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- › [HOIST FITNESS](#) /
- › [HOIST Fitness Adjustable Multi-Position Weight Bench User Manual](#)

HOIST FITNESS B07MXQ4DFT

HOIST Fitness Adjustable Multi-Position Weight Bench User Manual

Brand: HOIST FITNESS | Model: B07MXQ4DFT

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use, setup, operation, and maintenance of your HOIST Fitness Adjustable Multi-Position Weight Bench. This compact, lightweight, and space-efficient bench is designed for full-body strength training, offering incline and decline options with five adjustable exercise angles ranging from -15° to 65° . The bench has a maximum weight capacity of 500 lbs.

IMPORTANT SAFETY INFORMATION

- Read all instructions before using the equipment.
- Keep children and pets away from the equipment during use.
- Ensure the bench is placed on a flat, stable surface.
- Verify all adjustment pins and locking mechanisms are securely engaged before each use.
- Do not exceed the maximum weight capacity of 500 lbs (227 kg). This includes user weight plus any weights being lifted.
- Consult a physician before starting any exercise program.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Inspect the bench for worn or loose parts before each use. Do not use if damaged.
- Keep hands and feet clear of moving parts during adjustments.

SETUP AND INITIAL USE

Unpacking

Your HOIST Fitness Weight Bench arrives fully assembled. Carefully remove the bench from its packaging. It is recommended to have two people for unpacking due to the size and weight of the unit.

Unfolding the Bench

The bench is designed for quick setup. To unfold the bench from its compact storage position:

1. Place the folded bench on a flat, stable surface.

2. Locate the main support frame and the backrest support.
3. Gently pull the backrest upwards until it locks into the desired position. Ensure the adjustment pin is fully engaged.
4. Extend the leg support frame if it is folded.



Image: The HOIST Fitness Weight Bench in its folded, space-saving configuration, ready for storage or transport. Note the compact design.

OPERATING INSTRUCTIONS

Adjusting the Backrest Angle

The backrest offers multiple angle adjustments for incline, flat, and decline positions. There are five preset angles: -15° , 5° , 25° , 45° , and 65° .

1. To adjust, locate the yellow "PULL" knob on the backrest support mechanism.
2. Pull the knob outwards to disengage the locking pin.
3. While holding the knob, adjust the backrest to the desired angle.
4. Release the knob, ensuring the pin fully engages into one of the preset holes. Gently rock the backrest to confirm it is locked in place.



Image: The HOIST Fitness Weight Bench set to an incline position, suitable for various upper body exercises. The yellow "PULL" knob for adjustment is visible.



Image: The HOIST Fitness Weight Bench adjusted to a moderate incline, demonstrating another available angle for diverse workouts.



Image: The HOIST Fitness Weight Bench in a flat, horizontal position, ideal for bench presses and other supine exercises.



Image: The HOIST Fitness Weight Bench in a decline position, suitable for decline presses and sit-ups. Note the lower angle of the backrest.

Folding for Storage

To fold the bench for compact storage:

1. Ensure the backrest is in its lowest (decline or flat) position.
2. Locate the folding mechanism, typically near the base of the backrest support.
3. Pull the relevant "PULL" knob or lever to release the lock.

4. Carefully fold the backrest down towards the main frame.
5. If applicable, fold the leg support frame inwards.
6. The bench will then be in its compact, folded state, ready for storage.



Image: The HOIST Fitness Weight Bench fully folded flat, showcasing its compact profile and the integrated wheels for easy tilt-and-roll transport.

MAINTENANCE

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Check upholstery for tears or excessive wear.
- **Lubrication:** Moving parts and adjustment pins may benefit from light lubrication with a silicone-based spray if they become stiff. Do not over-lubricate.
- **Storage:** Store the bench in a dry, temperate environment, away from direct sunlight and extreme temperatures, to prolong its lifespan.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels wobbly or unstable.	Not on a flat surface; loose fasteners; adjustment pin not fully engaged.	Move to a flat, level surface. Check and tighten all nuts and bolts. Ensure adjustment pins are fully locked into position.
Adjustment pin is difficult to pull or push.	Dirt or debris in the mechanism; lack of lubrication.	Clean the area around the pin. Apply a small amount of silicone lubricant to the pin and its housing.
Bench does not fold completely flat.	Obstruction; incorrect folding sequence.	Check for any obstructions. Ensure the backrest is in its lowest position before attempting to fold. Follow folding instructions carefully.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	HOIST FITNESS
Model	Adjustable Multi-Position Weight Bench (ASIN: B07MXQ4DFT)

Feature	Detail
Item Weight	53 Pounds (approx. 24 kg)
Material	Alloy Steel, Vinyl (Powder Coated Steel Frame)
Color	Platinum
Product Dimensions (Unfolded)	Approx. 53.25"L x 17"W x 40"H (135.3 cm L x 43.2 cm W x 101.6 cm H)
Product Dimensions (Folded)	Approx. 48.25"L x 17"W x 9.25"H (122.6 cm L x 43.2 cm W x 23.5 cm H)
Weight Limit	500 Pounds (227 kg)
Adjustable Angles	-15°, 5°, 25°, 45°, 65° (5 positions)
UPC	853329000073

WARRANTY AND SUPPORT

For specific warranty information regarding your HOIST Fitness Weight Bench, please refer to the documentation included with your purchase or visit the official HOIST Fitness website. HOIST Fitness typically offers a manufacturer's warranty covering defects in materials and workmanship.

Returns: This product is eligible for a 30-day easy return policy. Please contact your retailer or HOIST Fitness directly for return procedures.

Customer Support: For technical assistance, parts, or any other inquiries, please contact HOIST Fitness customer support. Contact details can usually be found on their official website or on the product packaging.

Note: Always provide your product model (B07MXQ4DFT) and purchase date when contacting support to expedite assistance.

