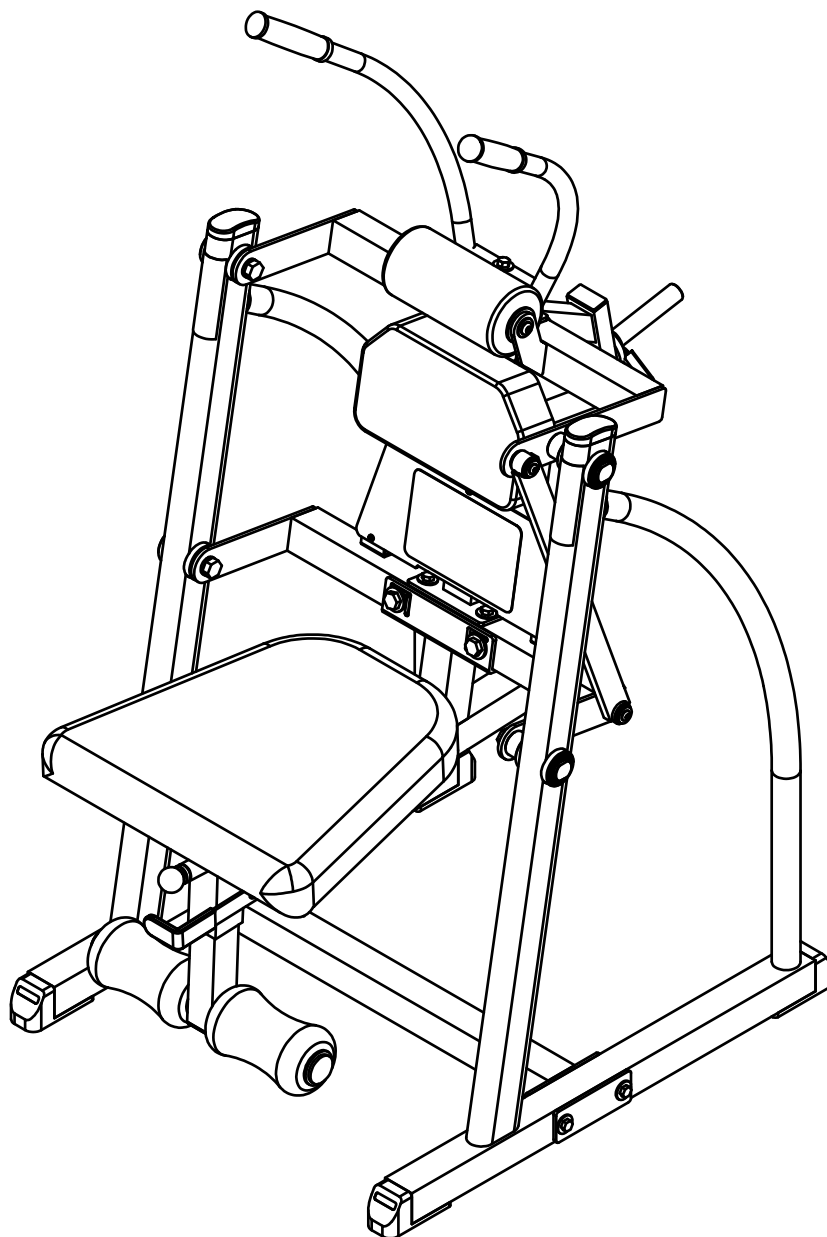




JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

Tel: 886-2-27209980

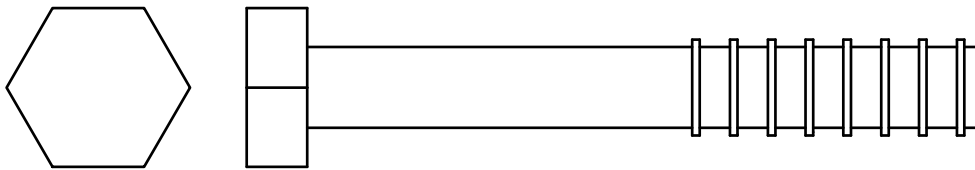
Fax: 886-2-27229750

www.steelflexfitness.com

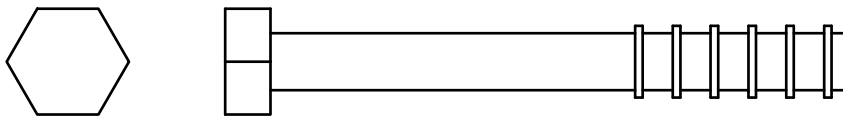
NAC

OWNER'S MANUAL

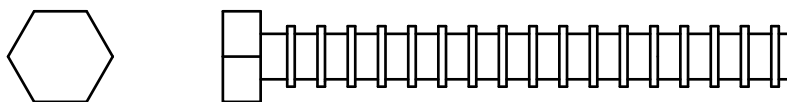
HARDWARE ILLUSTRATION



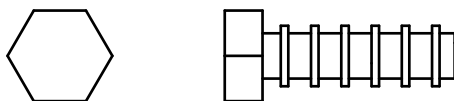
(A1)HEX BOLT 1/2'X3-1/2"L PARTIAL QTY.2



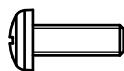
(A2)HEX BOLT 3/8"X3"L PARTIAL QTY.8



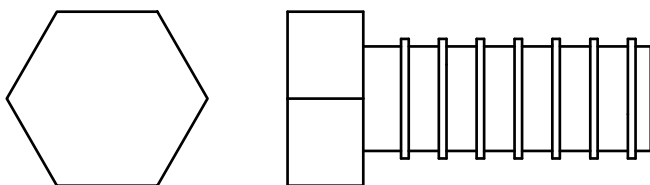
(A3)HEX BOLT 5/16"X2-3/4"L PARTIAL QTY.2



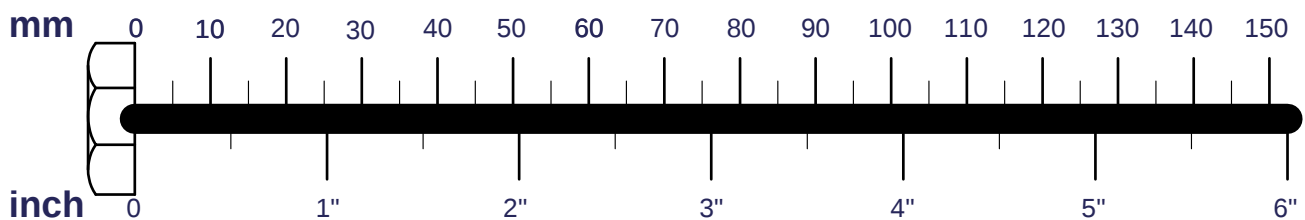
(A4)HEX BOLT 5/16"X1"L PARTIAL QTY.4



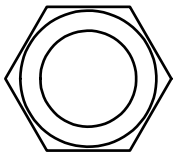
(A5)ROUND CROSS SCREW M4X12L PARTIAL QTY.2



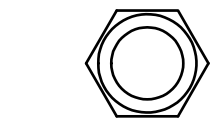
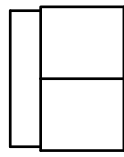
(A6)HIGH STRAIN HEX BOLT 5/8"X1-1/2"L PARTIAL QTY.2



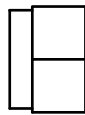
HARDWARE ILLUSTRATION



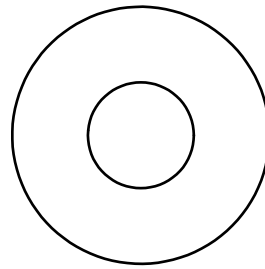
(B1)NYLON LOCK NUT 1/2" QTY.2



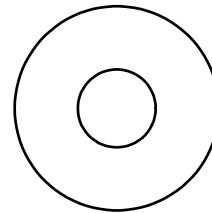
(B2)NYLON LOCK NUT 3/8" QTY.8



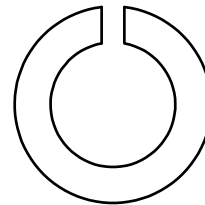
(B3)NYLON LOCK NUT M4 QTY.2



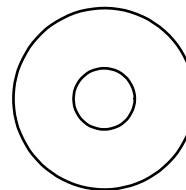
(C1)1/2"(I.D)FLAT WASHER Ø34 QTY.4



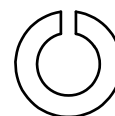
(C2)3/8"(I.D)FLAT WASHER Ø27 QTY.16



(C3)SPRING WASHER 5/8" QTY.2



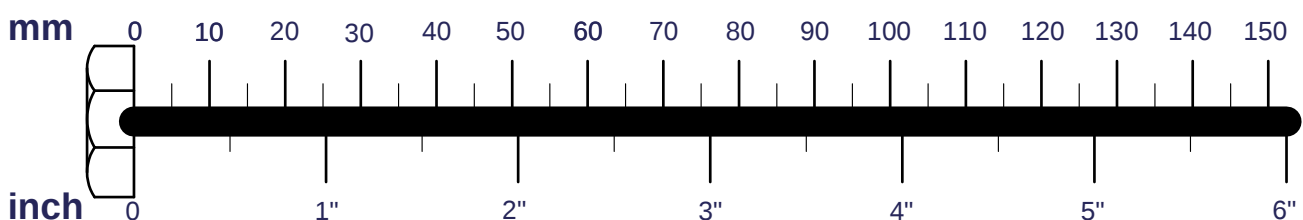
(C4)5/16"(I.D)FLAT WASHER Ø24 QTY.6



(C5)SPRING WASHER 5/16" QTY.6



(C6)M4(I.D)FLAT WASHER Ø12 QTY.2



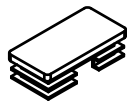
HARDWARE ILLUSTRATION

D1. Ø1" ROUND END CAP (8341-033)	[2PCS]
D2. 1"X2" END CAP(9211-009)	[5PCS]
D3. 50mmX50mmX1.8t END CAP(9211-082)	[4PCS]
D4. 45mmX45mmX1.8t END CAP(9211-091)	[1PCS]
D5. 40X80X2tX35H END CAP(9211-113)	[2PCS]
D6. Ø1"X135L RUBBER GRIP(9212-055)	[2PCS]
D7. 2" NYLON WASHER (9214-001)	[6PCS]
D8. Ø2-1/2"X1/2"tX26 RUBBER DOUNT(9310-011)	[1PCS]
D9. Ø58X116X29t RUBBER DOUNT(9310-057)	[1PCS]
D10. Ø1" Olympic Spring Collars(RC0616)	[1PCS]
D11.Ø38XØ26X1.5t CU WASHER(8520-008)	[2PCS]

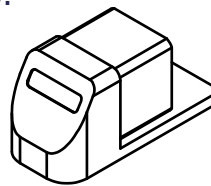
D1.



D2.



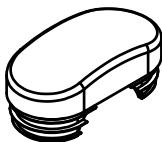
D3.



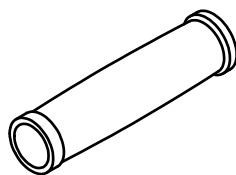
D4.



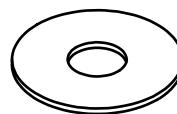
D5.



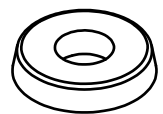
D6.



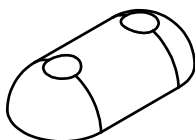
D7.



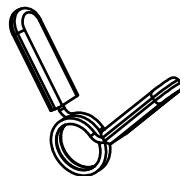
D8.



D9.



D10.

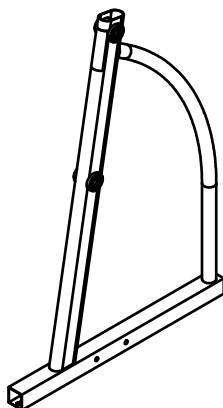


D11.

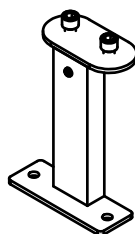


PARTS ILLUSTRATION SHEET

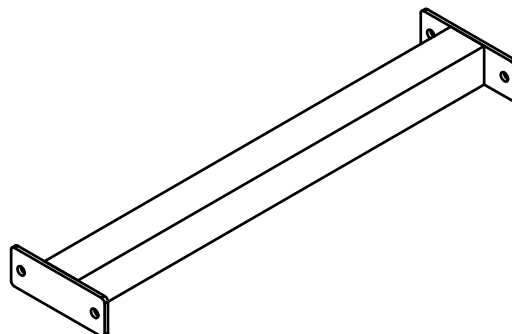
A[2PCS]



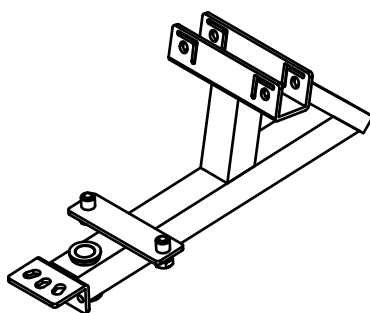
B[1PCS]



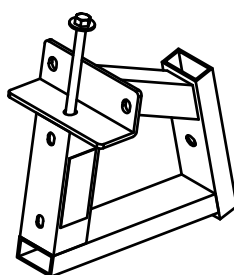
C[1PCS]



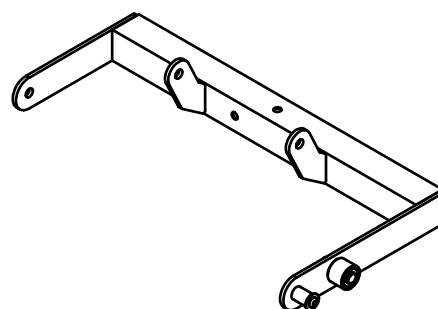
D[1PCS]



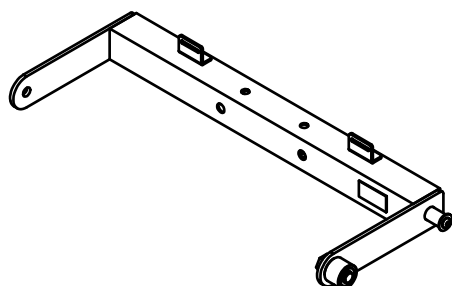
E[1PCS]



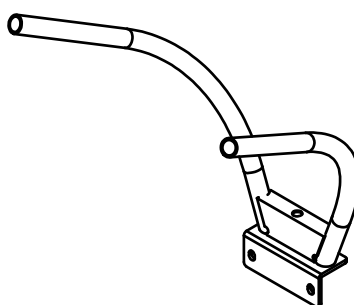
F[1PCS]



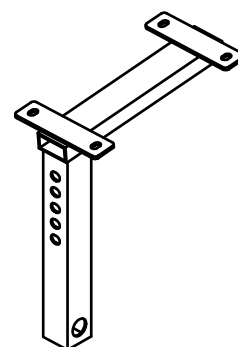
G[1PCS]



H[1PCS]



I[1PCS]
6650-002

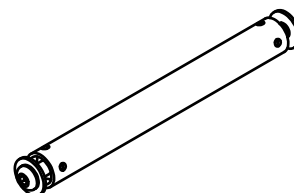
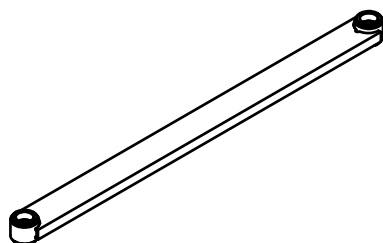
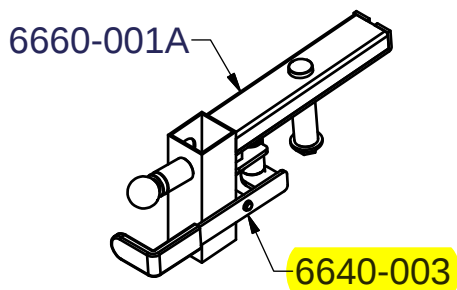


PARTS ILLUSTRATION SHEET

J[1PCS]

K[1PCS]
6630-001

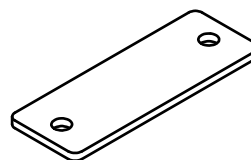
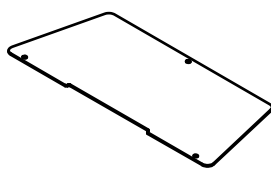
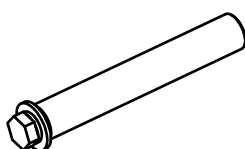
L[1PCS]
6640-004



M[1PCS]
8220-079

N[1PCS]
8360-200

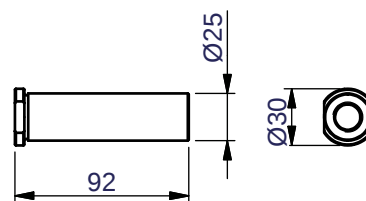
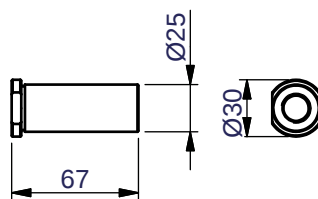
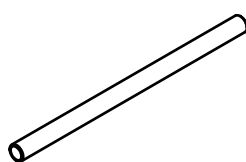
O[2PCS]
8312-090



P[1PCS]
5325I001-26
Ø25.4X2.5tX420L

Q[2PCS]
8260-072

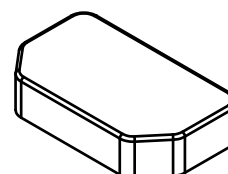
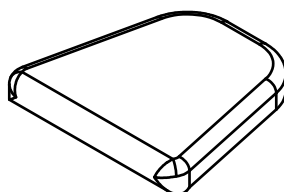
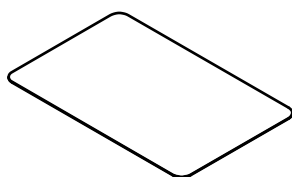
R[2PCS]
8260-075



S[1PCS]
9420-143

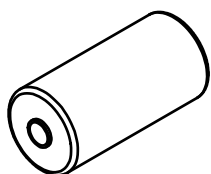
T[1PCS]
9121-059

U[1PCS]
9111-062

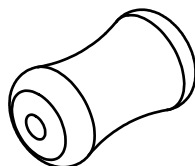


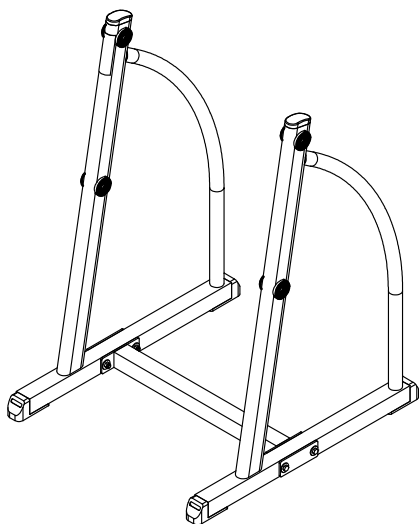
PARTS ILLUSTRATION SHEET

V[1PCS]
9161-049

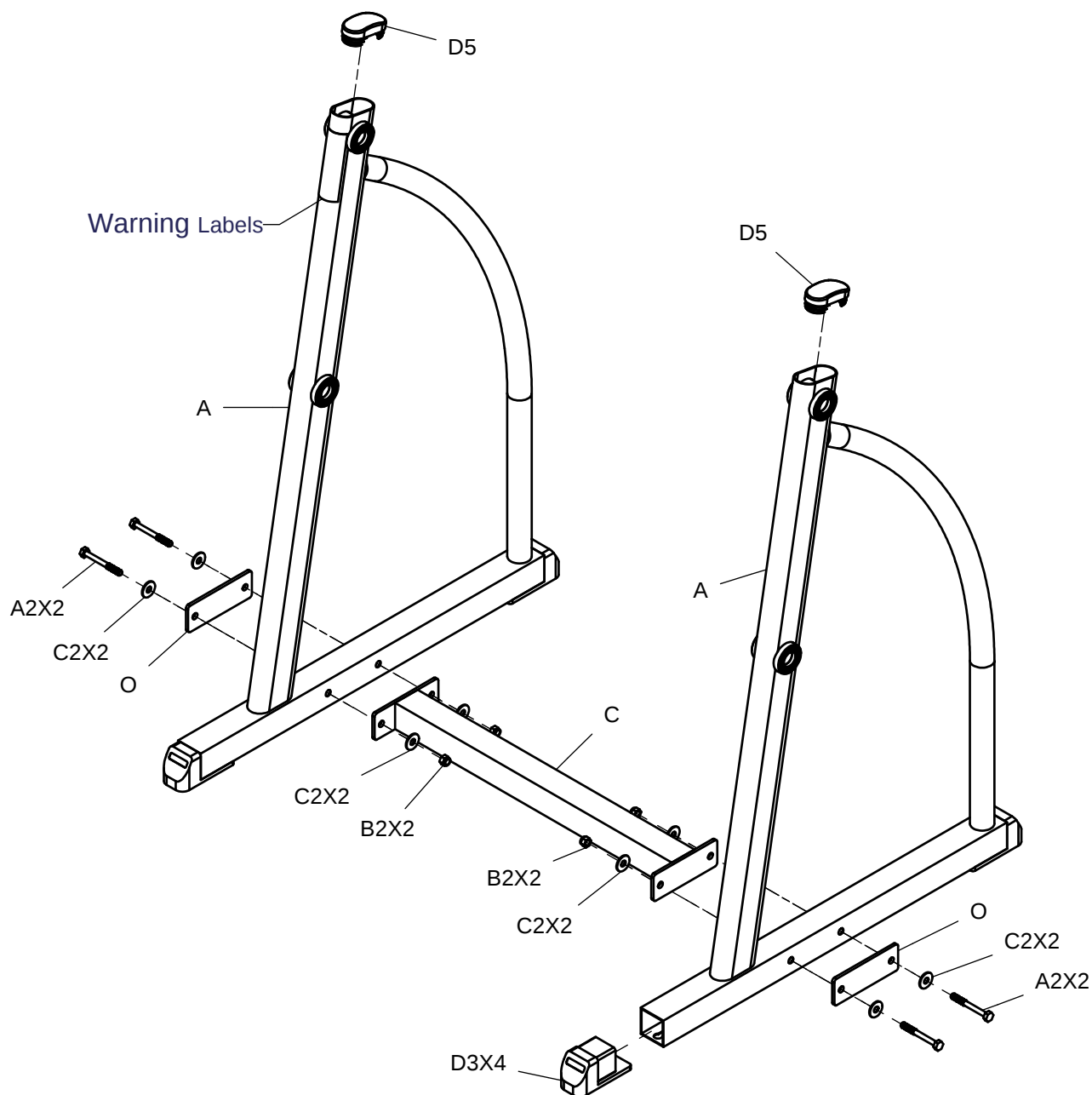


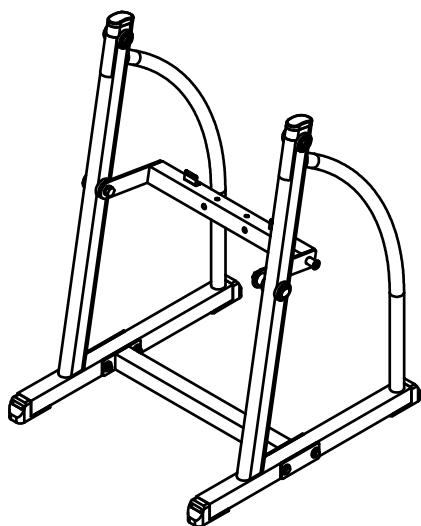
W[2PCS]
9161-052





Above shows STEP 1
assembled and completed

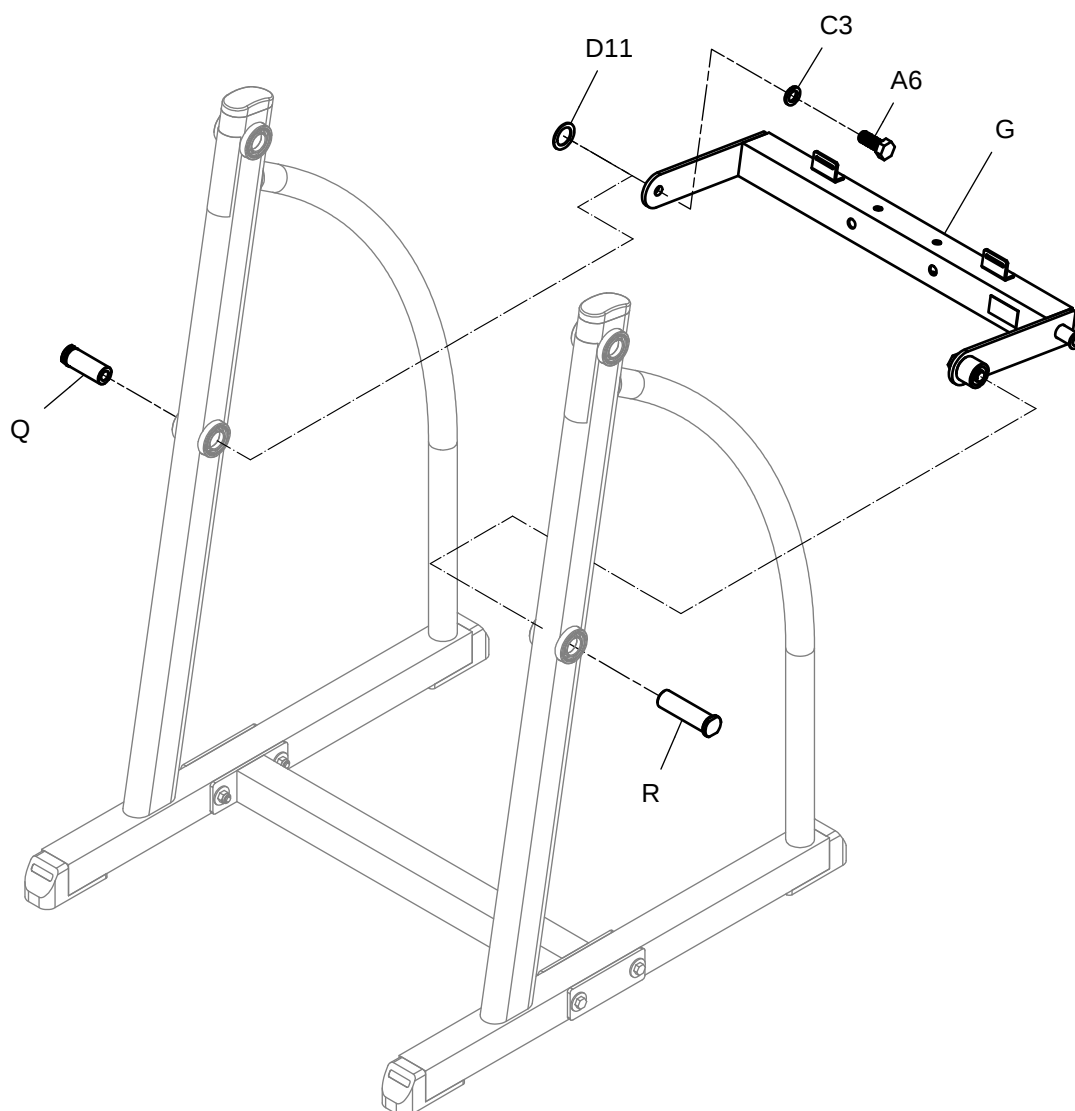


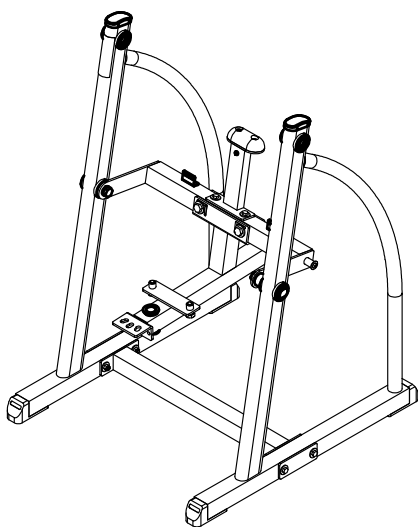


Above shows STEP 2
assembled and completed

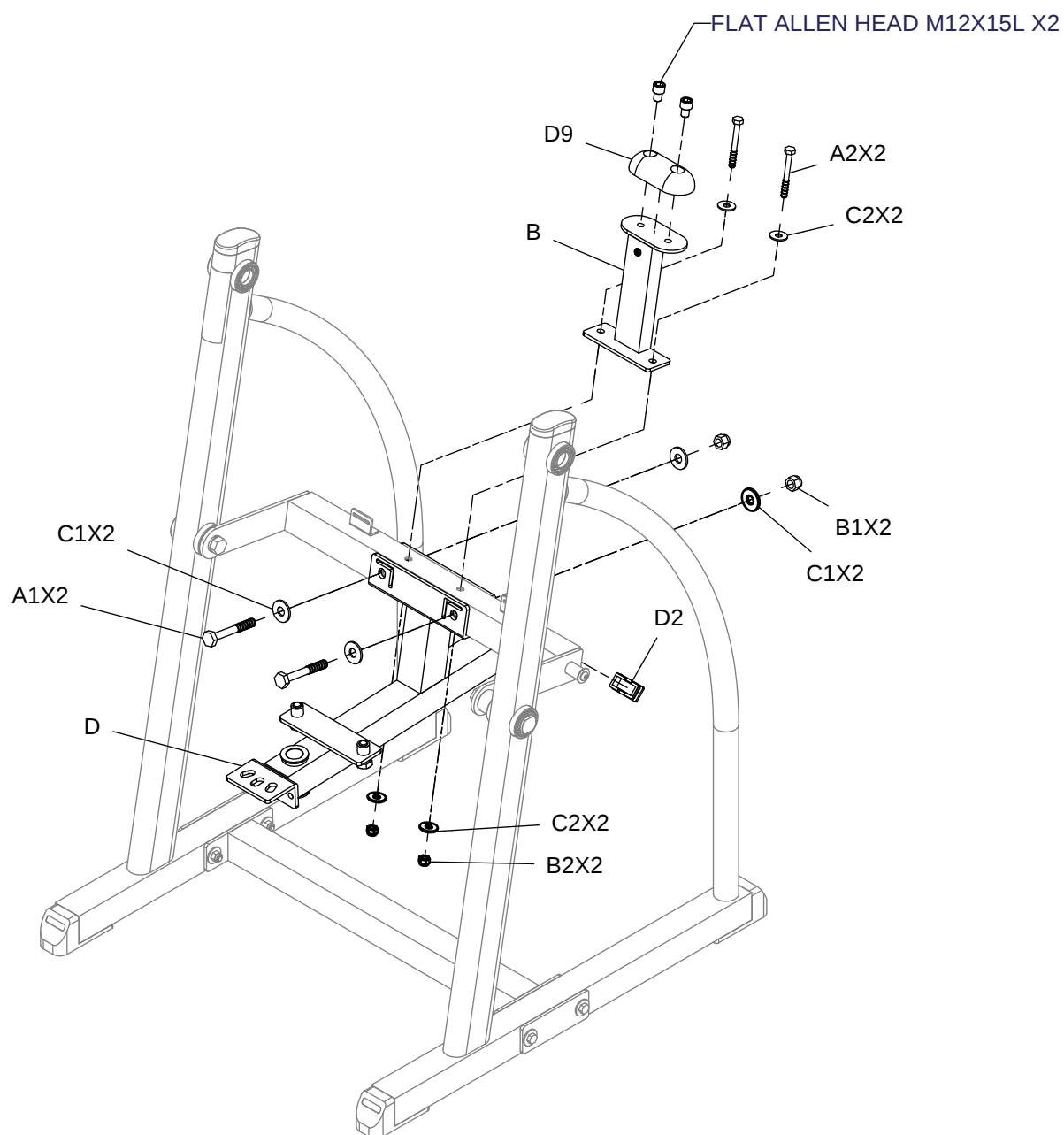
When assembling G, please follow the order.

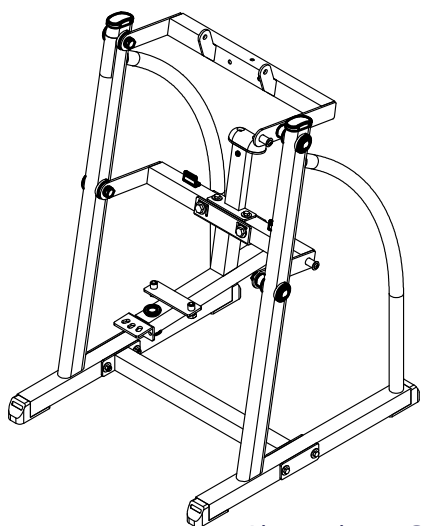
Stick the Q through the hole on the right side of the main frame and put D11 washer on the other end of the hole. Screws G with A6 and C3. After G has been fixed on right hand side, follow the same step to tighten the other side of G with R.





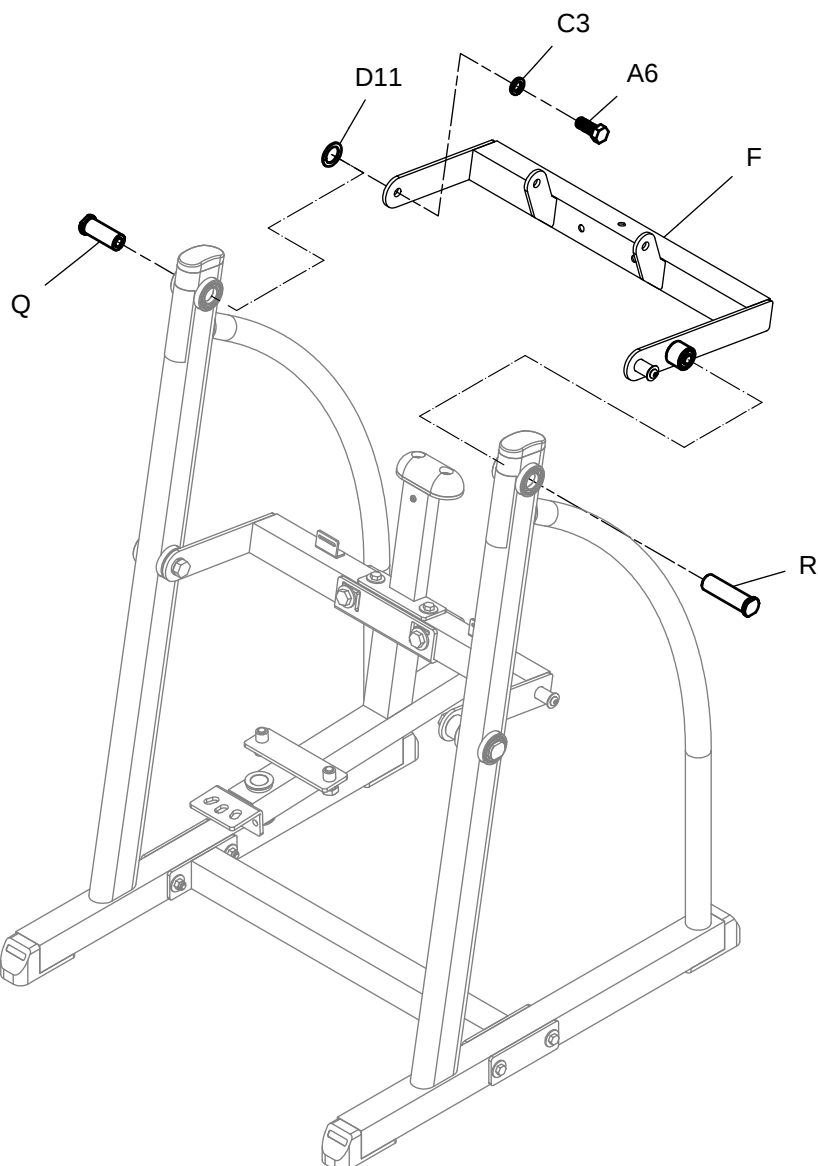
Above shows STEP 3
assembled and completed

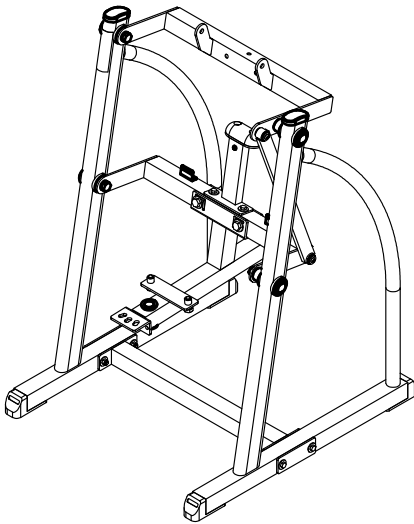




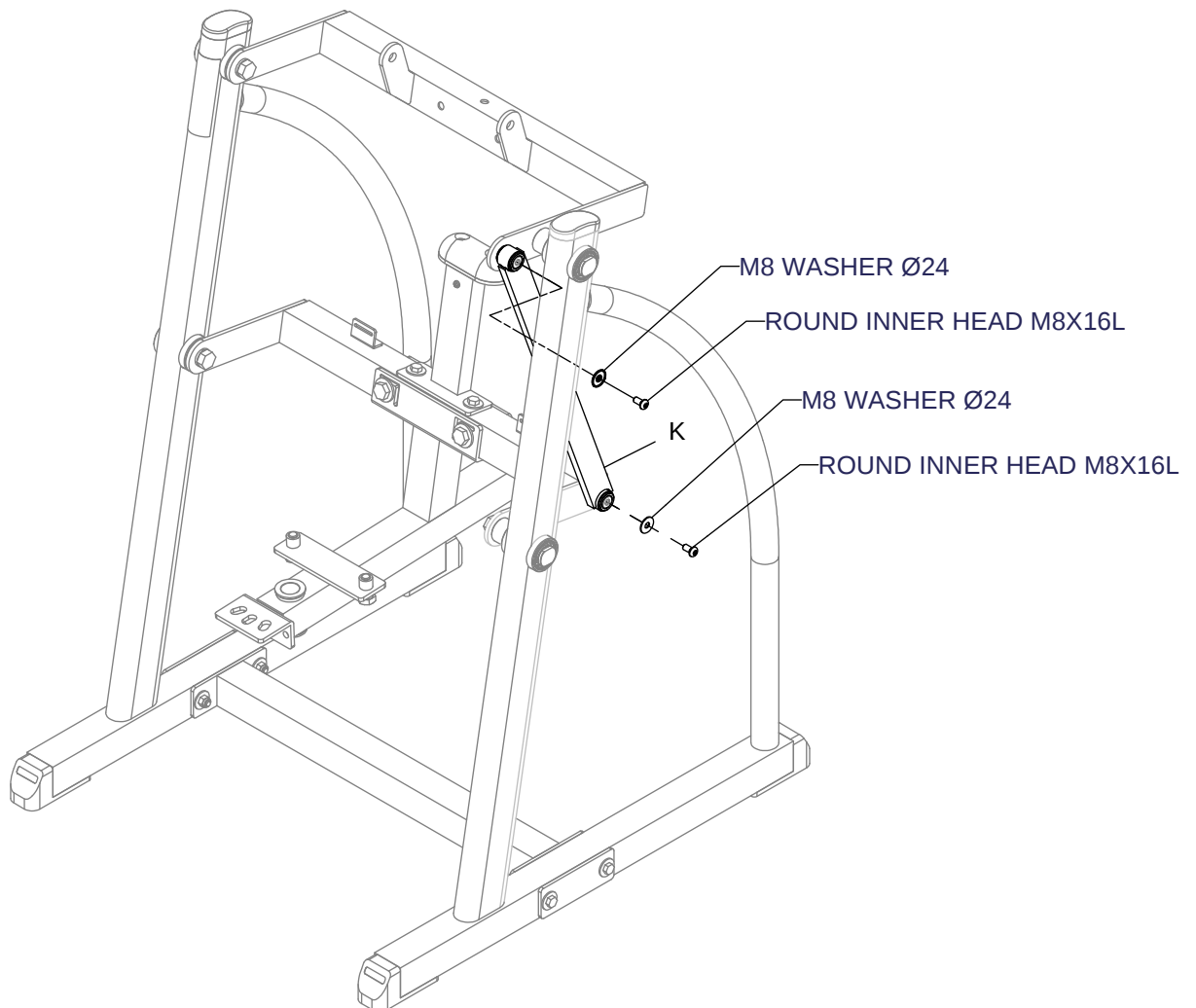
Above shows STEP 4
assembled and completed

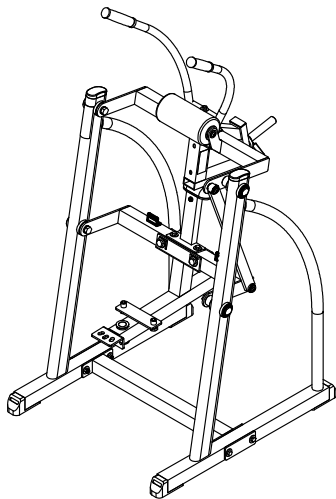
When assembling F, please follow the order.
Stick the Q through the hole on the right side of the main frame and put D11 washer on the other end of the hole.
Screws F with A6 and C3. After F has been fixed on right hand side,
follow the same step to tighten the other side of F with R.



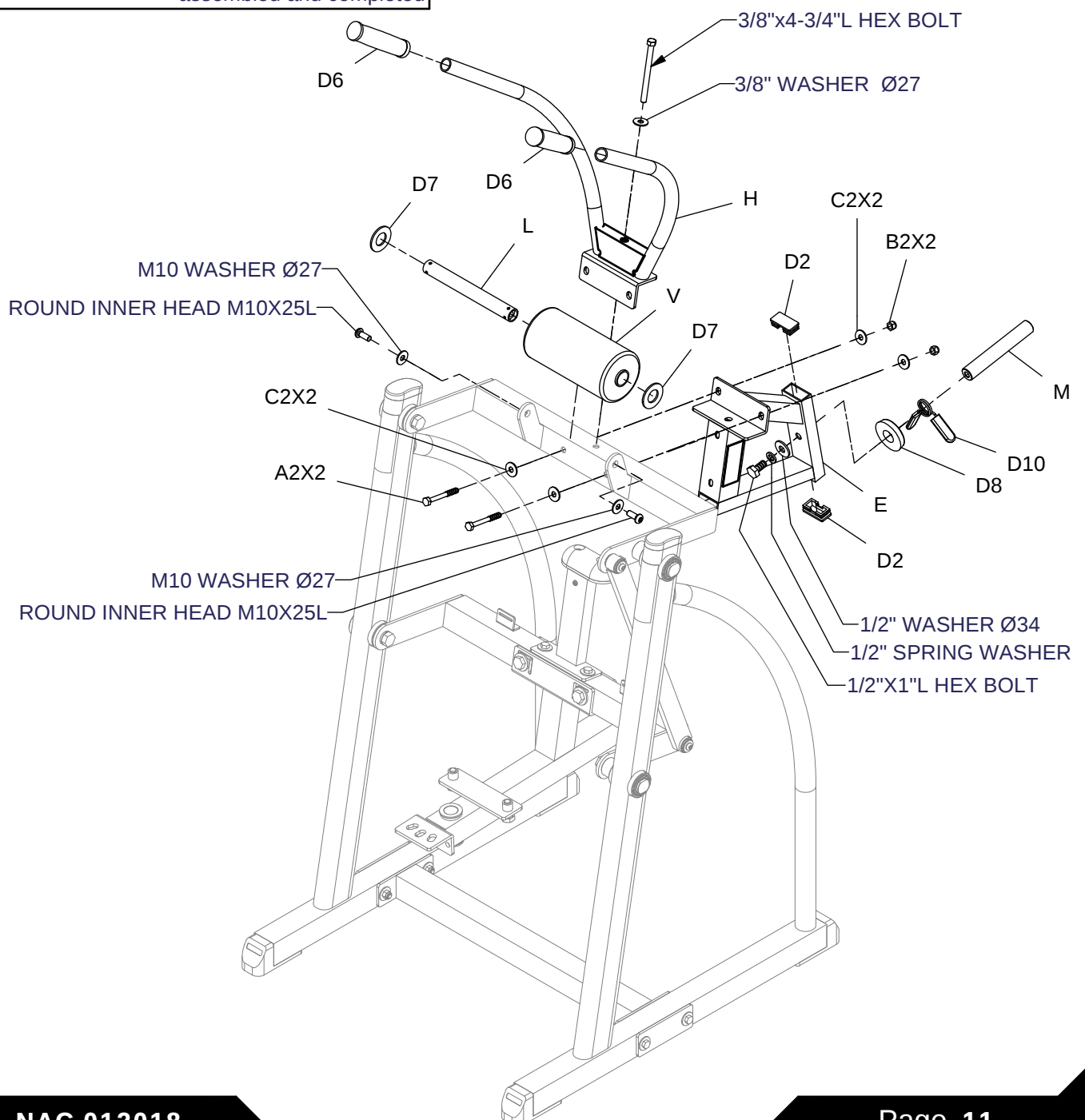


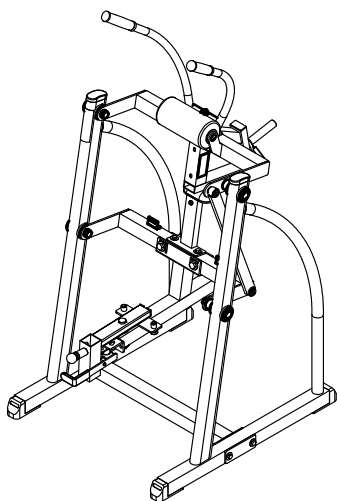
Above shows STEP 5
assembled and completed



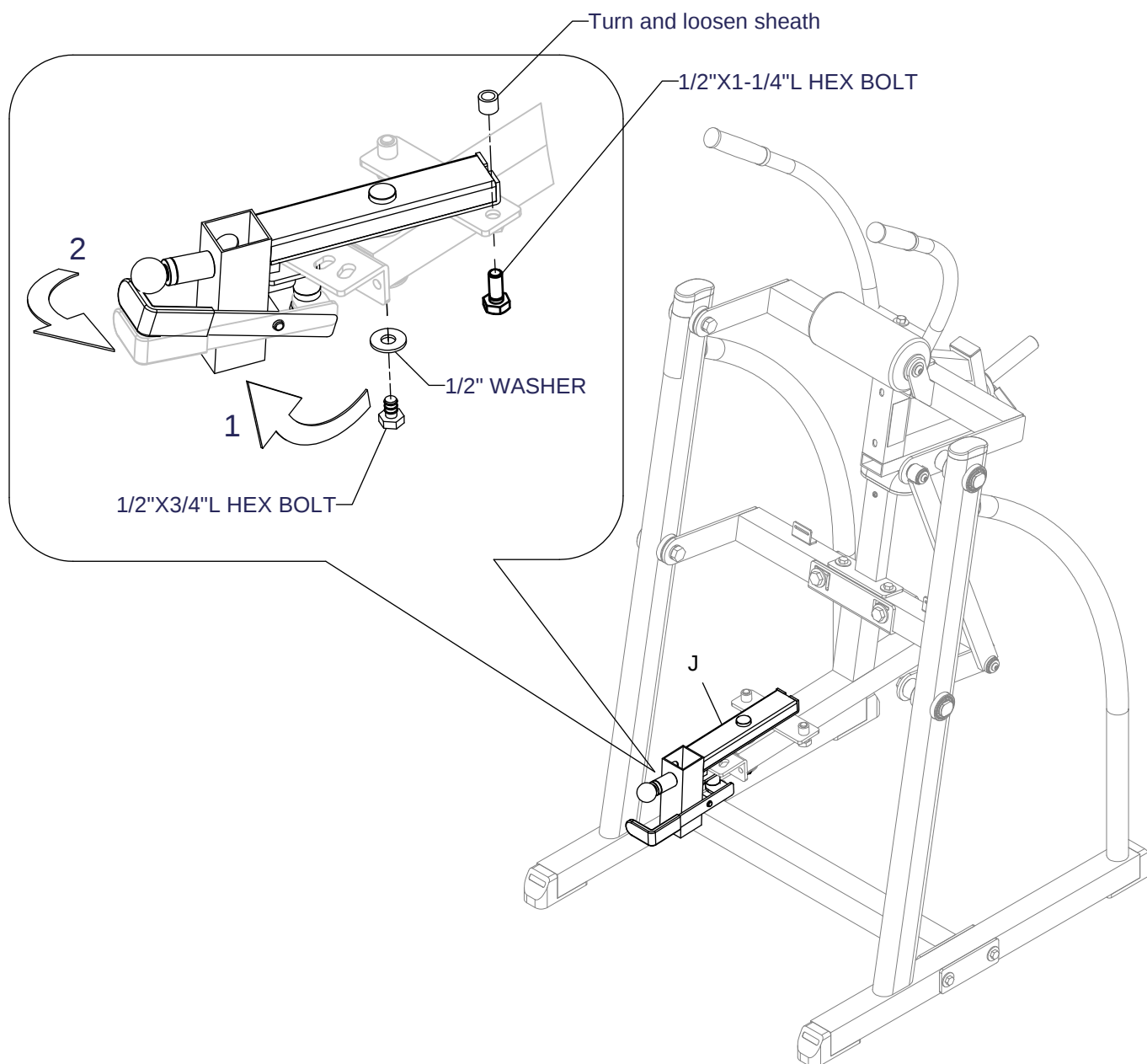


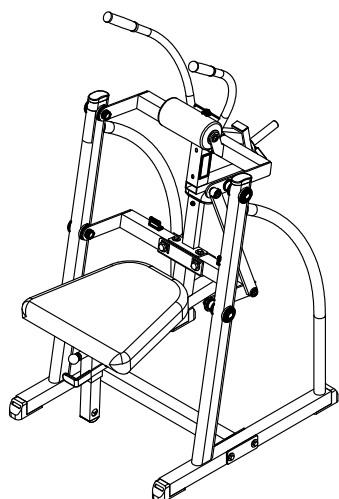
Above shows STEP 6
assembled and completed



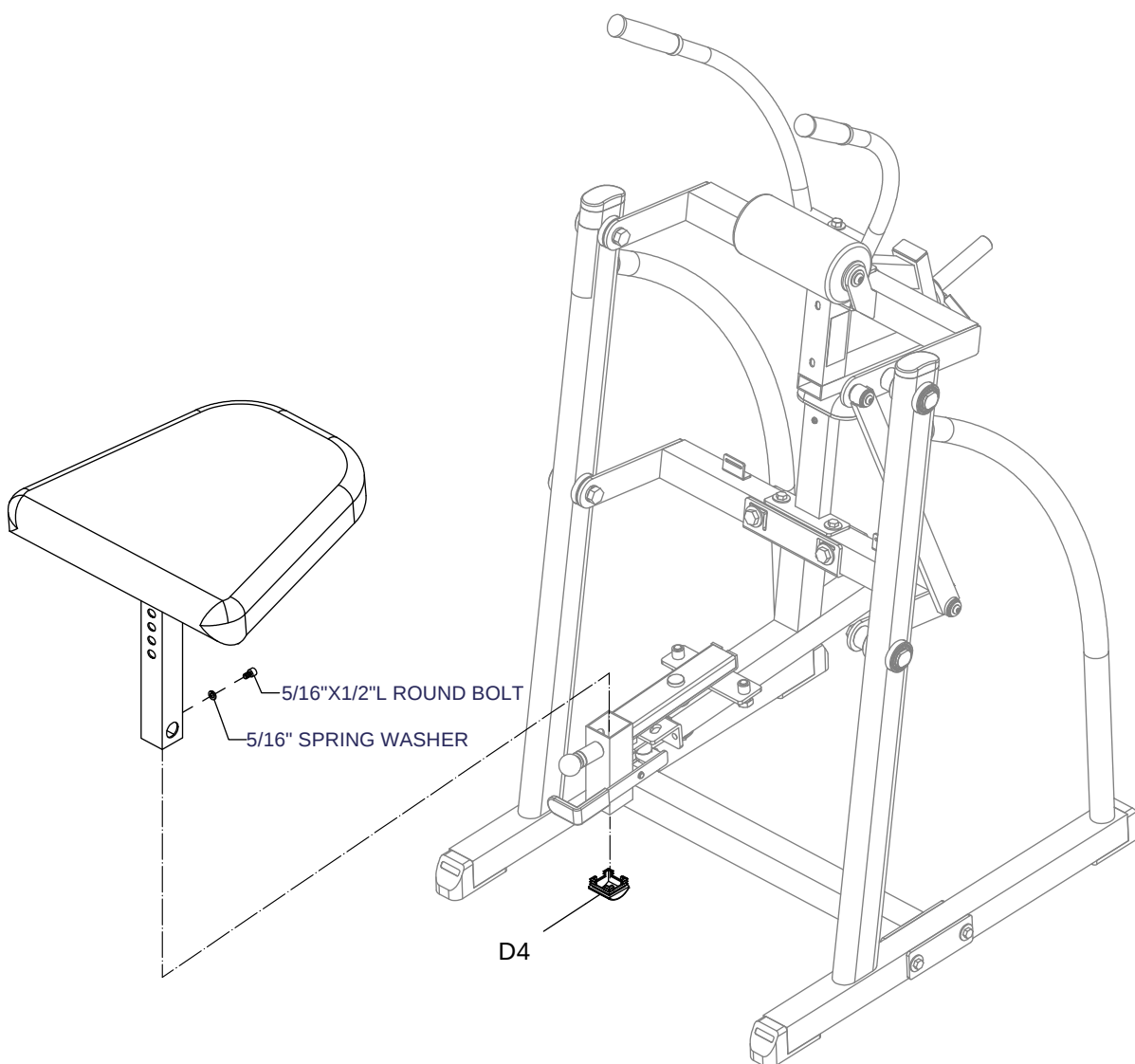
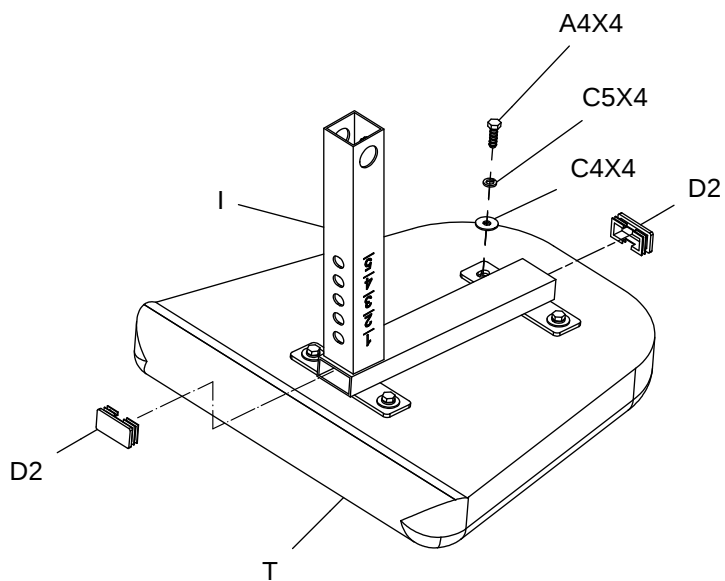


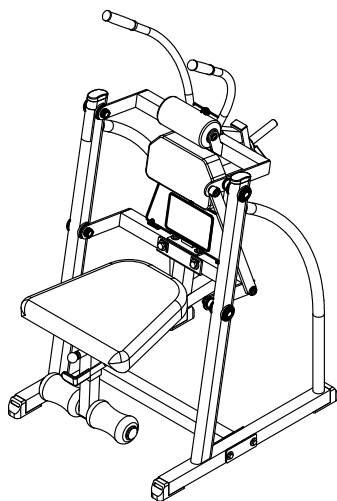
Above shows STEP 7
assembled and completed





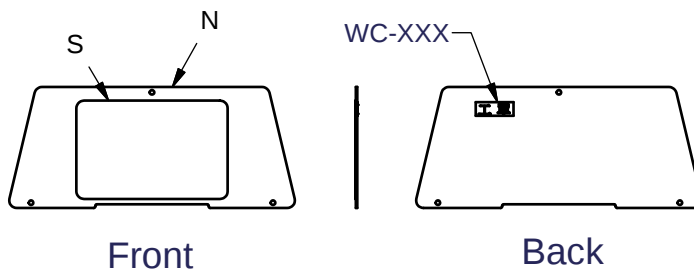
Above shows STEP 8
assembled and completed





Above shows STEP 9
assembled and completed

Figure A



Front

Back

