

## JOROTO MD60

# JOROTO MD60 Adjustable Weight Bench User Manual

Model: MD60 | Brand: JOROTO

## 1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the JOROTO MD60 Adjustable Weight Bench. Retain this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 800 pounds (360 kg).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Inspect the bench for any signs of wear or damage before each workout. Do not use if damaged.
- Wear appropriate exercise attire and footwear.

## 2. PRODUCT OVERVIEW

The JOROTO MD60 is a versatile, foldable adjustable weight bench designed for strength training in a home gym environment. It supports various exercises including decline, flat, incline, and upright positions. Constructed with a thickened and widened steel pipe mainframe, it offers high stability and durability.



Image: The JOROTO MD60 weight bench highlighting its 800 lbs (360 kg) load capacity and 40 lbs (18.3 kg) net weight, indicating its sturdy construction.

### Key Features:

- **800 Lbs Weight Capacity:** Built with a high-quality steel mainframe (80mm\*40mm pipe size, 1.5mm thickness) for superior stability.
- **4-in-1 Multifunction Design:** Offers 6 adjustable backrest positions, 2 adjustable seat positions, and unlimited adjustable foot hook positions for decline, flat, incline, and upright workouts.
- **Semi-assembled & Foldable:** Minimal assembly required, folds easily for storage by pulling out one knob.
- **Comfortable & Durable:** Features 60mm thick high-density cushions wrapped in breathable, high-quality PU leather. Equipped with 4 anti-slip rubber feet and widened stabilizers.

## 3. COMPONENTS LIST

The JOROTO MD60 Adjustable Weight Bench comes semi-assembled. The main components include:

- Main Frame Assembly (pre-assembled)

- Backrest Pad
- Seat Pad
- Rear Stabilizer
- Foot Hook Assembly
- 5mm Thickened Steel Lock Buckle
- Anti-slip Rubber Feet (pre-installed on stabilizers)
- Assembly Tools (included in package)



Image: Detailed view of the JOROTO MD60 bench's commercial-grade steel frame (40x80x1.5mm) and the 5mm thickened steel lock buckle, ensuring structural integrity.



Image: Close-up of the JOROTO MD60 bench highlighting the 60mm thick cushion, high-quality faux leather, 4 anti-slip rubber feet, and widened stabilizers for enhanced safety and stability.

## 4. SETUP AND ASSEMBLY INSTRUCTIONS

The JOROTO MD60 weight bench arrives semi-assembled, requiring minimal setup. Assembly typically takes approximately 3 minutes.

### Assembly Steps:

1. Unpack all components and verify against the components list.
2. Attach the rear stabilizer to the main frame using the provided bolts and tools. Ensure it is securely fastened.
3. Attach the foot hook assembly to its designated position on the bench. Secure it firmly.
4. Ensure all connections are tight and the bench is stable before first use.

## 5. OPERATING INSTRUCTIONS

The JOROTO MD60 offers multiple adjustment options to accommodate various exercises and user preferences.

### Adjusting the Backrest:

The backrest has 6 adjustable positions, ranging from decline to upright. To adjust:

1. Locate the adjustment pin or lever mechanism at the base of the backrest.
2. Pull the pin out or disengage the lever.
3. Adjust the backrest to the desired angle.
4. Release the pin/lever, ensuring it locks securely into one of the 6 positions.

### Adjusting the Seat:

The seat has 2 adjustable positions. To adjust:

1. Locate the seat adjustment mechanism, typically a pin or lever beneath the seat.
2. Pull the pin out or disengage the lever.
3. Move the seat to the desired position.
4. Release the pin/lever, ensuring it locks securely.

### Adjusting the Foot Hook:

The foot hook offers unlimited adjustable positions for comfort and stability during decline exercises or sit-ups. To adjust:

1. Locate the adjustment knob or pin on the foot hook assembly.
2. Loosen or pull out the knob/pin.
3. Slide the foot hook to the desired height.
4. Tighten or re-engage the knob/pin to secure the position.



## DIFFERENT WORKOUT FORMS



MULTIFUNCTIONAL WEIGHT BENCH

**4 IN 1**  
**FULFILL**  
Various demand

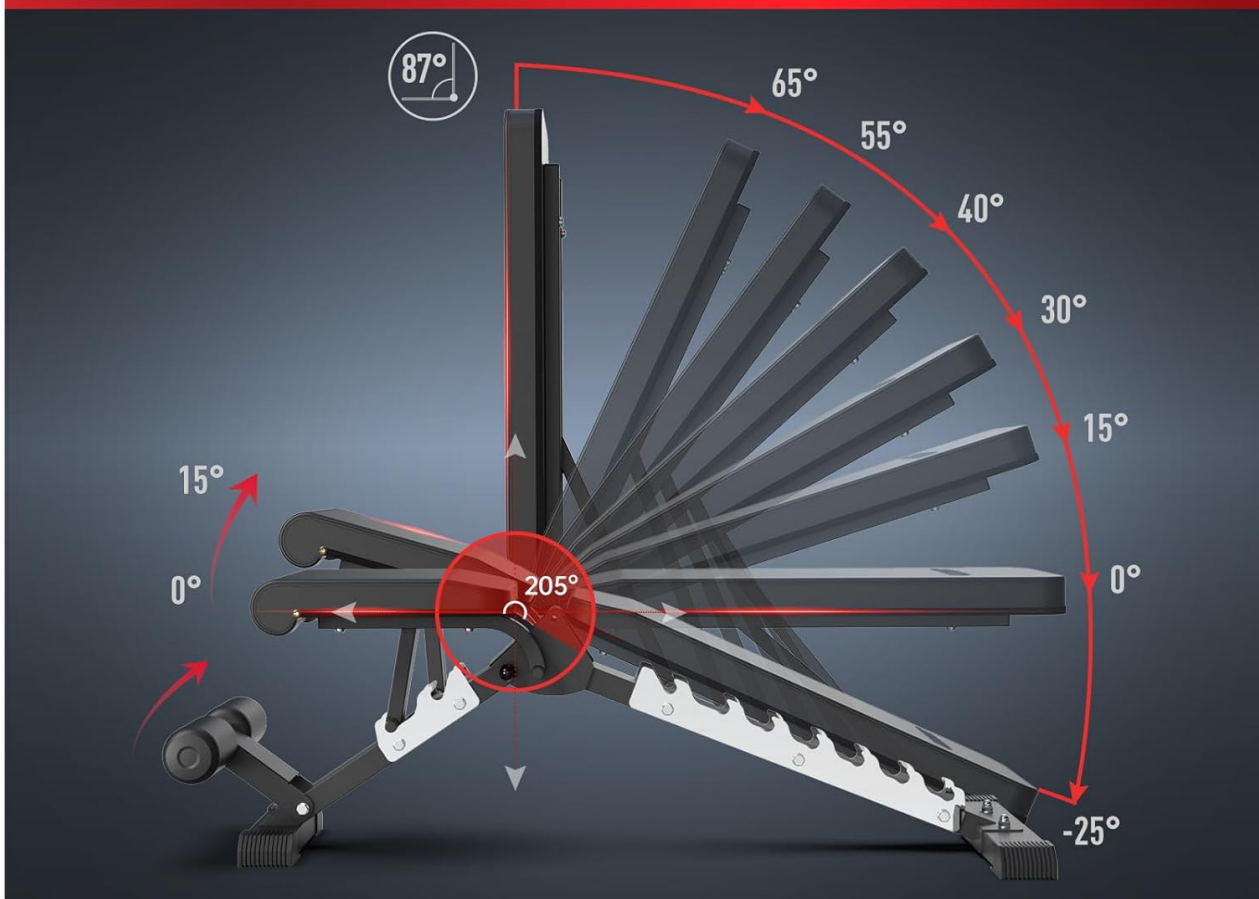


Image: Diagram illustrating the multiple adjustment angles (from -25° decline to 87° upright) available for the backrest and seat of the JOROTO MD60 weight bench, demonstrating its 4-in-1 versatility.

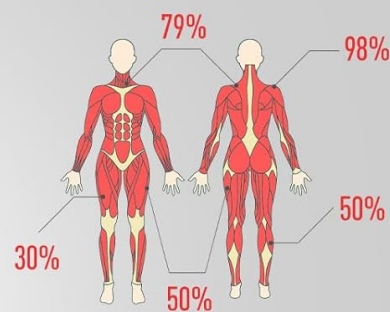
### Folding the Bench for Storage:

To fold the bench for compact storage:

1. Ensure the backrest and seat are in their most compact or upright positions if applicable.
2. Locate the main folding knob or pin, typically near the central hinge.
3. Pull out this knob/pin to disengage the locking mechanism.
4. Carefully fold the bench inwards until it is in its compact storage configuration.
5. Re-engage the knob/pin to secure the folded position, preventing accidental unfolding.

# 20+ various workouts

## Whole body muscles



\*Support all of the dumbbell workouts, the dumbbells are not included.

Image: A series of illustrations showing various exercises that can be performed on the JOROTO MD60 weight bench, targeting different muscle groups for a full-body workout. Dumbbells are not included.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JOROTO MD60 Adjustable Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame 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 check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners. Inspect the frame for cracks or damage, and the upholstery for tears or excessive wear.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points and adjustment mechanisms if they become stiff or noisy.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures. When folded, ensure it is stable and won't tip over.

## 7. TROUBLESHOOTING

If you encounter issues with your JOROTO MD60 Adjustable Weight Bench, refer to the following common solutions:

- **Bench feels unstable or wobbly:** Ensure all assembly bolts and nuts are securely tightened. Check that the bench is placed on a flat, even surface. Verify the anti-slip rubber feet are intact.
- **Adjustment mechanism is stiff:** Apply a small amount of silicone lubricant to the moving parts of the adjustment pins/levers. Ensure no debris is obstructing the mechanism.
- **Noise during use:** Check for any loose fasteners and tighten them. Lubricate pivot points if squeaking persists.
- **Difficulty folding:** Ensure the main folding knob/pin is fully disengaged. Check for any obstructions in the folding mechanism.

If problems persist after troubleshooting, please contact JOROTO customer support.

## 8. SPECIFICATIONS

Specification	Detail
Model Number	MD60
Maximum Weight Capacity	800 Pounds (360 kg)
Net Item Weight	18.3 Kilograms (40.3 lbs)
Frame Material	Alloy Steel
Material Type (Upholstery)	Faux Leather
Cushion Thickness	60 mm
Product Dimensions (Unfolded)	145D x 48.5W x 120H centimeters (57.1D x 19.1W x 47.2H inches)
Backrest Positions	6 adjustable positions
Seat Positions	2 adjustable positions



# SIZE EXCELLENT



Image: A detailed diagram of the JOROTO MD60 weight bench showing its various dimensions in millimeters and inches, including length, width, and height of different sections.

## 9. WARRANTY AND SUPPORT

JOROTO stands behind the quality of its products. For the MD60 Adjustable Weight Bench, we offer comprehensive customer support.

- **Warranty:** If you encounter any issues with your product within one year of purchase, please contact us.
- **Customer Support:** Our dedicated customer support team is available to help resolve any problems you may have and aims to respond within 24 hours.
- **Contact:** Please refer to the contact information provided with your purchase or visit the official JOROTO website for support details.

