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› HIFIT Queen Size Bed Frame User Manual

HIFIT HFT-UP-022

HIFIT Queen Size Bed Frame User Manual

Model: HFT-UP-022

Brand: HIFIT

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, maintenance, and troubleshooting of your HIFIT Queen Size Bed Frame. Designed for comfort and durability, this upholstered platform bed features an adjustable headboard, solid wood slats, and a noise-free design. Please read this manual thoroughly before assembly and use to ensure proper setup and longevity of your product.



Image: The HIFIT Queen Size Bed Frame, dark grey, with an adjustable button-tufted headboard, shown in a modern bedroom setting with a robot vacuum visible underneath.

SAFETY INFORMATION

Please observe the following safety guidelines to prevent injury or damage to the product:

- Do not exceed the maximum load capacity of 850 pounds.
- Exercise caution when adjusting the headboard to avoid pinch points.
- Always follow the assembly instructions precisely to ensure structural stability.
- Keep all small parts and packaging materials away from children.
- Ensure all bolts and screws are securely tightened before use. Periodically check and re-tighten as needed.

PACKAGE CONTENTS

Before beginning assembly, verify that all components are present and undamaged. Refer to the included parts list in your physical package for exact quantities. Typical components include:

- Headboard (Upholstered)
- Side Rails (Left and Right)
- Footboard
- Center Support Beam
- Solid Wood Slats
- Support Legs (Various sizes)
- Hardware Pack (Screws, bolts, washers, Allen wrench)

If any parts are missing or damaged, please contact HIFIT customer support for assistance.

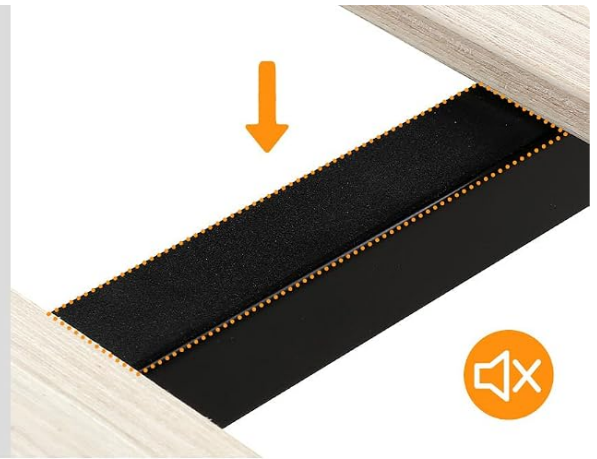
ASSEMBLY INSTRUCTIONS

Assembly of the HIFIT Queen Size Bed Frame is designed to be straightforward. It is recommended to have two people for assembly. An electric drill with appropriate bits can significantly speed up the process, though all necessary tools are provided.

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out on a clean, soft surface to prevent scratches. Compare all parts against the included parts list.
2. **Assemble Headboard:** Attach the headboard support legs to the upholstered headboard using the provided hardware. Ensure all connections are firm.
3. **Connect Side Rails:** Attach the side rails to the headboard and footboard. Ensure the connections are secure and aligned.
4. **Install Center Support:** Place the center support beam(s) into the designated slots or brackets on the bed frame. Attach any additional support legs to the center beam.
5. **Place Wood Slats:** Lay the solid wood slats across the frame. The slats feature Velcro fix strips for easy installation and to keep them in place. Ensure the Velcro on the slats aligns with the Velcro on the frame. Secure the slats to the frame using the pre-drilled holes and screws, if applicable.
6. **Final Tightening:** Once all components are in place, re-check and tighten all bolts and screws to ensure maximum stability. Do not overtighten.

Noise-Free Mute Bar

No strange noise for a tight sleep



Stronger Support System

It can support up to 950 lbs



Quick Assembly

Velcro fix strips is designed for easy to install



Image: Close-up details illustrating the noise-free mute bar, the robust support system with metal frame and wood slats, and the velcro fix strips for quick and secure slat installation.

PRODUCT FEATURES

Your HIFIT Queen Size Bed Frame is equipped with several features designed for comfort, durability, and convenience:

Adjustable Headboard

The upholstered headboard can be adjusted in height from 42.9 inches to 44.8 inches, allowing you to customize it to your preferred mattress height and comfort level. This feature provides flexibility for various mattress thicknesses and personal preferences.

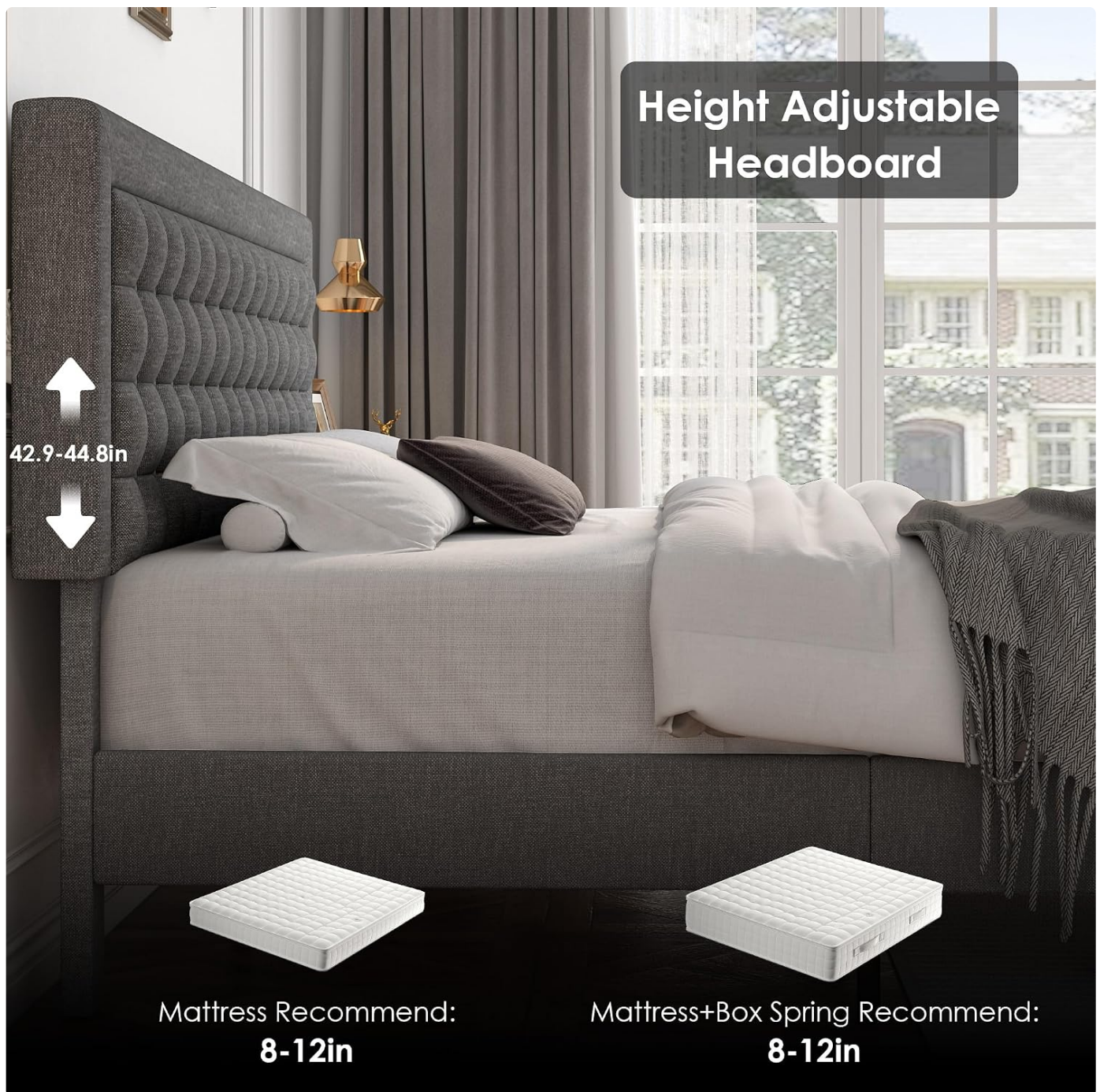


Image: A side view of the bed frame highlighting the adjustable headboard, with arrows indicating the height range from 42.9 to 44.8 inches, and mattress recommendations.

Heavy-Duty Support System

Constructed with 11 solid wood slats and additional center support legs, this bed frame provides robust support for your mattress, capable of holding up to 850 pounds. This design eliminates the need for a box spring and ensures stability and longevity.

QUEEN SIZE

Shipped By 1 Box

850
lbs

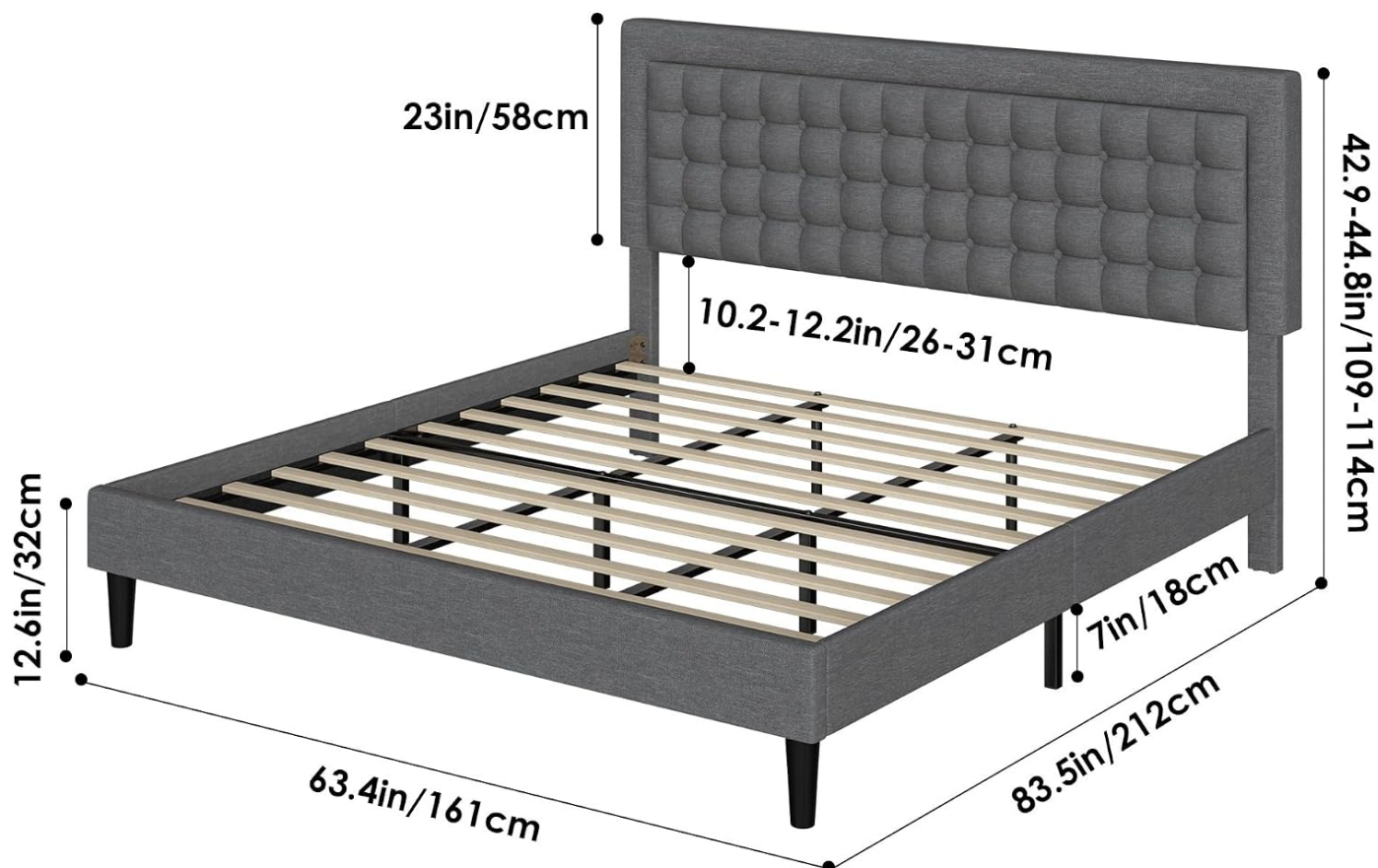


Image: An exploded diagram of the bed frame showing its dimensions (83.5"L x 63.4"W x 44.8"H) and internal structure, emphasizing the 850 lbs weight capacity and solid wood slats.

Extra Under-Bed Storage Space

The frame provides a 7-inch clearance underneath, offering convenient storage space for items such as shoes, storage boxes, or suitcases. This height also allows for easy access for robot vacuums, simplifying floor cleaning.



Image: A close-up view of the bed frame's side, illustrating the 7-inch clearance from the floor to the bottom of the frame, suitable for robot vacuums and storage.

Noise-Free Design

Equipped with extra quiet straps and a mute bar, the bed frame is designed to minimize noise and vibration caused by friction between the frame and the mattress. This ensures a quiet sleeping environment.



Image: A detailed view of the velcro strips on the bed slats, which help secure the mattress and reduce noise from movement.

Modern Upholstered Design

The headboard is upholstered in skin-friendly linen fabric with a button-tufted design, filled with high-resilience foam. This provides a comfortable backrest and adds a modern, sophisticated aesthetic to your bedroom.



Image: A close-up of the bed's headboard, detailing the skin-friendly linen fabric, button-tufted pattern, and the soft, high-resilience foam padding.

OPERATING INSTRUCTIONS

- **Headboard Adjustment:** To adjust the headboard height, loosen the bolts connecting the headboard to the side rails, carefully slide the headboard to the desired height (within the 42.9" to 44.8" range), and then securely re-tighten the bolts. Ensure both sides are adjusted evenly.
- **Mattress Placement:** Place your queen-size mattress directly onto the wood slats. No box spring is required. Ensure the mattress is centered on the frame.

MAINTENANCE & CARE

- **Cleaning:** The upholstered fabric on the headboard should be dry cleaned only. For the frame, wipe with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Regular Inspection:** Periodically check all bolts and screws to ensure they remain tight. Re-tighten as necessary to maintain the bed frame's stability and prevent squeaking.
- **Moving the Bed:** When moving the bed frame, lift it rather than dragging it to prevent damage to the legs or frame structure.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bed frame is wobbly or unstable.	Loose bolts or screws. Incorrect assembly.	Ensure all bolts and screws are securely tightened. Review assembly instructions to confirm all parts are correctly installed.
Squeaking noises from the bed frame.	Loose connections. Friction between slats and frame.	Re-tighten all hardware. Ensure the noise-free mute bar and velcro strips are properly positioned.
Headboard does not adjust smoothly.	Obstruction or misaligned adjustment mechanism.	Ensure no fabric or foreign objects are obstructing the adjustment mechanism. Loosen bolts sufficiently before attempting to slide.

SPECIFICATIONS

Attribute	Detail
Model Number	HFT-UP-022
Size	Queen
Product Dimensions	83.5"L x 63.4"W x 44.8"H
Color	Dark Grey
Material	Upholstered Linen Fabric, Solid Wood Slats, Metal Frame
Weight Capacity	Up to 850 pounds
Headboard Height Adjustment	42.9" to 44.8"
Under-bed Clearance	7 inches
Assembly Required	Yes
Care Instructions	Dry Clean Only (Upholstery)

WARRANTY AND SUPPORT

HIFIT products are manufactured with quality and customer satisfaction in mind. For specific warranty details, please refer

to the warranty card included with your product or visit the official HIFIT website. If you encounter any issues or have questions regarding your bed frame, please contact HIFIT customer support:

- **Online Support:** Visit the [HIFIT Store on Amazon](#) for FAQs and contact information.
- **Email Support:** Refer to your product packaging or included documentation for the customer service email address.
- **Phone Support:** Refer to your product packaging or included documentation for the customer service phone number.

Our post-sale service team is available to assist you with any concerns.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question