

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [JOROTO](#) /

› [JOROTO MD65 Adjustable Weight Bench Instruction Manual](#)

JOROTO MD65

JOROTO MD65 Adjustable Weight Bench Instruction Manual

Model: MD65

1. SAFETY INFORMATION

Before using the JOROTO MD65 Adjustable Weight Bench, please read and understand all instructions. Retain this manual for future reference.

- **Maximum Weight Capacity:** This bench is designed to safely support up to 600 kg (1700 lbs) including the user's weight and any weights being lifted. Do not exceed this limit.
- **Health Check:** Consult with a healthcare professional before starting any new exercise program.
- **Proper Use:** Use the bench only for its intended purpose as a weight training and exercise bench.
- **Stable Surface:** Always place the bench on a flat, stable, and non-slip surface.
- **Clear Area:** Ensure adequate clear space around the bench during use to prevent accidents.
- **Inspection:** Before each use, inspect the bench for loose parts, damage, or wear. Do not use if any components are compromised.
- **Children and Pets:** Keep children and pets away from the bench during operation.
- **Adjustments:** Ensure all adjustment pins and locking mechanisms are securely engaged before beginning an exercise.

2. PACKAGE CONTENTS

Verify that all components are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Backrest Pad
- Seat Pad
- Adjustable Leg Support Assembly
- Fast Lock Pull Pins (for adjustments)
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

3. SETUP AND ASSEMBLY

The JOROTO MD65 bench is designed for quick assembly, typically within 10 minutes. Follow these general steps:

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support legs to the bench frame using the provided hardware. Ensure all bolts are tightened securely.
3. Mount the backrest pad and seat pad to their respective frames.
4. Install the adjustable leg support assembly.
5. Insert the Fast Lock Pull Pins into the designated adjustment points for the backrest, seat, and leg support.
6. Verify that all connections are tight and stable before first use.



Image: The JOROTO MD65 Adjustable Weight Bench shown in flat, incline, and decline positions, illustrating its versatility.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bench

The JOROTO MD65 offers multiple adjustment options for a full-body workout. Always ensure the Fast Lock Pull Pins are fully engaged after making adjustments.

- **Backrest Adjustment:** The backrest features 9 adjustable angles, ranging from decline to upright positions. To adjust, pull the Fast Lock Pull Pin located on the side of the backrest support, move the backrest to the desired angle, and release the pin to lock it into place.
- **Seat Adjustment:** The seat offers 3 adjustable levels. To adjust, pull the Fast Lock Pull Pin under the seat, move the seat to the desired position, and release the pin to lock it.

- **Leg Support Adjustment:** The removable leg support has 3 length settings for personalized comfort and stability. To adjust, pull the pin on the leg support, slide it to the desired length, and release the pin. The leg support can also be completely removed for certain exercises.



Image: A diagram illustrating the 9 adjustable backrest positions (from -20° to 90°) and 3 adjustable seat positions (from 0° to 20°).

Removable Adjustable Leg Support



3 Position for Feet Hook

3 Position for Leg Support

Image: A close-up view of the removable and adjustable leg support, highlighting its three length settings for foot hooks and overall leg support.

Fast Lock Pull Pin

One-second Fast Adjust Auto-lock



Image: A detailed view of the Fast Lock Pull Pin mechanism, demonstrating how to pull and release the pin for one-second adjustments and auto-locking.

4.2 Moving the Bench

The JOROTO MD65 is equipped with transport wheels and a front handle for easy relocation and storage.

1. Ensure the bench is in a stable, folded, or flat position for transport.
2. Lift the bench using the front handle.
3. Tilt the bench onto its transport wheels.
4. Roll the bench to the desired location.

Easy To Move

Built With Convenient Wheels and Handle



Image: A man demonstrating how to easily move the JOROTO MD65 weight bench using its integrated front handle and dual transport wheels.

4.3 Exercise Positions

The adjustable design supports various exercises for a full-body workout:

- **Flat Bench:** Ideal for dumbbell presses, flyes, and rows.
- **Incline Bench:** Targets upper chest and shoulders for exercises like incline presses and front raises.
- **Decline Bench:** Focuses on lower chest for decline presses and sit-ups.
- **Upright/Seated:** Suitable for shoulder presses, bicep curls, and tricep extensions.



Image: A collage showing a user performing exercises in flat, decline, upright, and incline positions, demonstrating the bench's versatility for whole-body muscle workouts.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JOROTO MD65 Adjustable Weight Bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and adjustment pins for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the upholstery for any tears or excessive wear. Check the frame for any signs of damage or corrosion.
- **Storage:** Store the bench in a dry, clean environment away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your JOROTO MD65 Adjustable Weight Bench, refer to the following common solutions:

- **Bench feels unstable:** Ensure all assembly bolts are securely tightened. Check that the bench is placed on a flat, even

surface. Verify that all adjustment pins are fully engaged.

- **Difficulty adjusting positions:** Ensure the Fast Lock Pull Pins are fully retracted before attempting to move the backrest, seat, or leg support. Check for any obstructions in the adjustment mechanism.
- **Squeaking noises:** Inspect all connection points and tighten any loose bolts. Applying a small amount of silicone lubricant to pivot points may help.

If problems persist, please contact JOROTO customer support for assistance.

7. SPECIFICATIONS

Model Number	MD65
Product Dimensions (L x W x H)	103 x 61.8 x 46.9 cm (40.6 x 24.3 x 18.5 inches)
Item Weight	22 kg (48.5 lbs)
Maximum Weight Capacity	600 kg (1700 lbs)
Frame Material	Alloy Steel
Upholstery Material	Faux Leather, High-Density Foam
Color	Black

Comfortable Size For Home Fitness



Image: A diagram showing the key dimensions of the JOROTO MD65 weight bench, including length, width, and height, for home fitness planning.

Heavy Duty Commercial Steel

70mm

Wider Support Frame

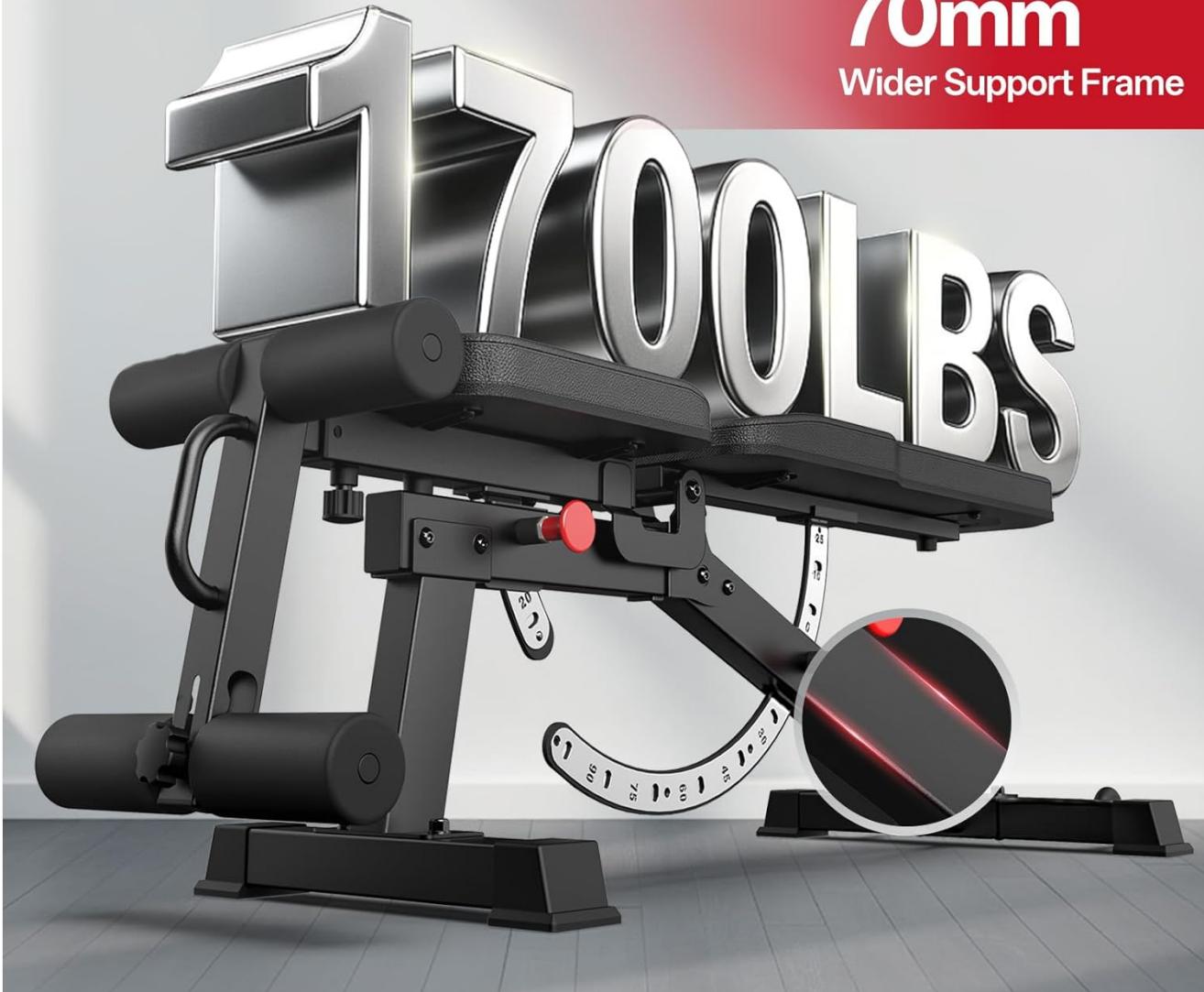


Image: The JOROTO MD65 bench highlighting its heavy-duty commercial steel construction and 1700LB weight capacity, with a 70mm wider support frame.

50MM Thickened 5-layers Seat & Backrest

- Tear-resistant Leather
- Anti-collapse Sponge
- Thickened Support Board
- High Density Sponge
- Wrapped Leather



Image: Detailed views of the JOROTO MD65 bench construction, showing the 70mm wider support frame, 1.5mm commercial steel, non-slip foot mats, and high-density PU leather foam.

50MM Thickened 5-layers Seat & Backrest



Image: A cross-section diagram illustrating the 50mm thickened 5-layer construction of the seat and backrest, including tear-resistant leather, anti-collapse sponge, thickened support board, high-density sponge, and wrapped leather.

8. WARRANTY AND SUPPORT

JOROTO stands by the quality of its products.

- **Warranty:** The JOROTO MD65 Adjustable Weight Bench comes with a 1-year replacement parts warranty.
- **Customer Support:** For any questions, concerns, or warranty claims, please contact JOROTO customer support.

Contact Information:

Email: support@jorotofitness.com