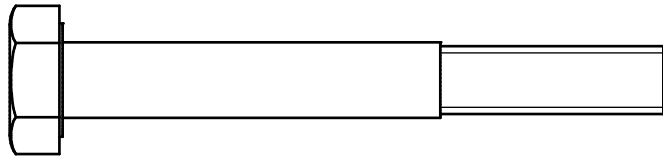
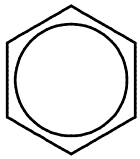
Fax: 886-2-27229750

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

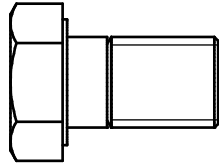
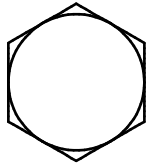
**M3DSM.1 OWNER'S MANUAL**

# M3DSM ASSEMBLY INSTRUCTIONS

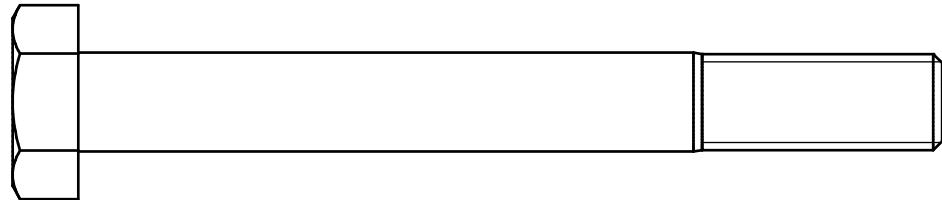
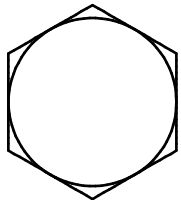
## HARDWARE ILLUSTRATION



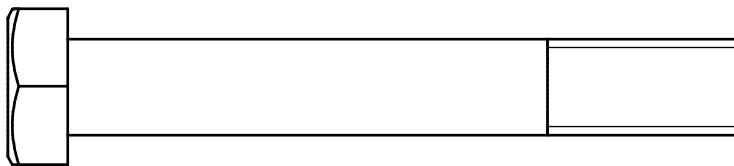
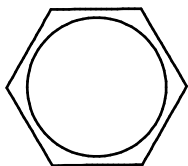
(A2)HEX BOLT M10X80L PARTIAL THREAD QTY.2



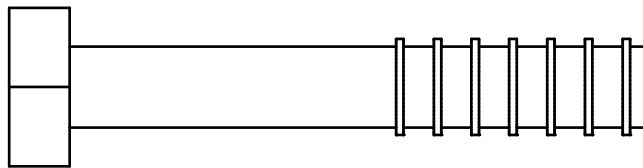
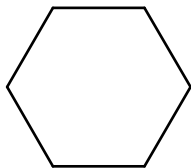
(A5)HEX BOLT M12X20L PARTIAL THREAD QTY.8



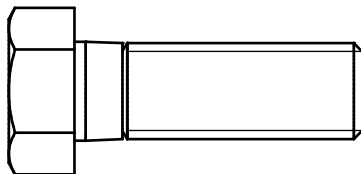
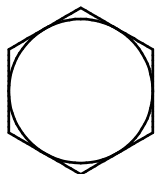
(A7)HEX BOLT 1/2"X4-1/2"L PARTIAL THREAD QTY.4



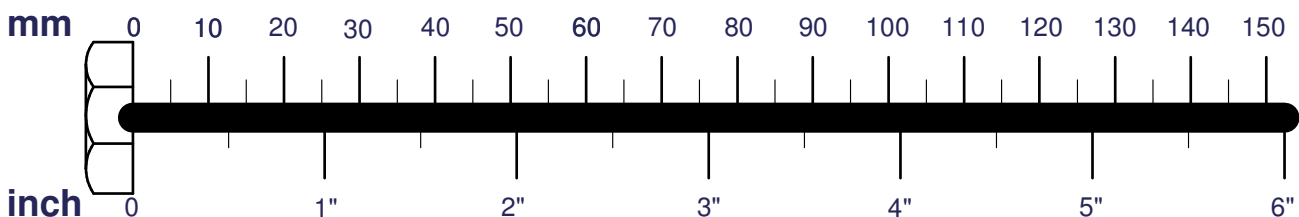
(A8)HEX BOLT 1/2"X12TX3-1/2"L PARTIAL THREAD QTY.6



(A9)HEX BOLT 1/2"X3"L PARTIAL THREAD QTY.12

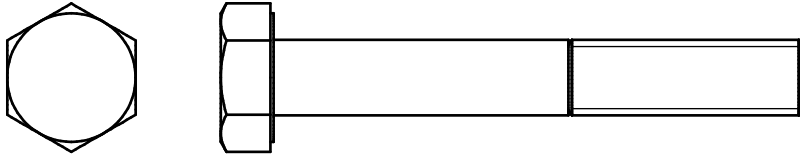


(A10)HEX BOLT 1/2"X1-1/2"L PARTIAL THREAD QTY.10

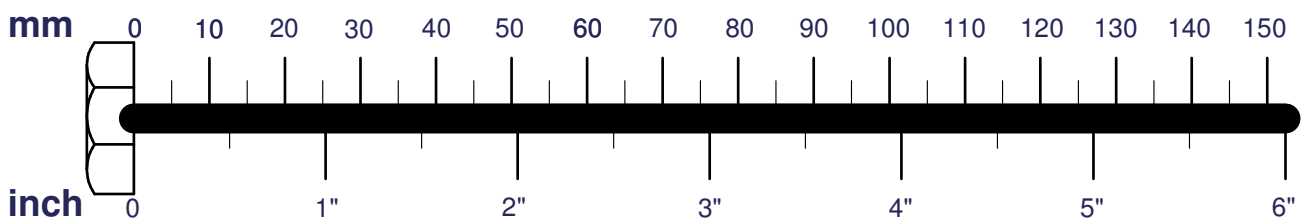


# M3DSM ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

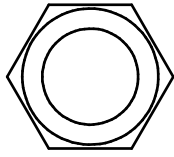


(A13)HEX BOLT M10X70L PARTIAL THREAD QTY.16

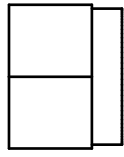


# M3DSM ASSEMBLY INSTRUCTIONS

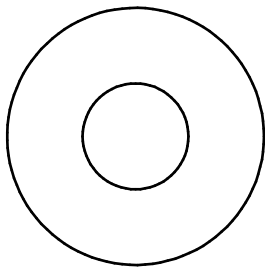
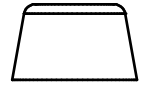
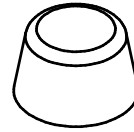
## HARDWARE ILLUSTRATION



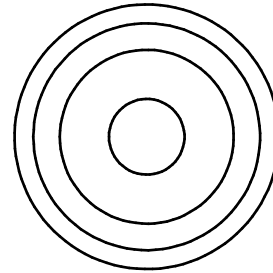
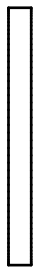
(B1) NYLON LOCK NUT 1/2" QTY.22



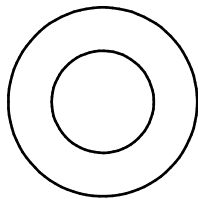
(C4) 1/2" BLOT CAP (9212-024) QTY.12



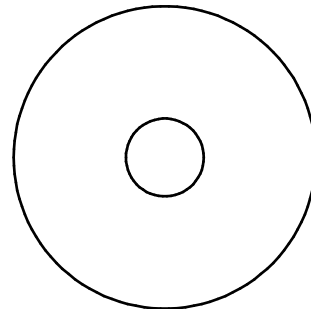
(C1) 1/2"(I.D.) FLAT WASHER Ø34 QTY.42



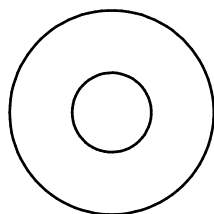
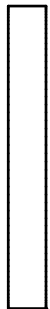
(C5) 1/2"(I.D.) CONICAL WASHER QTY.12



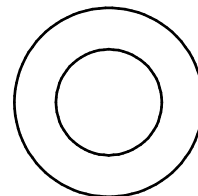
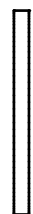
(C2) M12(I.D.) FLAT WASHER Ø25 QTY.4



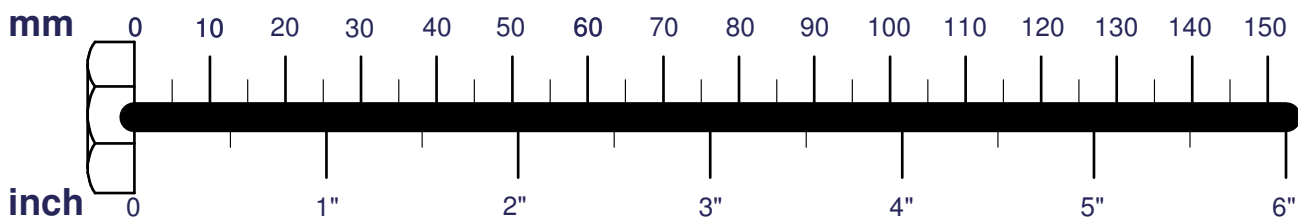
(C6) M10(I.D.) FLAT WASHER Ø40 QTY.2



(C3) M10(I.D.) FLAT WASHER Ø27 QTY.16



(C7) 1/2"(I.D.) FLAT WASHER Ø25 QTY.4

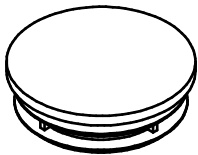


# M3DSM ASSEMBLY INSTRUCTIONS

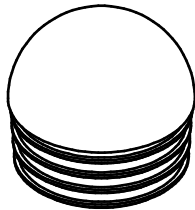
## HARDWARE ILLUSTRATION

D1. Ø50 End Plug (9211-020)	-----	[2PCS]
D2. Ø50 End Plug (9211-074)	-----	[8PCS]
D3. 50X75 End Plug (9211-084)	-----	[2PCS]
D4. 58X116 End Plug (9211-112)	-----	[2PCS]
D5. 50X100 End Plug (9211-114)	-----	[2PCS]
D6. Ø2.5" Rubber Dount (9310-012)	-----	[2PCS]
D7. Ø90 Rubber Dount (9310-016)	-----	[2PCS]
D8. Rubber Pad (9310-075)	-----	[6PCS]
D10. □50 End Plug (9211-087)	-----	[4PCS]

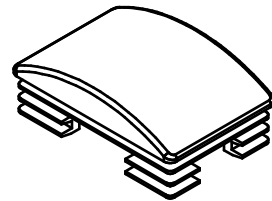
D1



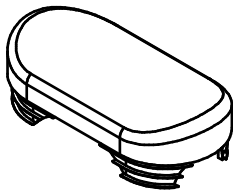
D2



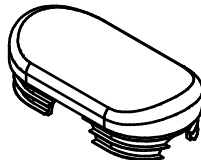
D3



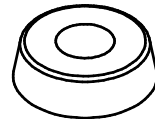
D4



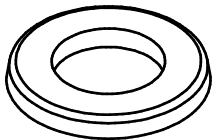
D5



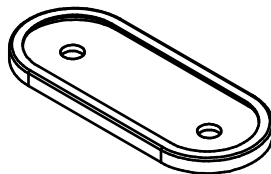
D6



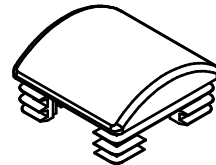
D7



D8



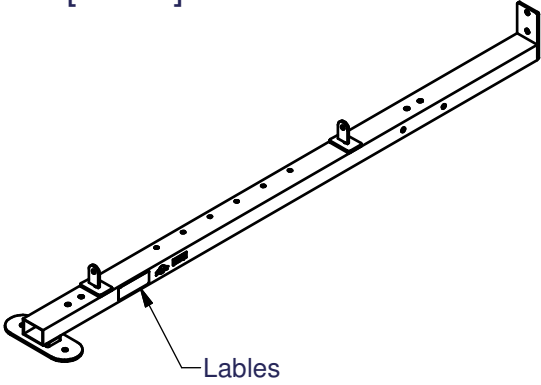
D10



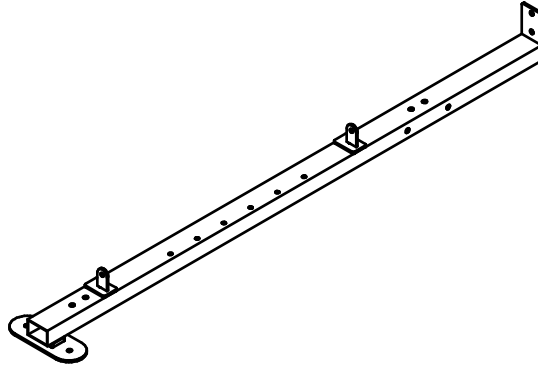
# M3DSM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

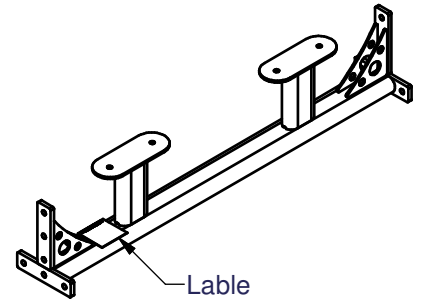
A1[1PCS]



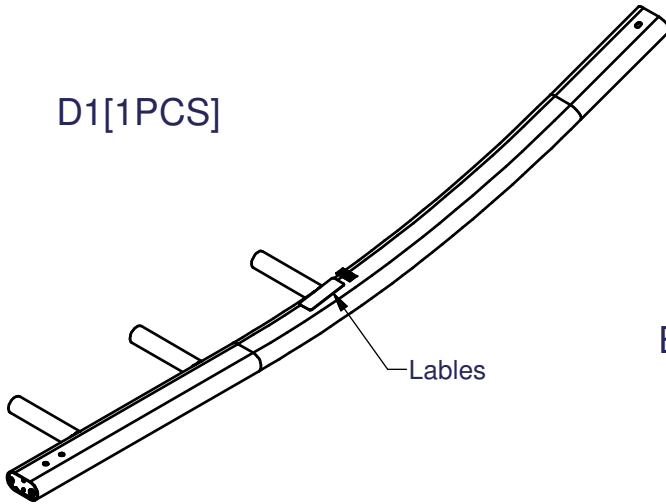
B1[1PCS]



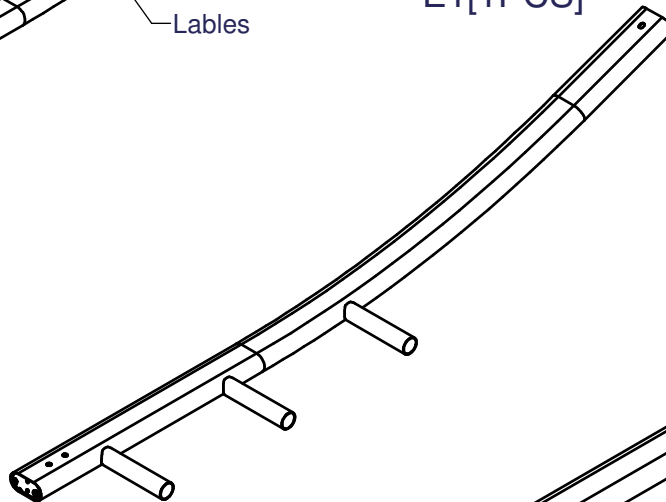
C1[1PCS]



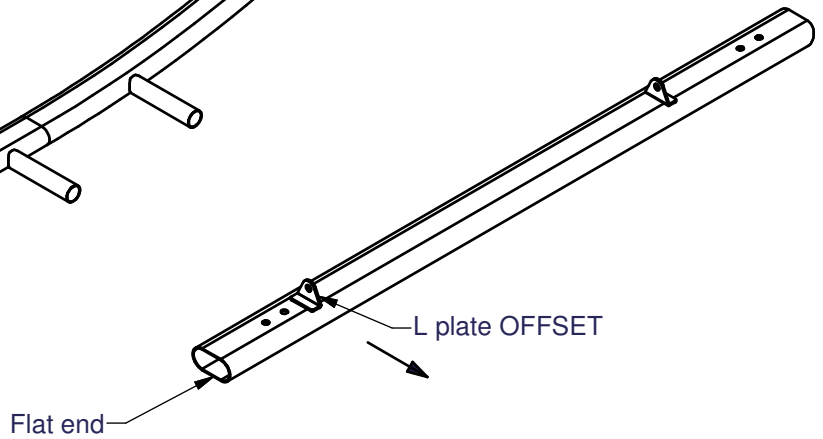
D1[1PCS]



E1[1PCS]



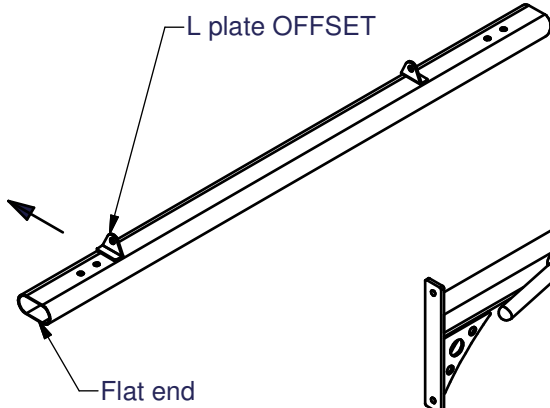
F1[2PCS]



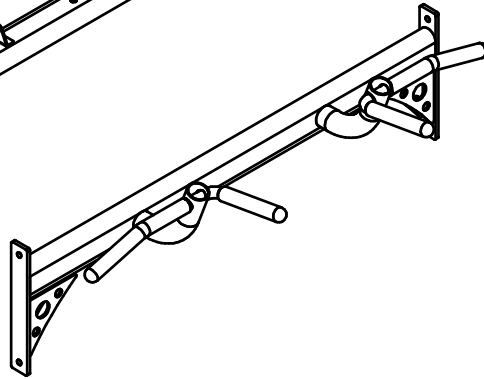
# M3DSM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

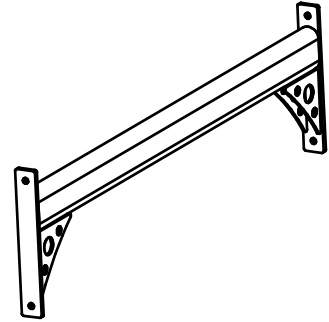
G1[1PCS]



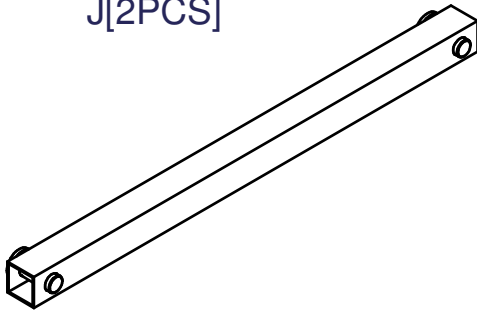
H1[1PCS]



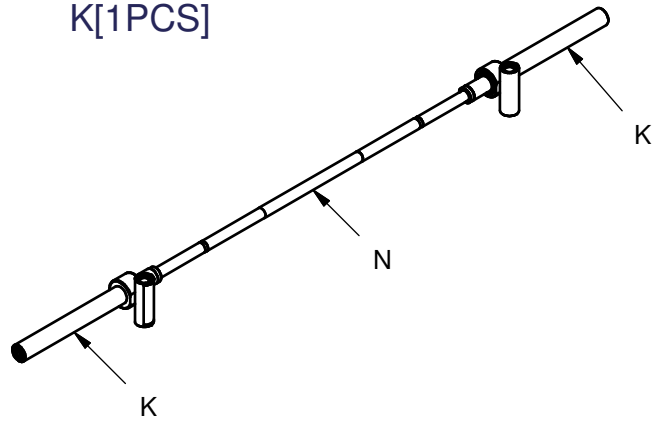
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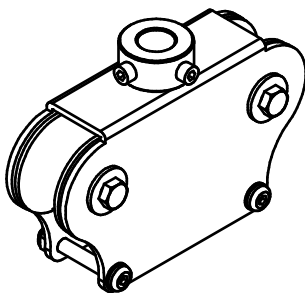
J[2PCS]



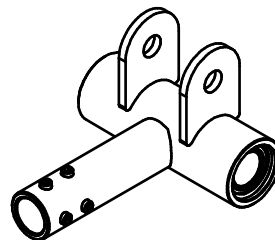
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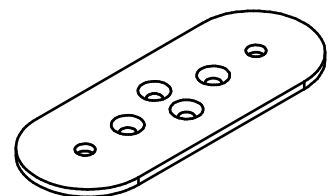
L1[2PCS]



M[2PCS]



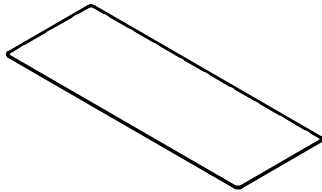
P[2PCS]  
8313-144



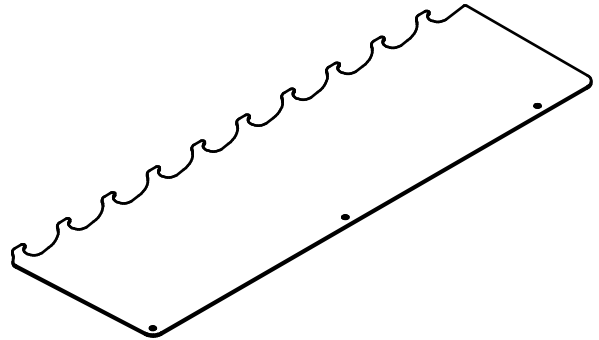
# M3DSM ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

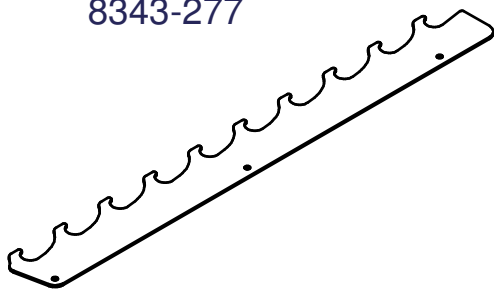
Q[1PCS]  
9420-079



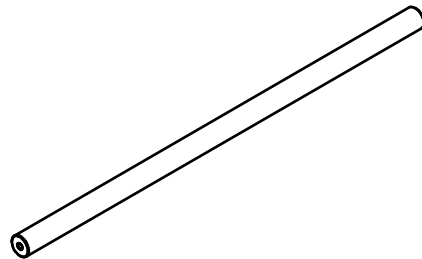
R1[2PCS]  
8343-276



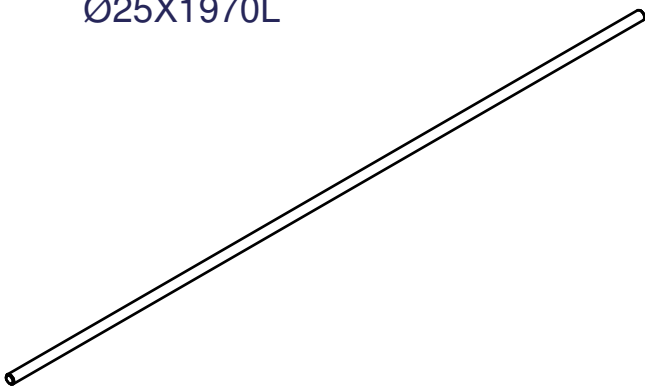
S1[2PCS]  
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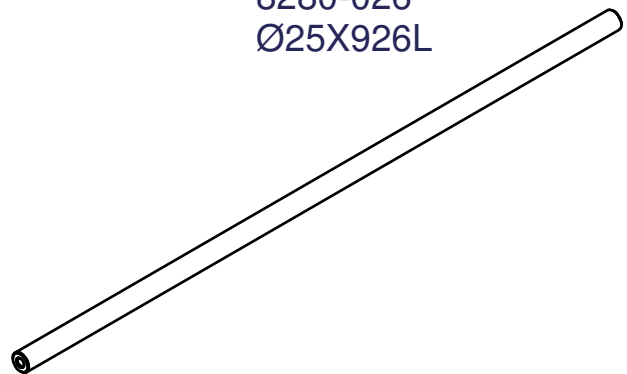
T[2PCS]  
8280-024  
Ø40X926L



U[2PCS]  
8280-025  
Ø25X1970L



V[2PCS]  
8280-026  
Ø25X926L



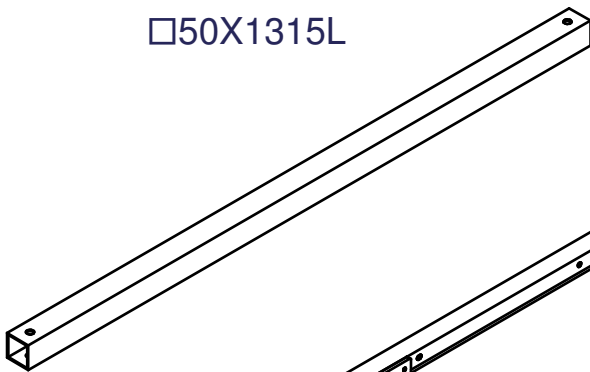


# M3DSM ASSEMBLY INSTRUCTIONS

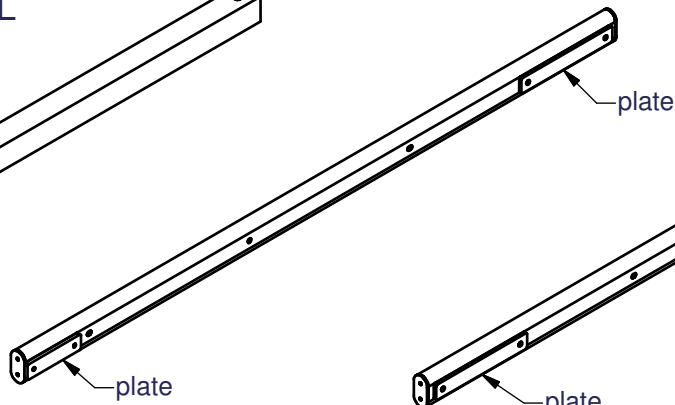
## PARTS ILLUSTRATION SHEET

X[1PCS]

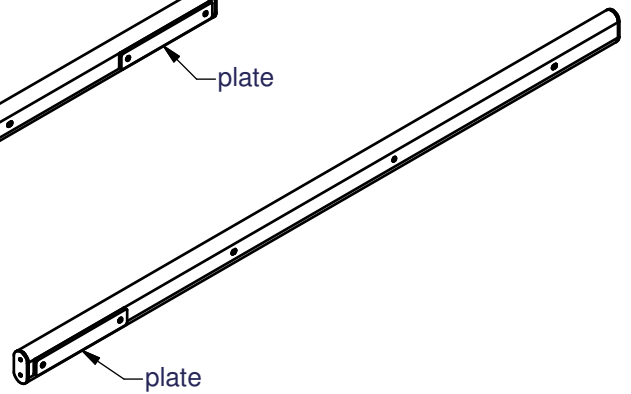
□50X1315L



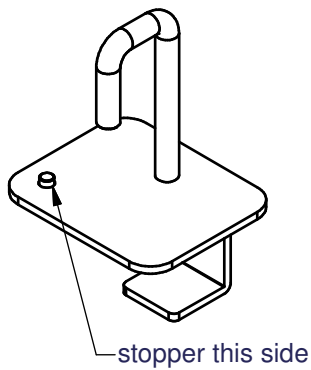
Y[2PCS]



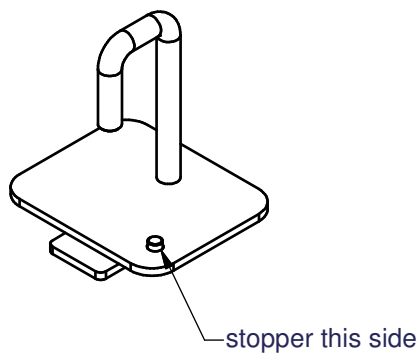
Z[2PCS]



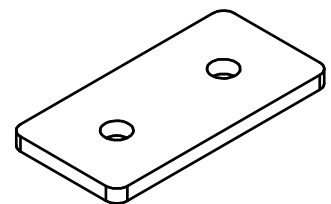
AA[1PCS]



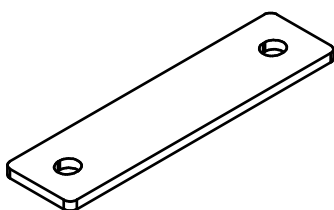
AB[1PCS]



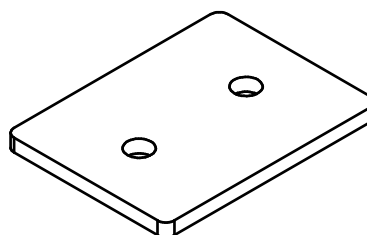
AC[4PCS]  
8312-049



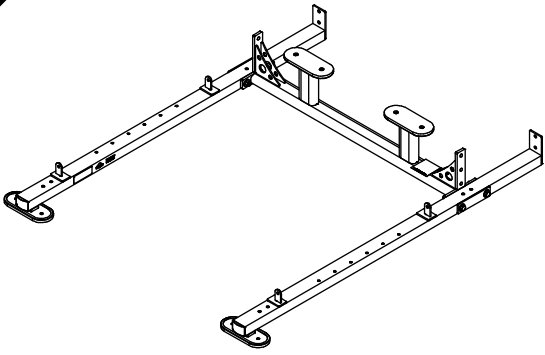
AD[2PCS]  
8312-077



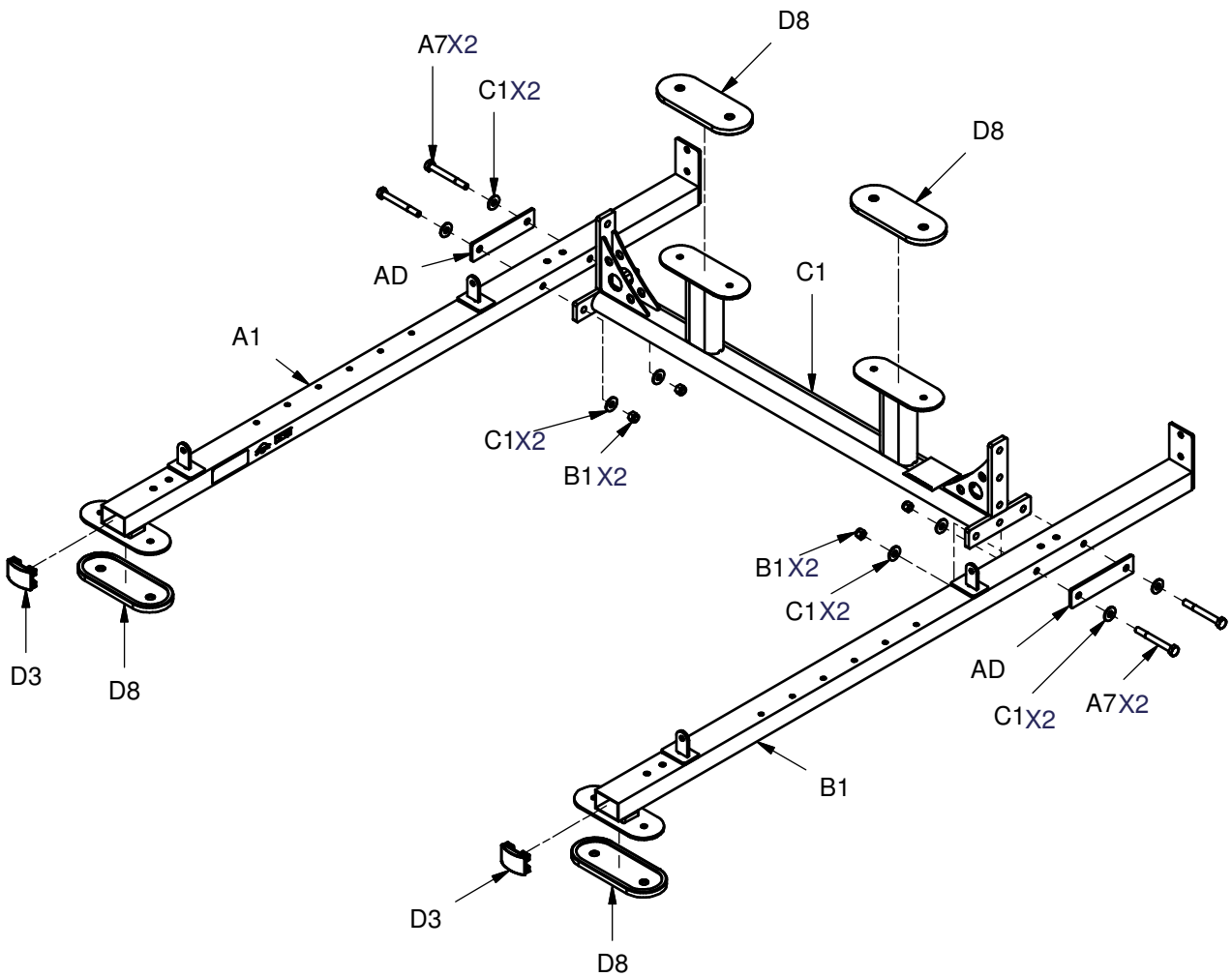
AE[4PCS]  
8313-204



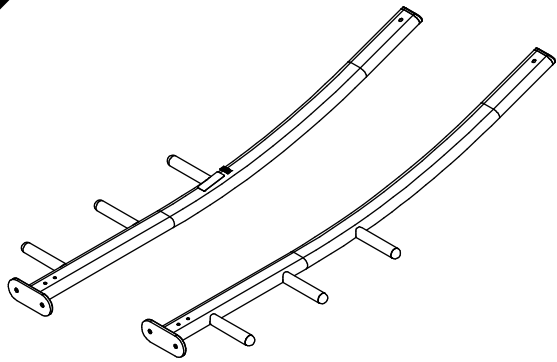
# M3DSM ASSEMBLY INSTRUCTIONS



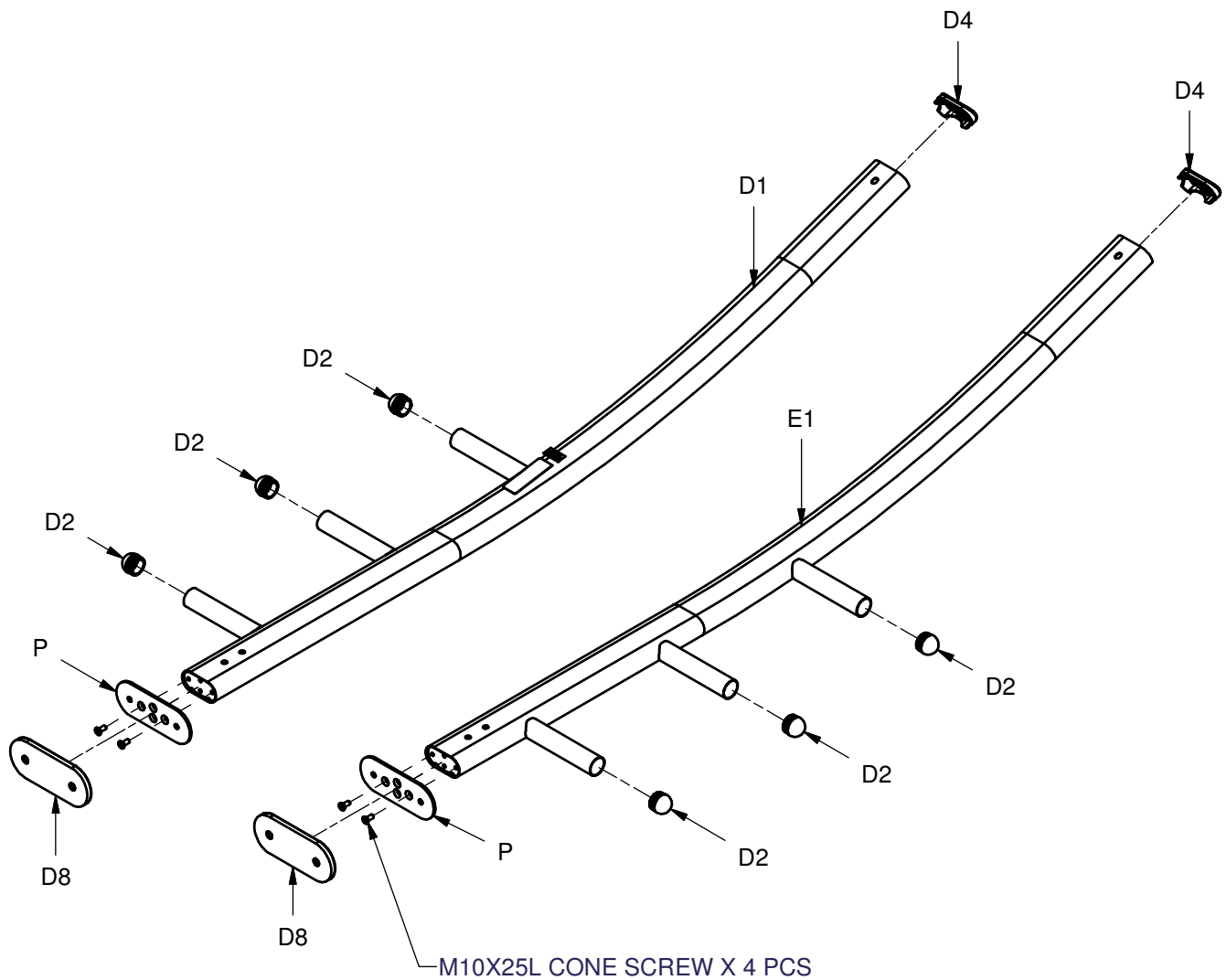
Above shows STEP 1  
assembled and completed



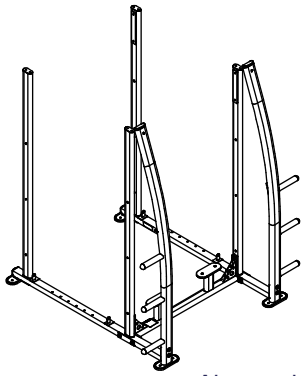
# M3DSM ASSEMBLY INSTRUCTIONS



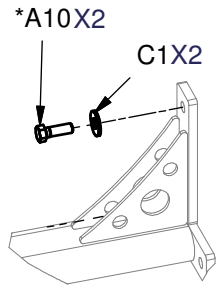
Above shows STEP 2  
assembled and completed



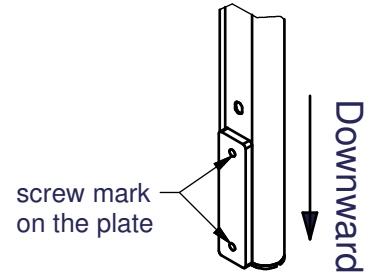
# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 3 assembled and completed

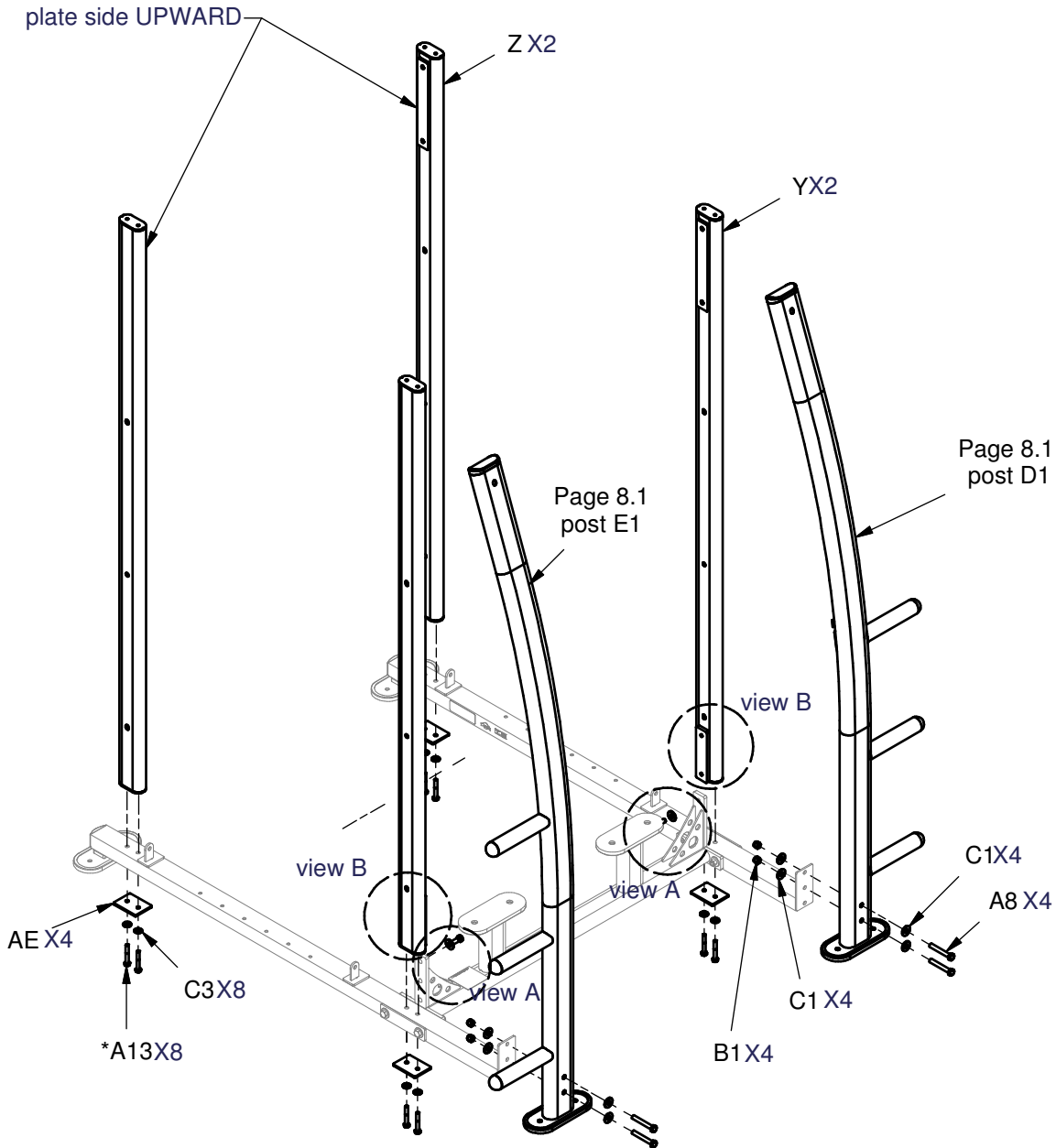


View A

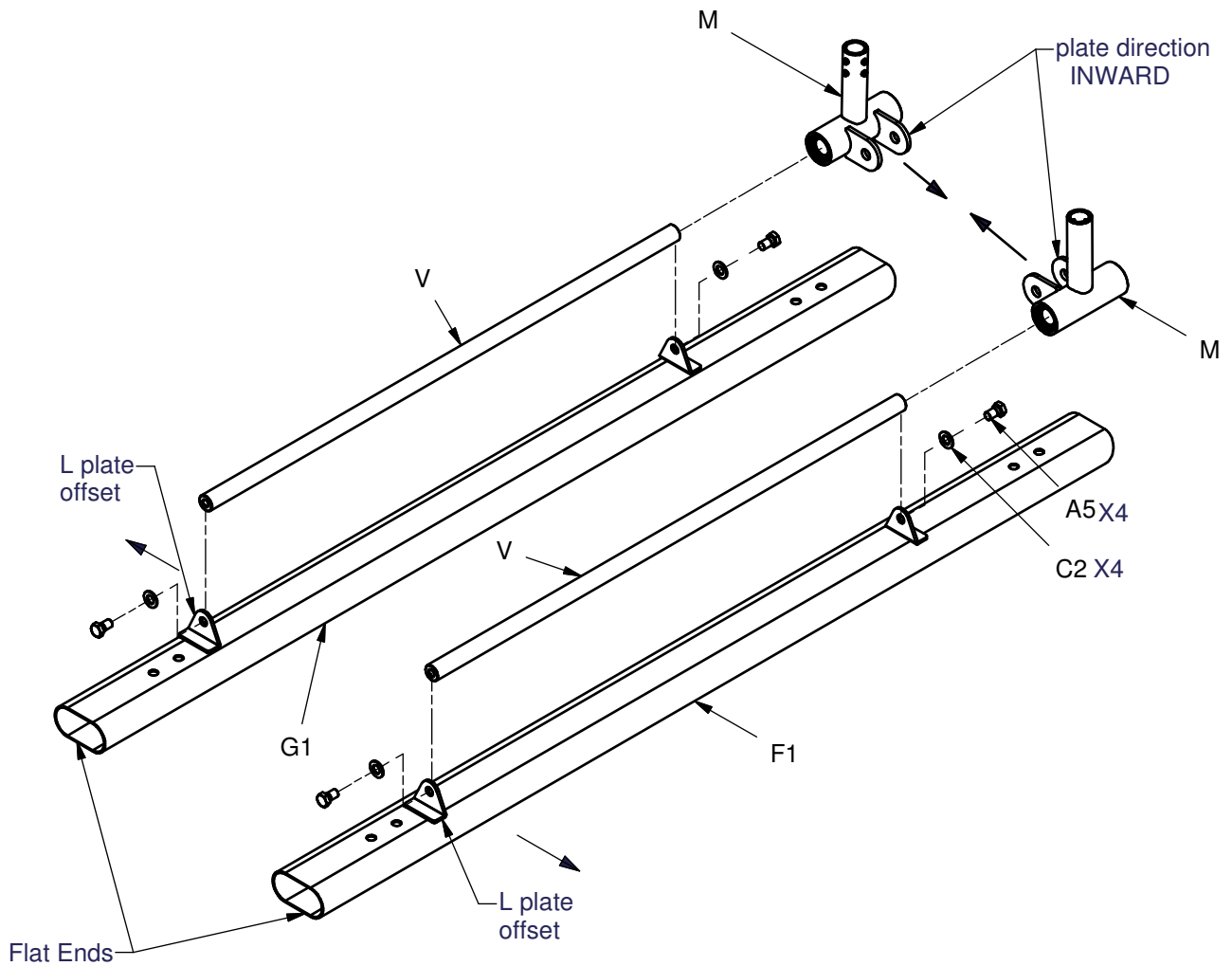
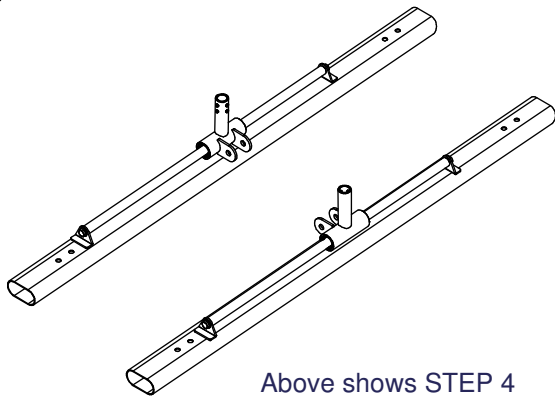


View B

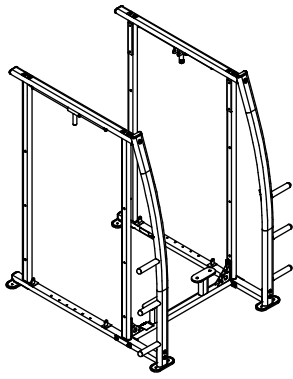
**NOTE :**  
DO NOT tighten screws A10, A13 till PAGE 13



# M3DSM ASSEMBLY INSTRUCTIONS

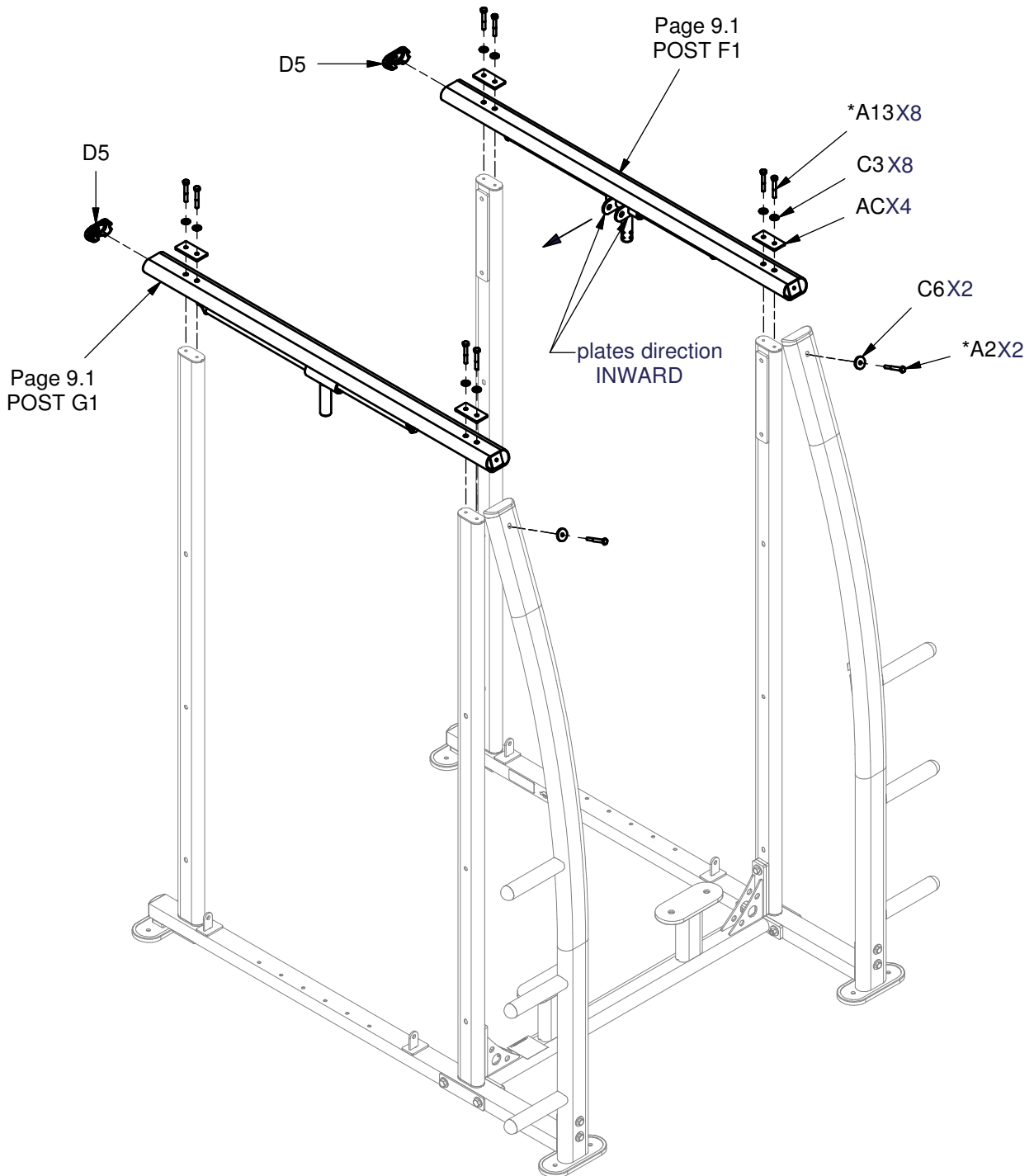


# M3DSM ASSEMBLY INSTRUCTIONS

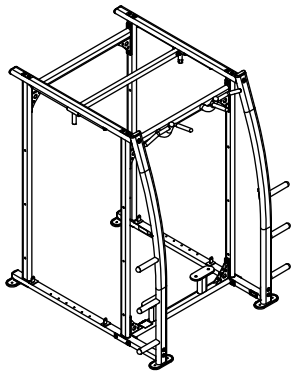


Above shows STEP 5 assembled and completed

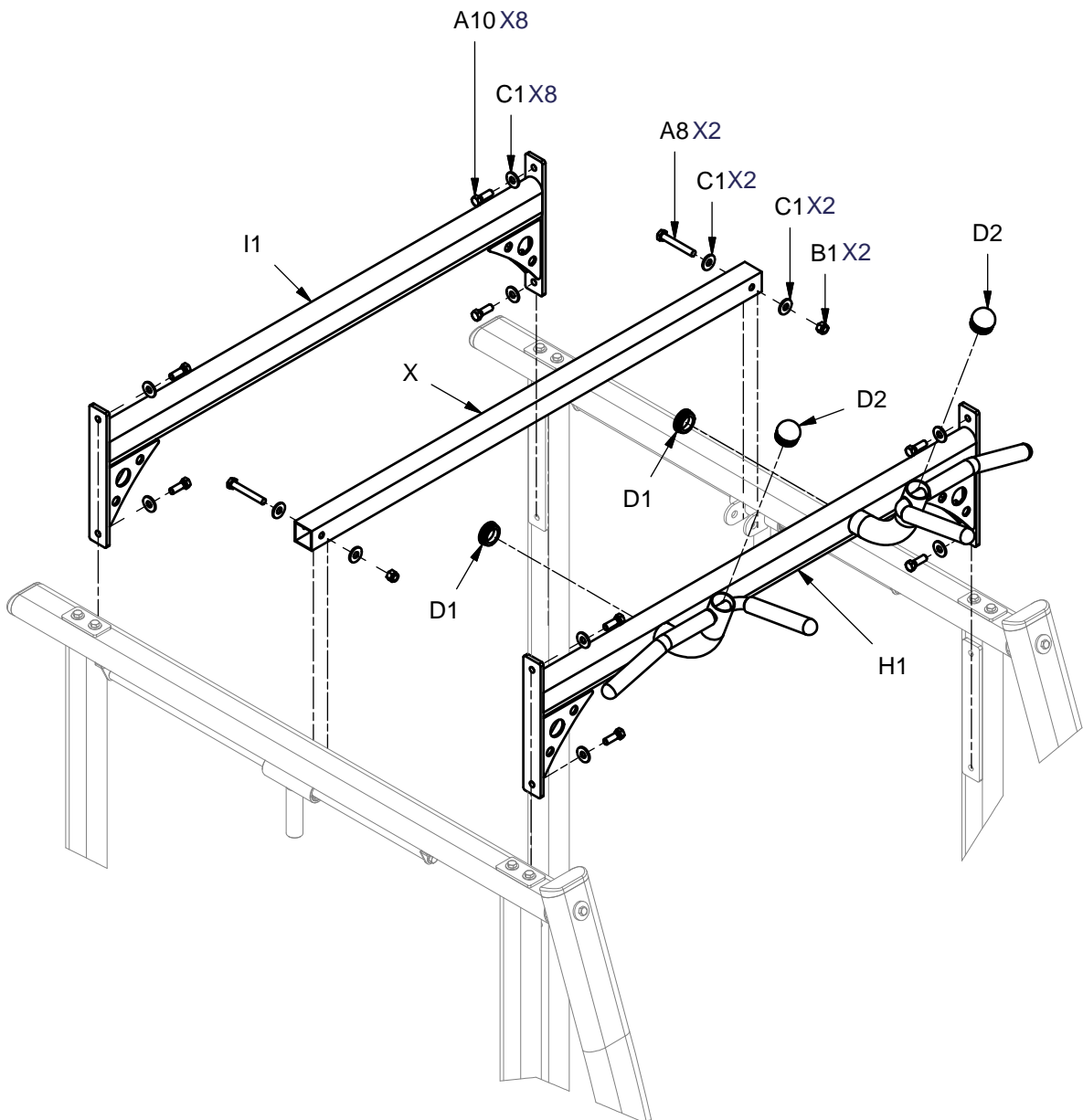
**NOTE**  
DO NOT tighten screws A2, A13 till PAGE 13



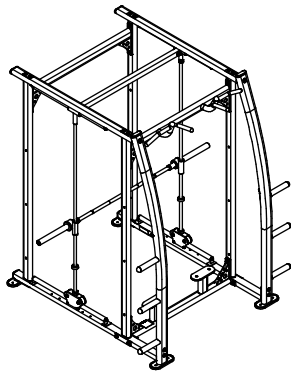
# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 6  
assembled and completed

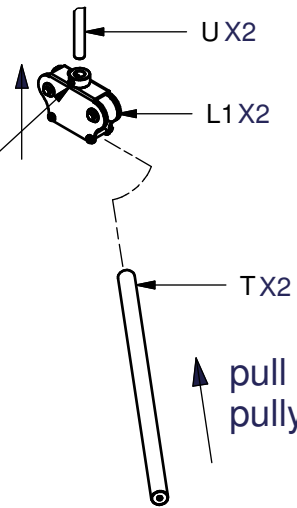


# M3DSM ASSEMBLY INSTRUCTIONS



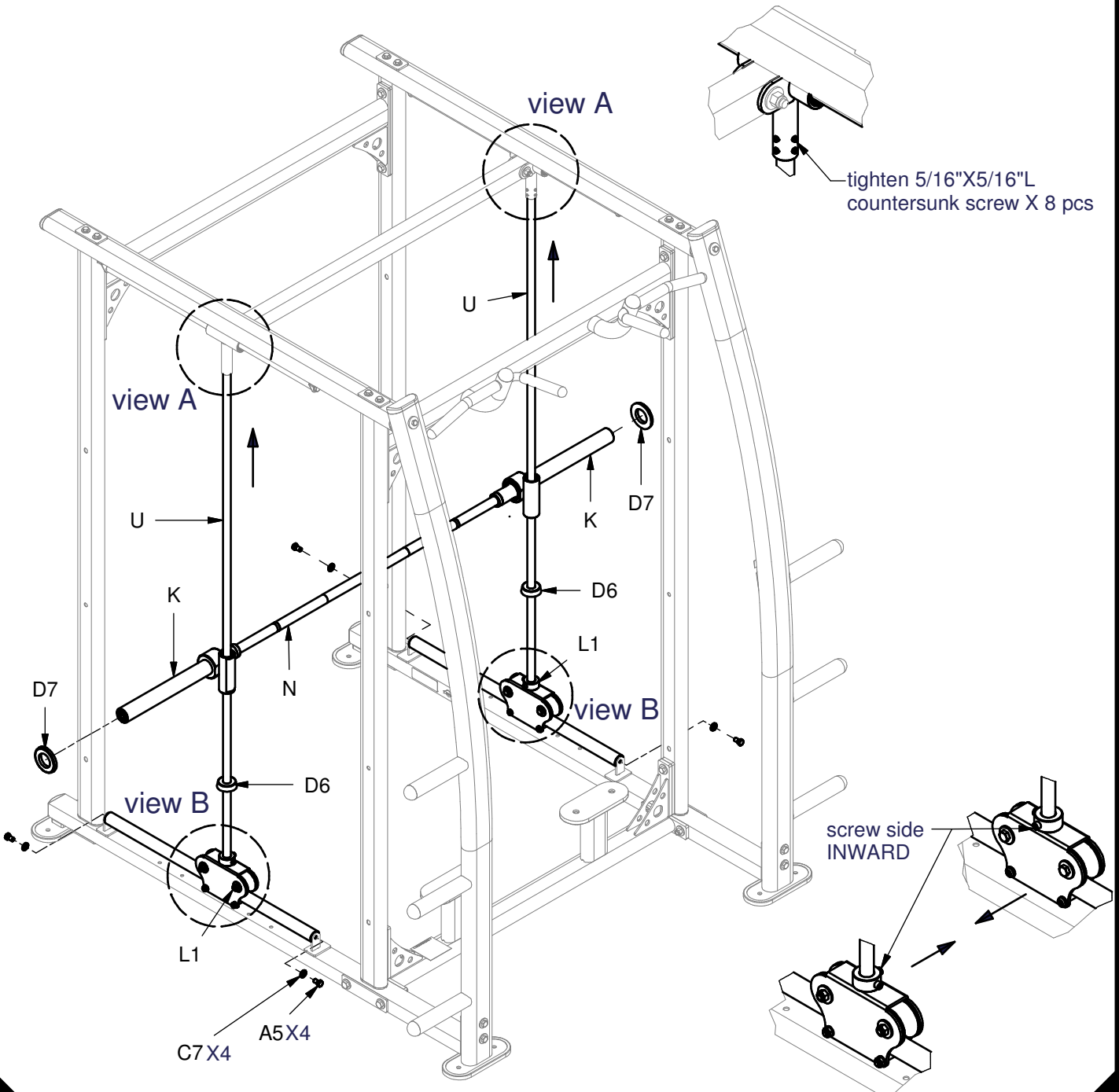
Above shows STEP 7 assembled and completed

tighten 5/16"X3/4"L round allen head screws X 4 pcs



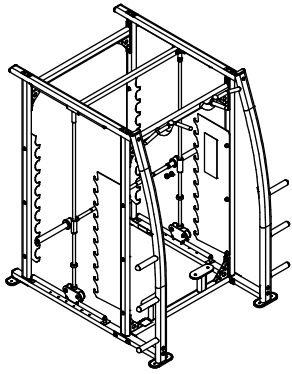
pull bars T into pulley sets L1

- Note
1. push bars U upward during assembly
  2. push pulley sets L1 upward during assembly

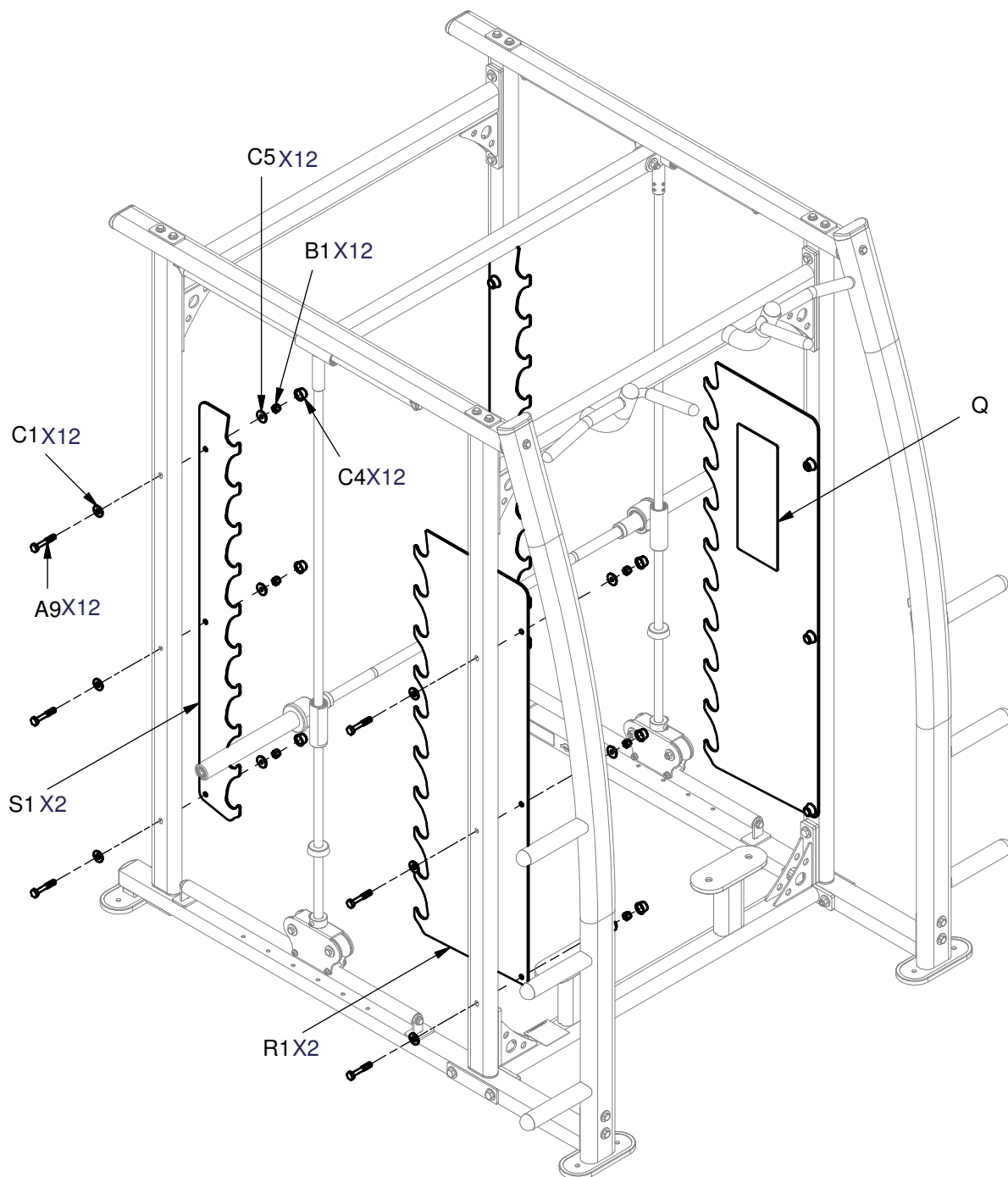




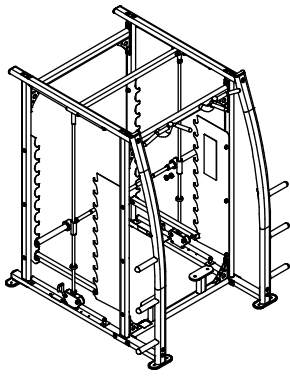
# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 8  
assembled and completed

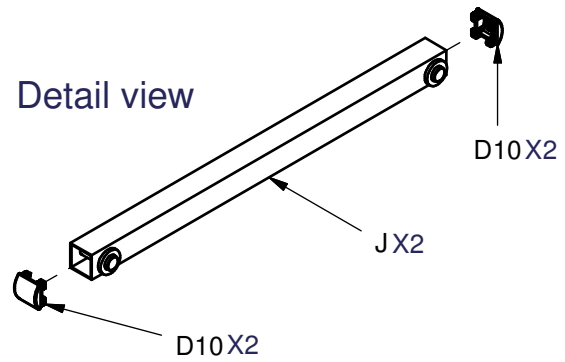


# M3DSM ASSEMBLY INSTRUCTIONS



Above shows STEP 9 assembled and completed

Detail view



## NOTE

1. placing bars J on location A, B , checking GAP and TIGHTNESS between plates
2. aligning bars Y, Z to balance the GAP and TIGHTNESS
3. tighten screws A10, A13 on page 8.2, screws A2, A13 on page 9.2

