



Manuals.plus /

› JOROTO /

› JOROTO MD85 5-in-1 Adjustable Weight Bench with Cable Crossover User Manual

## JOROTO MD85

# JOROTO MD85 5-in-1 Adjustable Weight Bench with Cable Crossover User Manual

Model: MD85 | Brand: JOROTO

## 1. IMPORTANT SAFETY INFORMATION

Before operating the JOROTO MD85 Adjustable Weight Bench, please read and understand all instructions and safety warnings. Retain this manual for future reference.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 990 lbs (450 kg).
- Keep children and pets away from the equipment during use.
- Use the equipment 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 athletic footwear and clothing.

## 2. PRODUCT OVERVIEW

The JOROTO MD85 is a versatile 5-in-1 adjustable weight bench designed for comprehensive home strength training. It combines an adjustable bench, a cable crossover machine, and a storage box with wheels into one compact unit. This bench supports a wide range of exercises targeting various muscle groups.



Figure 2.1: Overview of the JOROTO MD85 Adjustable Weight Bench.

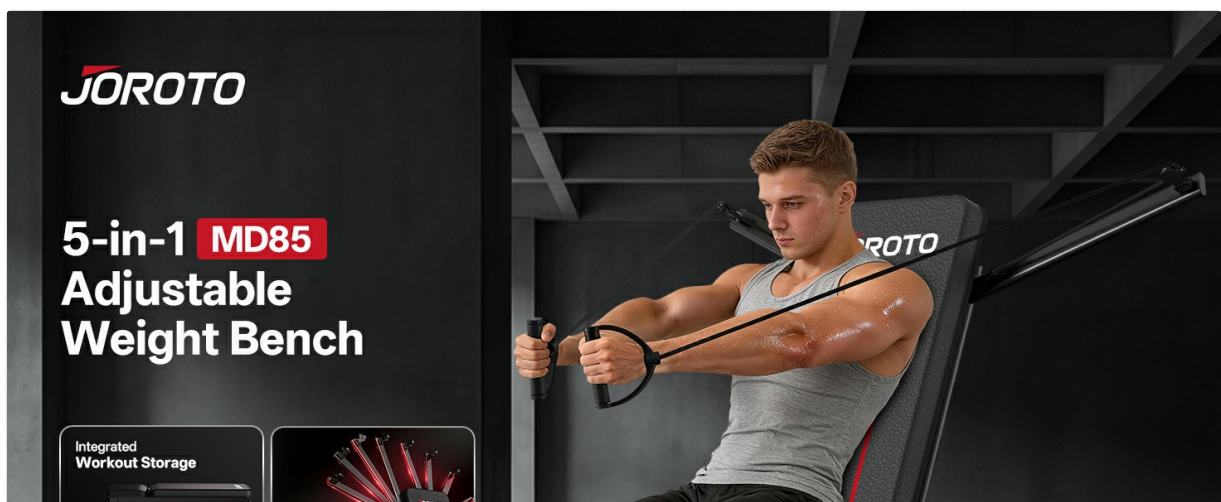


Figure 2.2: The JOROTO MD85 bench in an active workout setting.

### 3. SETUP AND ASSEMBLY

The JOROTO MD85 bench is designed for quick and hassle-free assembly, typically taking less than 15 minutes. All necessary tools are included.

### 3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the packing list are present.
- Place all components on a clean, flat surface.

### 3.2 Assembly Steps

Follow the detailed instructions provided in the separate assembly guide included with your product. Ensure all connections are tightened securely before first use.

Your browser does not support the video tag.

Video 3.1: Assembly and feature demonstration of the JOROTO Adjustable Weight Bench with Storage.

## 4. OPERATING INSTRUCTIONS

The JOROTO MD85 offers multiple adjustment points for a customized workout experience.

### 4.1 Adjusting the Backrest

The backrest features 6 adjustable angles to support various exercises, from flat bench presses to incline work.

1. Locate the adjustment pin or lever at the base of the backrest.
2. Pull the pin/lever and adjust the backrest to your desired angle.
3. Ensure the pin/lever is fully engaged in the chosen position before use.

# All-in-One Full Body Training



Figure 4.1: Man performing an overhead press, demonstrating an inclined backrest position.

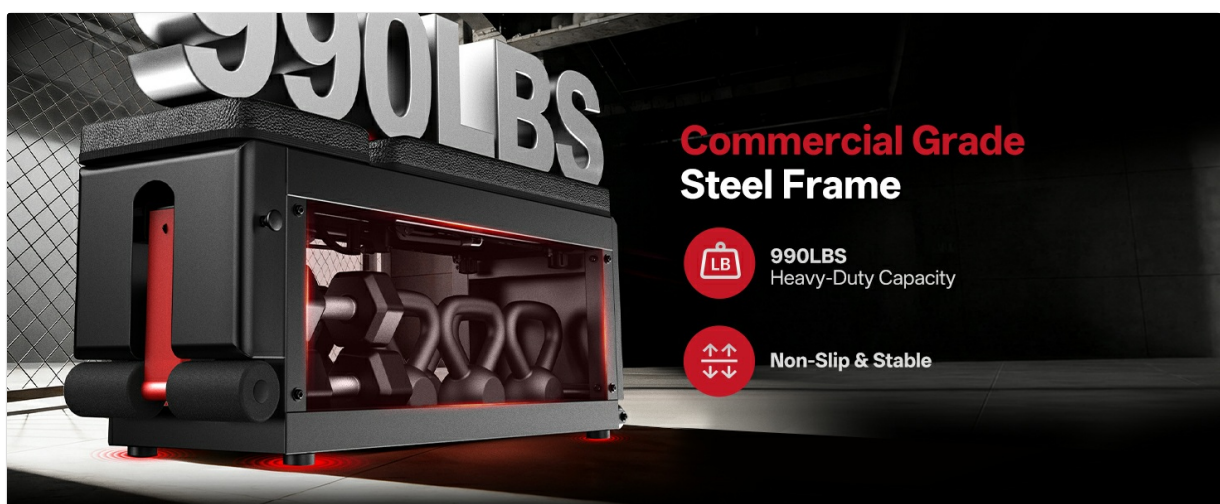


Figure 4.2: Visual representation of the 7 backrest positions and 3 foot hook positions.

## 4.2 Adjusting Leg Positions

The bench features 3 leg positions for added stability and comfort during various exercises, particularly for abdominal workouts.

1. Locate the leg adjustment mechanism.

2. Adjust to the desired height or angle.
3. Ensure it is securely locked in place.



Figure 4.3: Man performing sit-ups, utilizing the leg support feature.

### 4.3 Using the Cable Crossover System

The integrated cable crossover system features 9-position swivel pulley arms and a 4-level hook for customizable tension and range of motion.

1. Attach the desired handles or accessories to the pulley arms.
2. Adjust the pulley arm to one of the 9 positions by pulling the adjustment pin and rotating the arm.
3. Select the desired cable tension level using the 4-level hook mechanism.
4. Ensure all adjustments are secure before beginning your exercise.

## Perfect for Home Gym Workouts



Figure 4.4: Detailed view of the dual adjustable pulley arms, showing 9 positions and 4 resistance levels.

## Weight Bench with Storage

4.7 cu ft Capacity



- ✓ Keep Weights Organized
- ✓ Quick Access to Equipment
- ✓ Effortless Storage Solution
- ✓ Neat and Tidy Workout Area
- ✓ Enhance Your Workout



- ✗ Weights Scatter, Creating Clutter
- ✗ Workout Interruptions to Find Weights
- ✗ Less Efficient Use of Space
- ✗ Potential for Tripping Hazards

Figure 4.5: Man performing cable crossover exercises.

### 4.4 Utilizing the Storage Compartment

The large under-bench storage compartment is designed to keep your dumbbells, kettlebells, and other gym gear organized and accessible.

- Lift the bench seat to access the storage area.

- Place your weights and accessories neatly within the compartment.
- Close the seat securely after storing items.



Figure 4.6: The integrated storage compartment keeping weights organized.

#### 4.5 Moving the Bench

Equipped with smooth-rolling wheels and side handles, the bench can be easily moved by one person, even when fully loaded.

1. Ensure the bench is in a stable, folded, or compact position if possible.
2. Grasp the side handles firmly.
3. Tilt the bench slightly to engage the wheels.
4. Carefully roll the bench to its desired location.

# Thickened Durable Pad



Figure 4.7: Demonstrating the easy mobility of the bench with its built-in wheels.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JOROTO MD85 weight bench.

### 5.1 Cleaning

- The sweat-proof surface is easy to clean. Wipe down the upholstery and frame with a damp cloth after each use.
- For deeper cleaning, use a mild soap solution and a soft cloth. Avoid harsh chemicals or abrasive cleaners.
- Ensure the bench is completely dry before storing or using again.

### 5.2 Inspection

- Periodically check all bolts, nuts, and moving parts for tightness. Tighten as necessary.
- Inspect the cable system for any fraying or damage. Replace worn cables immediately.
- Examine the upholstery for tears or excessive wear.
- Ensure the adjustment pins and levers engage properly.

## 6. TROUBLESHOOTING

If you encounter any issues with your JOROTO MD85 weight bench, refer to the following common troubleshooting tips:

- **Bench feels unstable:** Ensure all assembly bolts are securely tightened. Verify the bench is on a flat, even surface. Adjust the non-slip leveling feet if necessary.
- **Adjustments are stiff:** Apply a small amount of silicone-based lubricant to moving parts or adjustment pins. Ensure no debris is obstructing the mechanism.
- **Cable system not smooth:** Check for any kinks in the cables or obstructions in the pulley path. Ensure the cables are properly routed through all pulleys.

For further assistance, please contact JOROTO customer support.

## 7. SPECIFICATIONS

Detailed specifications for the JOROTO MD85 Adjustable Weight Bench with Cable Crossover:

Feature	Specification
Brand	JOROTO
Model	MD85
Item Weight	59 Pounds
Material	Alloy Steel, Leather
Product Dimensions (D x W x H)	43.3"D x 11.8"W x 18.5"H
Frame Material	Alloy Steel
Weight Limit	990 Pounds
Backrest Angles	6 positions
Leg Positions	3 positions
Pulley Arm Positions	9 positions
Cable Resistance Levels	4 levels



Figure 7.1: Key dimensions of the JOROTO MD85 Adjustable Weight Bench.



Figure 7.2: Illustration of the commercial-grade steel frame and 990 lbs heavy-duty capacity.

## 8. WARRANTY AND SUPPORT

JOROTO is committed to providing high-quality products and customer satisfaction.

### 8.1 Warranty Information

Your JOROTO MD85 Adjustable Weight Bench comes with a **1-year replacement parts warranty**. This warranty covers manufacturing defects and ensures that any faulty parts will be replaced within one year from the date of purchase.

## **8.2 Customer Support**

For any questions, concerns, or assistance with assembly, operation, or warranty claims, please contact JOROTO customer support. Our team is available **24/7** to provide support.

You can visit the official JOROTO store for more information and support resources: [JOROTO Store on Amazon](#)